



*Sakya Monastery of Tibetan Buddhism presents*



## **H.E. Gyana Vajra Rinpoche**

**Sakya Monastery is honored to announce that His Eminence Gyana Vajra Rinpoche, a lineage holder of the Sakya Order of Tibetan Buddhism and son of His Holiness Sakya Trizin, will be coming to Seattle this month to bestow a teaching and an initiation at Sakya Monastery as part of his 2008 U.S. teaching tour.**

H.E. Gyana Vajra Rinpoche, age 29, has received decades of rigorous training from his father, as well as many other lamas such as H.E. Chogye Trichen Rinpoche, H.E. Luding Khen Rinpoche, The Very Venerable Khenpo Appey Rinpoche, and the late Khenpo Migmar Rinpoche.

H.E. Gyana Vajra Rinpoche completed his monastic ritual training at Sakya Monastery in Dehra Dun, India and his philosophical training at Sakya College.

### **Friday, July 25**

7:30 PM

*Suggested Donation: \$40 Public,  
\$30 Members*

## **THE FOUR THOUGHTS THAT TURN THE MIND TO THE DHARMA**

In Tibetan Buddhist practice, the Four Thoughts that Turn the Mind are the basic foundation for providing a firm motivation for pursuing the Buddhist path, and a useful tool to pursue any spiritual path.

The Four Thoughts are: to appreciate the opportunity of the preciousness of this human birth; to recognize our own mortality, as well as the impermanence of all phenomena; to recognize that our behavior is going to shape our experience in this life and future lives (karma); to recognize our confusion and the difficulties of this worldly life (samsara).

**Pre registration and payment required.**

### **Saturday, July 26**

10:00 AM

*Suggested Donation: \$40 Public,  
\$30 Members*

## **LONG LIFE INITIATION**

An initiation and blessing to increase one's lifespan, merit, and wisdom.

**Pre-registration and payment required.**

Seating is limited, therefore registration and pre-payment **is required** for these events. **There will be a pre-sale for members until 5 P.M. July 6**, after which registration will be open to the public. To register and pay by phone, please call (206) 789-2573 or stop by the office. Office hours are M—F, 8:00 A.M. to 12:00 P.M.

Both events will be held at

***Sakya Monastery***

108 NW 83rd Street, Seattle, WA 98117

Tel: (206) 789-2573

*For more information, please email us at [monastery@sakya.org](mailto:monastery@sakya.org) or go to our website: [www.sakya.org](http://www.sakya.org).*