

Columbus KTC presents
Friday through Sunday, January 13th - 16th
A teaching by Lama Kathy Wesley

Bodhicitta: The Ultimate View of Wisdom and Love

Daily life is full of ups and downs — sometimes things go well, sometimes we feel buffeted by the winds of change and uncertainty.

According to the teachings of the Buddha, the one certain method for “holding steady” in the midst of difficulty is Bodhicitta — also known as the “mind of awakening.”

By understanding the awakened nature of mind, developing the attitudes as intentions that subdue ego-clinging, and seeing the pure and empty nature of all things, we gradually develop awakening from within.

This program describes the view and action of this gradual path, with instructions on how to contemplate and meditate on the ultimate view and the skillful relative path of love.



Schedule:

Friday, January 13th:
7-8:30pm

Saturday, January 14th:
10am-12pm and 2pm-4pm

Sunday, January 15th:
10am-12pm and 2pm-4pm.

Saturday and Sunday's sessions will begin with one half hour of sitting meditation. Refuge and Lay Precepts will be offered after Saturday's afternoon session, and the Bodhisattva Vow will be offered after Sunday's afternoon session.

KTC will be hosting the Sangha Cafe once again at noon on both Saturday and Sunday. A light lunch may be purchased for \$5.

Tickets:

\$7 - Friday's session

\$60 -All weekend sessions for members

\$80 - All weekend sessions for non-members

Tickets may be purchased on our website columbusktc.org or at the center.

Registration fees help to cover the cost of teaching expenses; however, no one will be turned away due to lack of funds. Please contact director@columbusktc.org to request financial assistance.

Location:

All teachings will take place at Columbus KTC, 231 S. Grubb St. Columbus, OH 43215
columbusktc.org

About the teacher:

Lama Kathy serves at the Columbus Karma Thegsum Chöling Meditation Center as its practice coordinator, and travels to other Buddhist centers throughout the country to teach. Lama Kathy has been a student of Khenpo Karthar Rinpoche since 1977.

She participated in the first three-year retreat led by Khenpo Rinpoche at Karma Ling Retreat Center in upstate New York, and thus earned the title of “retreat lama.” She is a graduate of Ohio State University with a bachelor's degree in journalism and lives in Newark, Ohio with her husband, Michael.