

Shrine of Holy Wisdom (*Events 1, 2, and 3*, below)
5025 S Ash Ave Suite B-15, Tempe, AZ 85282
Phone: (480) 219-9633 suggested donation=\$25

SW Herb Shop and Gathering Place (*Event 4*, below)
148 N. Center Street in Historic Downtown Mesa, AZ 85201
(480) 694-9931 (but they can call: 480-710-4355)
Suggested donation = \$20

1. EIGHT VERSES OF THOUGHT TRAINING

Thursday, March 23, 2023 630 pm

Description: You might have noticed that people in our culture have undergone unusual stressors in the past few years. To re-establish our connectedness with each other and nurture internal peace, the monks offer a teaching on the profound Eight Verses of Thought Training by Langri Thangpa (1054-1093). Sample verse (Verse 2):

Whenever I am with others
I will practice seeing myself the lowest of all,
And from the very depth of my heart
I will recognize others as supreme.

2. WHITE TARA EMPOWERMENT

Friday, March 24, 2023 630 pm

Description: White Tara symbolizes maternal compassion and healing. But more than that, she represents purity and is often depicted as a divine being seated with legs crossed, holding a full lotus. She embodies grace, mature wisdom, and swiftness in fulfilling your long-life wishes and improved health for yourself and others.

3. DUKAR THE WHITE PARASOL

Saturday, March 25, 2023 2 pm

Description: Dukar the White Umbrella or White Parasol protects from the heat of the delusions, which she subjugates (treads upon). Through the mantra, she reduces the influence of negative energy and fears. White Parasol is a protector against natural and supernatural dangers.

4. MEDICINE BUDDHA

Wednesday March 29, 2023. 630 pm

Description: As confirmed by Western and Eastern research, the mind has a major role in healing. Effects of physical medicines can be complemented with spiritual practice. During this ceremony, the Tibetan monks connect you with Menla (Medicine Buddha) and strengthen your ability to receive benefits of the healing powers of all the Buddhas. Each person's three doors (body, speech, and mind) are purified of negative imprints and blessed. You will be empowered to bless the medicines you take daily.

To schedule private healings, house blessings, and business blessings, call Lobsang Wanchuk or locally 480-710-4355. Suggested donation for each event is \$20.