

DISCOVERING

D H A R M A

The Dharma is transcultural. These teachings of the Buddha describe the way things actually are, the way universes work, and all the skillful means by which ultimate reality may be realized. The Dharma is true for all times and in all places.

When you understand mind,
You understand *everything*
- Nagarjuna

Five-day Retreat with H.E. Trungram Gyaltrul Rinpoche

"Discovering the Dharma" is a program suited for the beginner and intermediate level practitioner. It will offer both theories and practices of Mahayana Buddhism. The program will give participants firsthand meditative retreat experience, and cover fifteen major topics of Buddhism. Many of these subjects will be taught in this first retreat.

Time:

Friday evening, May 23 through
Wednesday noon, May 28, 2008

Location:

UTBF Retreat Center, 155 Buff Road
Cochecton, NY 12726

Cost:

\$300 - Commuter / \$375 - Residential with own tent /
\$450 - Residential with dorm / \$90 - Saturday only /
also: Friday evening only - (see website for details)

Application required. Spaces are limited.
See website for details.

Please apply by May 9.

(After the deadline, please email or call us.)

More on www.utbf.org/cochecton2008



www.utbf.org



www.dharmakaya.org

Trungram Gyaltrul Rinpoche



Born in 1968 to a Nepalese Sherpa family, H.E. Trungram Gyaltrul Rinpoche is one of the most prominent incarnate lamas of Tibetan Buddhist Traditions. A renowned teacher and lineage holder of many Buddhist teachings and practices, Rinpoche is the fourth in a line of incarnations considered emanations of the great yogi Milarepa. Rinpoche has a

traditional monastic degree of Acharya and a Harvard PhD, and is the founder and spiritual director of the United Trungram Buddhist Fellowship (UTBF) and Dharmakaya. Besides teaching in various parts of the world, Rinpoche is currently working on projects including the Mahamudra Hermitage – a planned traditional retreat center, and Lumbini Udyana Mahachaitya – a monastery at Buddha's birthplace, as part of the Lumbini Development Project under the auspices of the UN.

