

Weekly Open House Talks by Senior Western Teachers at Nalanda West

Starting on **Wednesday, October 8, 2008**, Nalanda West will host a series of public talks and guided meditations open to anyone interested in Buddhist view and meditation. The classes will be presented by three locally based senior students of Dzogchen Ponlop Rinpoche: Karl Brunnholz, Mark Power, and Tyler Dewar. Rinpoche appointed them as Western Buddhist teachers in his lineage and gave them the title Mitra, meaning "spiritual friend."

The talks will cover a wide range of topics, including:

- Meditation: what it is, its purpose, and its benefits
- Various meditation techniques
- Applying the wisdom of the Buddha's teachings in daily life
- Cultivating universal compassion
- Teachings on the songs of realization of great Buddhist masters

In the tradition of the Buddha's own teaching style, there will also be ample time for discussion and questions.

Wednesday, October, 8 (7–8:30 pm)

Have a Date With Your Mind: Curiosity in Meditation
—with Mitra Karl Brunnholz

Someone recently said, "My mind is like a bad neighborhood, I usually avoid going there alone." Meditation starts by checking out this neighborhood of our mind, which is the closest thing there is and yet is often a stranger to us. The journey is about getting to know and make friends with our mind in all its many facets and its great depth.

Wednesday, October, 15 (7–8:30 pm)

Closer Than You Think: Remembering Karmapa's Advice
—with Mitra Tyler Dewar

In facing life's hardships, the method for easing our suffering is much more attainable than many of our thoughts would have us believe. During this session we will review some key practical instructions given by His Holiness the 17th Gyalwang Karmapa during his historic first visit to the West in May and June of this year.

Wednesday, October, 22 (7–8:30 pm)

"Why don't they listen when I know I'm right!" Or: Mindful communication as the path to harmony.
—with Mitra Mark Power

The Buddhist practice of mindfulness integrates the natural clarity of our mind and our activities. This natural clarity is heightened through the practice of meditation. When we bring this clarity to our relationships, we begin to notice our hidden agendas, for instance, our need to be right. Then the question might arise – so what can I do to untangle these hidden agendas? One of the most simple and effective means is the practice of listening genuinely. Listening genuinely goes beyond simply hearing; it is an extension of the practice of meditation and a skillful approach to fostering harmony. Through this non-judgmental relationship with our mind and emotions, we gain the confidence to relax our agenda and listen deeply to others.