



Lama John Makransky, PhD
Weekend Meditation Retreat
March 3-4, 2012
Saturday 9:30-5:00, Sunday 9:30-3:00
Morro Bay Veterans' Hall, 209 Surf Street

Sponsored by the Foundation for Active Compassion-San Luis Obispo

**Coming Home: Cultivating Love and Wisdom as Expressions of
Innate Wholeness**

This weekend retreat is for both new and experienced meditators. Participants learn powerful meditations from Tibetan Buddhism that help bring out latent powers of loving compassion and wisdom from the ground of our being. Such meditations, adapted for people of all faiths and backgrounds, can make us more fully present to self and others by awakening an unconditional attitude from within that nourishes all, while challenging us to see more potential in all. When this unity of compassion and wisdom is embodied in relationships and action, it can become a great force to heal our lives and our world. The ancient bodhisattva way of awakening is rediscovered here and now in the particulars of family, work and service. By making contemplations from Tibet accessible to people of all faiths and backgrounds, this retreat is also an exercise in deep learning across religious boundaries. Guided meditations, questions and discussion.

Retreat Information

The cost of the retreat is \$40. All proceeds will go towards supporting the event. Each student will have the opportunity to practice dana (generosity) by making a contribution to the teacher to help him continue this important work. Please don't let the cost prevent you from coming; other arrangements can be made, if necessary. Please bring your lunch. Tea and light snacks will be provided. If you want to sit on the floor please bring your own mat and cushion. There will be plenty of chairs.

There will be plenty of room to accommodate everyone. You may pre-register by downloading the form at <https://sites.google.com/site/slonwc/retreats> or same-day registration will open at 8am. If you have additional questions please contact Eric Zeeb at Eric@Zeeb.com or at 805-441-4861.

About Lama John Makransky, PhD

John Makransky is a professor of Buddhism and Comparative Theology at Boston College, senior advisor to Chogyi Nyima Rinpoche's Centre of Buddhist Studies in Nepal, and a lecturer at Harvard Divinity School. In 2000, John was ordained a Tibetan Buddhist lama in the lineage of Nyoshul Khen Rinpoche. As a meditation teacher in retreats across the U.S., John has become known for guiding participants in their discovery of innate wisdom and love. He is the guiding meditation teacher of the Foundation for Active Compassion, a socially engaged Buddhist organization that trains social servants of all faiths in meditations of compassion and wisdom adapted from Tibet. He is on the board of directors of the Buddhist-Christian Studies Society, co-chair of the Buddhist Critical Reflection Group in the American Academy of Religion, and author of *Awakening through Love* (Wisdom, 2007).