



# Gateway to Buddhism Series

*Palyul Chagchub Dargyeling Ohio*



Interested in Tibetan Buddhism but don't know where to start?

Join a three-session class at the Tibetan Buddhist Temple in Richfield, Ohio that will introduce you to foundational principles and traditions of Vajrayana Buddhism.

Classes will be held on Sundays; June 7th, 14th, and 28th from 1 - 2:30pm. (No class on Father's Day, June 21st)

Each class will offer valuable information you can apply to your daily life, as well as time to learn sitting meditation. Ample opportunity will also be given for discussion where questions can be answered.

These classes are offered free of charge. However, the temple relies on your generosity for its support, so donations will be gratefully accepted. Bring your favorite sitting pillow if you have one. Chairs will also be available.

## Schedule

**June 7th class:** "Discover the source of happiness from the Buddhist point of view. Learn what taming the mind means and experience a meditation that will help you free your mind from negative emotions."

**June 14th class:** "Explore the role our emotions play in training the mind, learn about the enlightened nature of all beings and experience a meditation that will help you in everyday life."

**June 28th class:** "Learn about the Six Perfections, the path to bring out your innate noble qualities. Listen to a discussion on how to find a teacher and hear about the opportunity to participate in a summer retreat."

## Location

3750 West Streetsboro Rd., Richfield, Oh 44286  
(driving directions on website, [www.palyulohio.org](http://www.palyulohio.org))

We welcome your participation. E-mail [pcdo@palyulohio.org](mailto:pcdo@palyulohio.org), or call the temple at 330.659.0468 if you have any questions.

