

Living Skillfully

Workplace programs for our modern multicultural age

Come and share some time with Venerable Tenzin Tharpa

Today, with the plethora of spiritual traditions, paths, and practices available to us, sometimes it feels as if we are being smothered in advice. However, as beneficial as some of this advice may be, we often find ourselves no closer to gaining the happiness and contentment we long for. In his talk Venerable Tharpa will be sharing his thoughts on navigating and understanding today's supermarket of spiritual advice, sharing tips on how to cultivate happiness, prosperity, and contentment.

Venerable Tenzin Tharpa

A fully ordained American Buddhist monk in the Tibetan Tradition, Venerable Tharpa is a teacher, author, and philosopher with over two decades in Buddhist studies, half of which spent in monastic universities throughout India. Well-known for his pragmatic, no-nonsense approach; his ability to clarify complex philosophical points for all audiences; and his familiarity with all forms of Buddhist thought and non-Buddhist traditions as well. A teacher who embodies our modern multicultural age.



Venerable Tenzin Tharpa is currently on a teaching pilgrimage of Southern Europe

Venerable Tharpa teaches on a wide variety of topics, teaching in most any venue. Sharing skills on how to cultivate happiness, contentment, and stability in our daily lives. Venerable Tharpa has just completed a one-year pilgrimage of Asia that included fifteen countries in which he explored over fifty unique spiritual communities. Prior to his pilgrimage, Venerable Tharpa completed ten-years of formal Buddhist study at the Tibetan Monastic Universities of Sera Jey Monastery and Gyudmed Tantric Monastery in South India. This occasion was marked with his latest book: *Tibetan Buddhist Essentials: A Study Guide for the Twenty-First Century*, available for free download at: **TenzinTharpa.com**. His teachings are open to all, regardless of experience or spiritual affiliation.

These programs are free and can include instruction on:

- Meditation
- Mindfulness
- Focused attention
- Loving kindness meditation
- Q and A
- And one-on-one time after classes (as time allows)

Contact Venerable Tharpa at: TenzinTharpa.com
Donations are accepted