

BUILDING RESILIENCE AND JOY IN A STRESSFUL WORLD

A Weekly Program with Segyu Choepel Rinpoche

7:00 to 9:00 pm Wednesdays

Guild Hall at the Woodside Village Church

3154 Woodside Road, Woodside, CA

\$25 per week



Imagine if, instead of feeling burned out and stressed by the pressures of modern life, we feel resilient, contented and joyful.

Imagine if, instead of feeling trapped by expectations and self-defeating narratives, we feel inwardly spontaneous and free.

Imagine if, instead of perceiving ourselves as unworthy, unaccomplished, or unimportant, we see ourselves as intact, whole and radiant.

To the Tibetan meditation masters these are not mere whims and fantasies. They represent the real possibilities of mental experience. To those masters, the stress, burnout and mental anguish that is sweeping modern culture is a function of constantly depleting our inner resources without putting anything back. Their method for reversing this polarity is called the Vajrayana, a deep system of meditation and inner learning that, in Juniper's view, is the pinnacle of Buddhist practice.

Join us for this opportunity to understand and participate in Vajrayana practices from Segyu Choepel Rinpoche, holder of the Segyu Vajrayana lineage. Segyu Rinpoche is a rare Western master with the highest level of recognition within the Vajrayana tradition. He is also trained in Tibetan medicine and renowned for his healing practices. For over twenty-five years Segyu Rinpoche has been planting the seeds of this tradition in modern culture. His dream is to see those seeds blossom into a system of inner learning that will serve us for a thousand years or more, just as it has in other cultures in the past.

In this weekly program, Segyu Rinpoche will introduce the Vajrayana system in the form of the healing practices of the Medicine Buddha and the meditations and philosophies that underlying those practices. Because the effectiveness of these practices depends on each individual's motivation and commitment, we encourage those interested to come as often as you can.

Opening Event - Medicine Buddha Ceremony

August 14, 2019, 7:00 to 9:00 pm

In Vajrayana practice it is customary for the holders of a tradition to perform a special ceremony to set the grounds and sow the seeds for others to practice. As a holder of the Medicine Buddha tradition, Segyu Rinpoche will perform this ceremony to empower the new location as a space for inner transformation and to invite those present into that practice.

Medicine Buddha Meditation for Healing **Every 1st, 3rd, and 5th Wednesday, 7:00 to 9:00 pm** **(starting on August 21st)**

Rejuvenate in the healing energy generated through the Medicine Buddha practice. You will be invited to relax or meditate along with Juniper practitioners as they carry out and recite the Medicine Buddha meditation. Segyu Rinpoche will gradually introduce more healing practices and opportunities to participate.

Meditations for Building Joy and Resilience **Every 2nd and 4th Wednesday, 7:00 to 9:00 pm** **(starting on August 28th)**

The Vajrayana method of Buddhist practice includes a deep system of meditation and inner learning. This includes concentration and analytical meditation, and topics such as emotional balance, compassion and wisdom. These sessions will include a talk on these topics and several short meditations that we will do together and that can be continued by participants on their own.