



Piedmont Karma Thegsum Choling

a center for the study and practice
of Tibetan Buddhism

LAMA KATHY WESLEY

November 11-13, 2011

Public Talk at Unity Center of Peace – Chapel Hill:

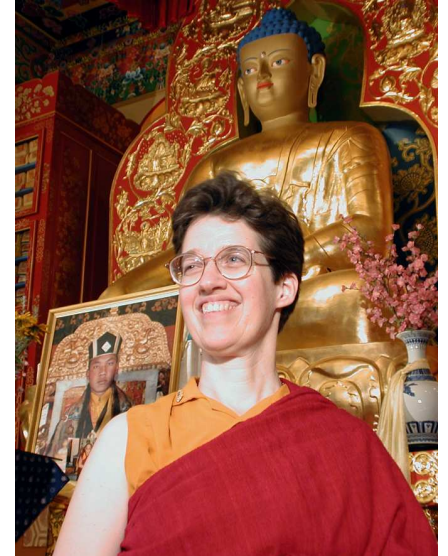
Making Life a Spiritual Journey

One modern spiritual teacher once said that all of us are on a spiritual journey, but not all of us agree to “get with it” and make that journey all the way to the end! Busy lifestyles, families, jobs – all can make our lives seem so jam-packed that meditation practice and spiritual endeavors seem almost impossible. Outer and inner busyness can make us feel frantic, and leave us feeling snared in worldly ties. But with the application of a few short phrases, we can make even the busiest life a journey that gives us purpose. We will review those phrases, and discuss ways to make them real for us.



November 11, 2011, Friday, 7:30 to 9:00 pm.

Unity Center of Peace, 8800 Seawell School Road
Chapel Hill, NC (between Smith Middle and CHHS)
Suggested Donation \$10.



Weekend Teachings - Aspiration and Inspiration:

Deepening our Dharma Practice

The study and practice of the Buddha's teachings could be said to be a journey of ever-deepening wisdom and compassion. We may have read many books, attended many teachings, and done hours and hours of meditation practice. But it seems there is always more to learn and to cultivate. This workshop will offer advice on how to maintain and deepen our inspiration and aspiration for dharma study and practice over the long haul, and how meditation, recitation, compassion and devotion can our journey even deeper still. These sessions will be based on aspiration prayers, songs of wisdom, guru yoga and compassion practice.



November 12, Saturday, 9:30 am to 4 pm.

134 Circadian Way, Chapel Hill, NC (in town of Carrboro). Suggested donation of \$60.
Pre-registration is recommended—Phone 919-968-9426 or E-mail: piedmont.ktc.info@gmail.com

The Practice of White Tara

Khenpo Karthar Rinpoche reminds us that, "Through study and practice of White Tara, we can accomplish four important aims. These are (1) our own progress and ultimate attainment on the spiritual path; (2) the benefit of others; (3) upholding and serving the Dharma; and very importantly, (4) accomplishing good health and long life for the great teachers of the Dharma so that they can benefit beings without obstruction."



November 13, Sunday, 9:30am to 4 pm.

Piedmont KTC, between 201 and 203 W. Weaver St., Carrboro, NC, Suggested donation of \$60.
Pre-registration is recommended—Phone 919-968-9426 or E-mail: piedmont.ktc.info@gmail.com

About Lama Kathy Wesley: Lama Kathy Wesley serves the Columbus Ohio KTC as its resident Dharma teacher and teaches at KTCs throughout North America. A longtime student of Khenpo Karthar Rinpoche, she is known for her direct approach and infectious sense of humor.

**FOR MORE INFORMATION: Visit www.piedmontktc.org or Call 919-968-9426
or E-mail: piedmont.ktc.info@gmail.com**