

Sponsored by Katog Vajra Ling, a Connecticut shoreline meditation and study group



**Saturday & Sunday**

10-noon & 2-5

Both days

**Location**

19 Fair Street, Guilford

**Feb 7 & 8**  
**Guilford, CT**

**Suggested offering \$90 - \$150**

Sliding scale- all sincere offerings accepted

**Pre-registration is required**

To make credit card payment online by February 1,  
use the Donate button at [katogcholing.com](http://katogcholing.com).

Write "for KVL February teaching" in the Notes field.

(To pay by check or cash, contact [info@katogvajraling.org](mailto:info@katogvajraling.org).)

## *Compassion, happiness, and wisdom*

### **A two-day teaching with meditation master Tulku Tenzin Rigsang**

How to develop compassion, happiness, and wisdom, is the topic for a two-day teaching by Tulku Rigsang, based on the classic text, "37 Practices of a Bodhisattva," which gives clear, step-by-step instructions that are easy to understand and apply in daily life.

This is perhaps the most popular text in Tibet today, as relevant now as when it was written in the 14th century. It is shared and recognized by all lineages for its essential, practical advice on how we can turn our minds away from disturbing emotions toward heartfelt compassion for all living beings.

**ALL ARE WELCOME**

**QUESTIONS?** Call Kathleen Hayes 203-287-8836

**EMAIL:** [info@katogvajraling.org](mailto:info@katogvajraling.org)

**About the teacher:** Born in eastern Tibet, Tulku Rigsang became a monk at a young age, recognized by the dzogchen yogi Yeshe Wangpo as the reincarnation of his own brother Sherab Gyaltzen. In Tibet, Tulku studied with many spiritual teachers, including Khenpo Jigme P'huntsog. In India he studied within the Nyingma tradition, at Namdroling monastery and within the Gelug tradition at Drepung monastery. After completing the entire curriculum, he moved to Dharamsala, where he received many teachings from HH the Dalai Lama. In 2013 he was invited by Khentrul Lodro Thaye Rinpoche to be a full-time resident teacher at the Katog Rit'hrod Mountain Retreat Center.