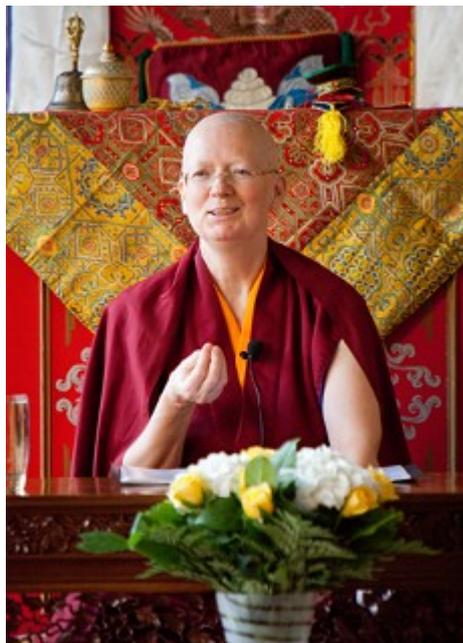


Lama Gelongma Zangmo á Íslandi 31.ágúst 2018

Lama Gelongma Zangmo first became a practising Buddhist when she arrived at Kagyu Samye Ling in 1977 and took refuge with His Holiness the 16th Karmapa, Rangjung Rigpe Dorje. Having received teachings from many highly respected lamas who visited Kagyu Samye Ling, she was inspired to enter the four-year closed retreat in 1984, during which time she became ordained as a Buddhist nun.

When the next long retreat started in 1989 Lama Zangmo wished to further her retreat experience and she was also asked to help and advise the new retreatants. Having completed that retreat in 1993, Lama Zangmo then entered a third long retreat and became the resident retreat teacher to the other women retreatants. That retreat ended in 1997, bringing the total number of years Lama Zangmo spent in retreat to eleven and a half.



Choje Akong Tulku Rinpoche and Lama Yeshe Losal Rinpoche then asked Lama Zangmo to put her experience to good use by helping to run Kagyu Samye Dzong London, which was officially opened in 1998. Since then the London Centre has flourished under Lama Zangmo's guidance and established itself as a much needed Dharma Centre in the capital city, providing a full and varied programme of teachings and events throughout the year.

In 1998 Lama Zangmo was one of a group of nuns who accompanied Lama Yeshe Losal Rinpoche to India, where she became fully ordained as a Gelongma (Bhikkuni) at a historic ceremony in Bodhgaya. This will in turn enable others to take full Gelongma ordination with the Tibetan Buddhist tradition in the future.

Lama Zangmo's strong connection with Kagyu lineage and in particular with Choje Akong Tulku Rinpoche and Lama Yeshe Losal Rinpoche has inspired her to work tirelessly and joyfully in service to the Dharma and helping others. In recognition of her long experience, selfless qualities and commitment, she became the first person in the UK to be honoured with the title of Lama by our organisation at a heart warming ceremony in Kagyu Samye Dzong London in 2001

Taming the Wild Mind:

**Opinn fyrirlestur/Public Talk föstudaginn 31.ágúst 16:30-18:00 í Lífsspekifélaginu
Ingólfsstræti 22**

Meditation is the art of finding **peace** and **happiness** within by using simple methods of **calming** and **stabilising** our minds. Modern life can be stressful and busy. Most of the time we are carried along by the force of emotions, habits and conditioning and end up feeling tired and stressed by everyday life. Practicing meditation can change this. Meditation can help bring about a **natural sense of peace** and **well-being** that can extend to every aspect of our lives. People who meditate regularly tend to sleep better, handle the ups and downs of daily life with more clarity and ease and relate to others with more compassion and warmth.

Námskeið 1-2. september 2018 að Grensásvegi 8:

Transforming the Emotions with Lama Zangmo

Saturday Sept 1st 2018, 10.00am - 4.00pm

Lama Zangmo will focus on how we can deal with painful emotions such as anger, attachment, stress, fear and confusion. To apply an antidote we need to be able to recognise the emotion, reflect on the negative impact it has and then apply the appropriate remedy. With time and practice we become able to pacify and transform them. Dza Patrul Rinpoche, a great 19th Century Nyingmapa Master said "Do not chase after the object of your anger; look at the angry mind". There will be an explanation of techniques and remedies, as well as introductory guidelines and time for actual meditation.

Renunciation, Devotion and Meditation with Lama Zangmo

Sunday Sept 2nd, 10.00am - 4.00pm

Lama Zangmo will be explaining the prayer the Dorje Chang Tungma which is chanted regularly in all Kagyu centres. This course deals with the power of supplicating the Lineage Masters and how one relies upon the Lineage that comes from Vajradhara down to one's own Root Lama. The text shows how someone at the beginning should practice, and what benefit will be achieved. If understood correctly, the entire path of Mahamudra is explained in this short text. Lama Zangmo will pay particular attention to the verses that deal with Renunciation, Devotion and Meditation.

Skráning á hugleidsla@hugleidsla.is

Dharma kostar ekkert en frjáls framlög alltaf vel þegin

t.d. eins og einn bíómiði fyrir fyrirlesturinn og t.d. 3-5000 kr. á dag fyrir námskeiðið.