



**LAMA MIGMAR TSETEN**

has served as Buddhist chaplain at Harvard University since 1997 and is the founder of Sakya Institute for Buddhist Studies in Cambridge, Massachusetts.

*lamamigmar.net*

**MARCH 9–11 | FRIDAY–SUNDAY**

# Lama Migmar Tseten

## MOTHER TARA EMPOWERMENT

**FOR** everyone.

Experience bliss, abundance, and strength as you overcome the layers of destructive emotions—including stress, fear, anxiety, and/or addiction—built up over past years and lives. The Mother Tara Empowerment ceremony, given by Lama Migmar according to the Tibetan tantric tradition, helps you awaken the enlightened wisdom mother already present within you.

During this weekend, Lama Migmar bestows the healing empowerments of the white, gold, red, and green Taras and guides you in Sanskrit mantra and sacred Tibetan recitations with English translations. He also gives instructions in meditation and mudra to experience the true nature of body, speech, and mind.

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