



**TWO DAYS of EVENTS by
HIS HOLINESS SAKYA TRIZIN**

Saturday, MAY 4, 10:30am – 12pm (registration opens at 9am)

Empowerment of Vajrapani Bhutadamara

Saturday, MAY 4, 7pm – 8:30pm

Public Lecture:

**“Freeing the Heart and Mind:
Introduction to the Buddhist Path”**

both Events ABOVE at Arlington Church, 52 Arlington, Kensington, CA

Sunday, MAY 5, 2pm – 3pm (doors open at 12noon)

**Long Life Empowerment and Talk with Tibetan Community
at Berkeley Adult School, 1701 San Pablo Ave., Berkeley, CA**



His Holiness Sakya Trizin is the 41st throne holder of the Sakya Order of Tibetan Buddhism. He is a descendent of the great masters who founded the order in 1073 and is considered to be an emanation of Manjushri, the Bodhisattva of transcendental wisdom.

Praised by His Holiness the Dalai Lama as ‘King of Vajrayana practitioners,’ His Holiness Sakya Trizin is renowned throughout the world for the brilliance and clarity of his teachings and his fluency and precise command of English.

Saturday, May 4th, 10:30 a.m.–12 noon His Holiness will bestow the empowerment of Vajrapani Bhutadamara, a Bodhisattva manifesting power, this empowerment helps protect the practitioner by aiding in the clearing of obstacles to one’s spiritual practice and progress. The requested donation is \$30.00. Dana (offering) to the Lama is separate.

Saturday evening, May 4th, 7:00 – 8:30 p.m. His Holiness will offer a public talk entitled “Freeing the Heart and Mind: Introduction to the Buddhist Path,” where he will speak on the challenges facing practitioners and non-practitioners alike in the contemporary world. Admission is \$20, \$10 for seniors & students.

Sunday, May 5th, 2 p.m. – 3 p.m. (doors open at 12 noon) His Holiness will bestow a Long Life Empowerment and give a talk in Tibetan to the Tibetan community. All are welcome. Admission is \$15.00, \$10 for 13-18 & seniors and kids free. Presented by Bay Area Sakya Tsechen Ling.

Visit www.ewamchoden.org for more information