

Osel Shen Phen Ling welcomes
DON HANDRICK
September 26 – October 1

Tuesday • September 26 • 7pm

Developing the Peaceful Heart

A heart of peace and compassion allows us to become an instrument for affecting real positive change in our world.

Wednesday • September 27 • 7pm

Adopting an Attitude of Gratitude

Explore how to use the teachings of the Buddha to unlock the richness of our lives through the constant expression of gratefulness in all aspects of our lives.

Thursday • September 28 • 7pm

Working With Fear

What is fear? How does it arise? What effects can it have upon us? We can use fear within our spiritual practice to enhance our wisdom that aids our progress on the path and our compassion that strengthens our connections to others.

Friday • September 29 • 12pm

Tara Puja

Followed by a light, vegetarian lunch

Saturday • September 30 • 10am-3pm

& Sunday • October 1 • 10am-Noon

Wisdom Mini-Retreat

*The Joy of Letting Go: Using Wisdom
to Change Our Lives*

Many of life's difficulties and complications are products of our own negative habitual thoughts and actions, but those harmful habits need not control our lives. In this weekend course, we'll examine a variety of these persistent and destructive patterns in order to learn how to disempower them and cultivate new behaviors rooted in truth and genuine well-being



Don Handrick is a graduate of the first Masters Program of Buddhist Studies, the FPMT's seven-year study program inspired by the traditional geshe studies at the great Gelugpa monastic universities. Since 2006, Don has been the resident teacher at Thubten Norbu Ling Buddhist Center in Santa Fe,

NM, and he also teaches regularly at the Ksitigarbha Tibetan Buddhist Center in Taos, NM. In 2015, Don led the month-long November Course at Kopan Monastery and in 2016, he began spending a portion of each year visiting other FPMT centers as a touring teacher.

Teachings take place at Osel Shen Phen Ling • 441 Woodworth • Missoula

Please visit fpmt-osel.org for updates.

Anyone is welcome to attend any event.

Suggested Donations: \$15 for each event • \$100 for all events.

There is no charge for teachings; suggested donations cover expenses and offering to the teacher.

Osel Shen Phen Ling is an affiliated center of the Foundation for the Preservation of the Mahayana Tradition

