

Columbus KTC invites you to our

Medicine Buddha Retreat

Friday, February 10th and Saturday February 11th

The practice of Medicine Buddha is done for the alleviation of suffering of body, speech, and mind of all sentient beings, including oneself. Due to the vast aspirations made by Medicine Buddha, all are invited to attend.

The retreat will be a group practice chanting prayers from the Medicine Buddha Sadhana, playing music, performing mudras and chanting mantras.

Because of this being an all-day retreat, we will have time to accumulate many mantras for the benefit of all.



Public Talk: **February 10th** (Friday)
7:00 pm to 8:30 pm
Topic: *Introduction to
Medicine Buddha*
Everyone Invited **Free**

Day Retreat: **February 11th** (Saturday)
9:00 am to 5:00 pm
Lunch break from 12pm-2pm

The day will be broken up into four sessions: 9am-10:20pm; 10:40am to 12pm; 2pm-3:20pm and 3:40 to 5pm. You may join in or leave at anytime.

Lunch: vegetarian carryout from Tai Asian Bistro. Orders taken Saturday morning.

Fee: we are asking for \$10 to cover the cost of heat and electric. If you are unable to pay, please come anyway. Your presence is important for the retreat.

What to bring: If you have a Medicine Buddha Sadhana, a Mala (prayer beads), Bell and Dorje, or Damaru, please bring. Sadhanas and musical instruments will also be provided for use.

Please also bring a blanket or shawl for warmth and a reuseable hot or cold water bottle.

Registration or Questions: please contact Cathy Lhamo Jackson at cathylhamo108@gmail.com.

