

Fine Arts Center Asian Arts & Culture Program

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For Immediate Release

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WHAT: Healing in Tibetan Buddhism

WHEN: Friday October 16 through Sunday October 18

WHERE: Florence Civic Center, 90 Park St., Florence MA

TICKETS: Fine Arts Center Box Office 545-2511/ 1-800-999-UMAS

Learn practical Buddhist techniques for experiencing joy in daily life!

Back by popular demand, the UMass Fine Arts Center Asian Arts & Culture Program presents **Healing in Tibetan Buddhism**, a three-day seminar **October 16-18 at the Florence Civic Center, 90 Park Street, Florence**. Revered Buddhist teacher **Khen Rinpoche**, Geshe Lobsang Tsetan, Professor David Gardiner and Dr. Phuntsog Wangmo will focus on **Avalokitesvara**, the Bodhisattva of Great Compassion. By addressing the topic **Awakening to Happiness: Cultivating Compassion**, Rinpoche and the two scholars will offer practical Tibetan Buddhist techniques for experiencing joy in daily life through analysis, meditation, deity yoga and mantra. Open to all regardless of prior initiation or practice, the four stand-alone workshops can be taken individually or in any combination. Details about each workshop can be found at: fineartscenter.com/asian. Advance tickets are \$20 per session for the general public and \$10 for students and seniors. Tickets can be purchased through the Fine Arts Center Box Office by calling 413-545-2511 or 1-800-999-UMASS. Tickets at the door will be \$25 and \$12. For more information patrons can call the Asian Arts & Culture Program office at 413-577-2486. The event is presented in partnership with the Friends of Khen Rinpoche and the Manjushri Institute for Buddhist Studies.

The series will begin on Friday, October 16th at 7PM with an appearance by pianist Michele Feldheim playing a sacred music offering to Avalokitesvara, Bodhisattva of Compassion. Ms. Feldheim, composer and teacher is a free lance musician with degrees from University of Massachusetts at Amherst and the New England Conservatory of Music in Boston. Khen Rinpoche will begin the session entitled ***Happiness through Cultivating Compassion*** by leading prayers to Avalokitesvara.

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In conversation with David Gardiner, Associate Professor of Religion at Colorado College, Rinpoche will speak about the central role of compassion in Tibetan Buddhist practice and introduce analytic and visualization techniques for its use in daily life.

In the second session, **Healing through Compassion: Exchange of Self and Others** taking place Saturday, October 17 from 3PM-5PM, participants will learn the method of practicing *Tonglen*, a systematic healing method that develops the altruistic mind of enlightenment. Professor Gardiner will present the historical and philosophical contexts of this powerful practice.

Mantra in Deity Yoga Practice: A Conversation about Experience and Scientific Basis, the evening session on Saturday, October 17 from 7-9 PM features Khen Rinpoche, David Gardiner and guest Phuntsog Wangmo. Trained in Tibet and with over 20 years experience, Dr. Phuntsog Wangmo is the director of the Shang Shung Institute School of Tibetan Medicine in Conway, Massachusetts.

Khen Rinpoche will introduce Avalokitesvara's mantra, sacred to all Tibetans. Professor Gardiner will review recent Western scientific studies demonstrating the positive physiological benefits of meditative and mantric practice. Dr. Wangmo will outline the central relationship between mind and body in Tibetan healing practice.

The final workshop on Sunday, October 18 from 10:30AM-12:30PM will explore **Avalokitesvara Blessing & Practice**. After opening prayers to Avalokitesvara lead by Khen Rinpoche, Professor Gardiner will give an overview of meditative practices and the method of deity yoga in Tibetan Buddhism. Rinpoche will conclude the workshop with a guided meditation in Avalokitesvara (Chenrezig) practice. A condensed text (sadhana) will be available for daily practice.

Please see our website at www.fineartscenter.com/asian for additional information, including a complete schedule of events, locations, times, and ticket prices. Tickets available online: www.fineartscenter.com or by calling 1-800-999-UMAS or 413-545-2511.

Downloadable high resolution photos and electronic versions of press releases for performance events are available at: <http://www.umass.edu/fac/asian/press.html>.

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