



EWAM CHODEN TIBETAN BUDDHIST CENTER

254 Cambridge Ave., Kensington, California 94708
(510) 527-7363, www.ewamchoden.org



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PRESENTS

Lama Migmar Tseten

(Buddhist Chaplain of Harvard University)

ESSENTIALS OF ABHIDHARMA

August 13 - 15, 2010



Abhidharma provides the essential framework necessary for understanding the inter-relationship between the objective world of matter and the subjective world of mind and its emotions from a Buddhist point of view. *Abhidharma* forms the practical basis for the fruitful pursuit of all Buddhist meditation and practice. This intensive program will focus on the study and practice of *Abhidharma* according to the oral instructions of Lama Migmar.

Background Information

This is Lama Migmar's second series of *Abidharma* teachings at Ewam Choden. The first was very popular because of his clear and compassionate way of explaining difficult concepts and his willingness to receive and reply to many questions from students. Lama Migmar teaches in fluent English.

Lama Migmar serves as a Buddhist Chaplain at Harvard University. He received both a traditional and a contemporary education in India. He graduated with an *Acharya* degree in 1979, first in his class out of all students from the four schools. He was awarded a medal for academic excellence by His Holiness The Dalai Lama. He was also recently recognized as Khenpo for his scholarship and service to the Dharma by His Holiness Sakya Trizin. He founded Sakya Institute in Cambridge, MA in 1989 and leads retreats at Buddhist centers throughout North America.

Dates and Times	Location
Friday, August 13th, 7 to 9 p.m.	Ewam Choden Tibetan Buddhist Center
Saturday, August 14th, 10 to 12 a.m. and 3 to 5 p.m.	254 Cambridge Street,
Sunday, August 15th, 10 to 12 a.m. and 3 to 5 p.m.	Kensington, CA
Please arrive early in order to register and sign in.	See www.ewamchoden.org for exact directions.
	If you drive, please park on the street with consideration for neighbors.

Suggested Donation: \$250 or \$50 per session