



are pleased to present

# Khenpo Migmar Tseten

Buddhist chaplain at Harvard University and  
Director of the Sakya Institute for Buddhist Studies in Cambridge

**A rare opportunity to learn wisdom teachings in Bermuda  
directly from a Tibetan master**

**7:00 p.m. Friday, November 8<sup>th</sup> 2013**

## **A public talk on The Four Immeasurables: Love, Compassion, Joy and Equanimity**

at the

# Phoebe Purvis Memorial Hall

doors open at 6:30 p.m.



H.H. the XIV Dalai Lama points out that all people - all beings - seek happiness and wish to avoid suffering. In this, he says, we are all alike. Further, "Compassion and love are not mere luxuries. As the source both of inner and external peace, they are fundamental to the continued survival of our species." Lama Migmar will explain the principles and practices of developing such love and compassion in The Four Immeasurables:

**"May all beings have happiness and the causes of happiness;  
May they be free from suffering and the causes of suffering;  
May they never be separated from the great bliss that is without suffering;  
and  
May all rest in equanimity that is free from attachment and aversion."**

Lama Migmar is a recognized scholar, a master practitioner and is fluent in English. To our knowledge, this is the first time a Tibetan lama has visited Bermuda. Suggested donation: \$5 students, \$20 adults. No one will be turned away for lack of funds. Please arrive 20 minutes early to take your seats. No prior meditation or Buddhist study is necessary. All are welcome!

117 Middle Road, Warwick. Parking & entrance off Morgans Road. (441) 239-9464.