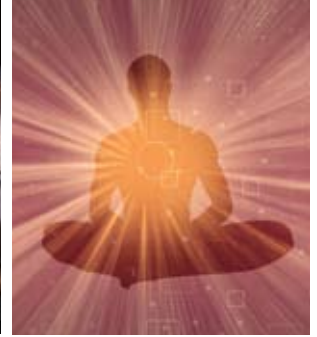


LIBERATING OURSELVES

A WEEK LONG SERIES OF EVENTS WITH LAMA JANGCHUB WANGMO



Meditation – What is it – Really?

Wed, Oct. 18th – 6:30-9:00 p.m. at Vision Quest Bookstore, 2225 N Scottsdale Road, Scottsdale.

A Dharma talk with a question & answer period following. We will also do some chanting and meditation. No experience required. Lama Jangchub's teaching helps us come into contact with the awakened state within us and then helps us maintain this state in our daily lives. *Suggested donation* : \$10.*

An Interfaith Dialog

Thurs, Oct. 19th – 7:00-8:30 p.m. at Arizona Interfaith Movement, 1710 E Indian School Rd, Phoenix

Lama Jangchub Wangmo will also be sharing more of her story. A question & answer period will follow. For more details see www.interfaitharizona.org.

Meeting The Divine Mother

Sat, Oct. 20th – 10:00 a.m. – 5:30 p.m., Vision Quest Bookstore, 2225 N Scottsdale Rd, Scottsdale

A one day experiential retreat with kirtan, meditation, & chanting. We will come to understand who the Divine Mother is in all spiritual traditions and Her importance in the liberation of all beings & setting one's self free in joy & harmony. Finally, we will receive help in integrating this into our everyday lives.

The day will be broken into three sections, each beginning with kirtan. There will be a lunch break & an opportunity for personal interaction with Lama Jangchub Wangmo. The retreat will end with everyone receiving a special personal blessing. Come and receive the blessing of Divine Mother!

Please bring your own meditation cushions & a sack lunch – we will provide the beverages. *Suggested donation* : \$40.*

Private Sessions

Also, individual sessions for those who wish to speak with her privately or have special needs may be scheduled with Lama Jangchub on Thursday, Oct 19th & Friday, Oct. 20th between the hours of 10:00 a.m. & 3:00 p.m. To schedule an interview, call (602) 501-2450.

* Please note: No one will be turned away because of inability to pay the suggested donation amount.

About Lama Jangchub Wangmo

Lama Jangchub Wangmo was born in rural Minnesota into a Catholic family of seven. Her sister and her aunt both became nuns; she attended Catholic school at the time when the liturgy was still recited in Latin. When she was twelve she started teaching herself yoga and meditation from books which she found at the library.

Lama Jangchub married and had two children. After a divorce she delved deeper into her spiritual aspirations. In her search she took up Zen Buddhism for many years developing a staunch discipline. Through her Buddhist practices she met a Tibetan monk, and at that moment had the feeling that she was recognizing something very deep about herself. That was the beginning of a path that opened like a lotus.

After studying for some time with a Tibetan teacher, she met Garchen Rinpoche who later ordained her as a Tibetan nun. She remained a Tibetan nun for 8 years. This allowed her to retreat and to focus on realizing the Buddhist ideal.

Lama Jangchub went to India to attend the Snake Year Teachings, and there received a series of empowerments and secret teachings which had never been taught outside of Tibet. She was granted permission to transmit these, thus becoming a "holder" of the teachings. In Nepal and Tibet she had the opportunity to practice with highly realized Tibetan Yoginis.

In 2002 Garchen Rinpoche asked her to found a Dharma center in Prescott called Lhundrup Khang. While consecrating the center, Garchen Rinpoche said "A bodhisattva enlightens herself first in order to help others. That is what Ani Jangchub has done."



She now is in the process of creating a seclusion retreat in Tularosa, NM - a place where water, sky, and mountain meet and have a sacred relationship.

For further information or to reserve your place at any of the events, please do not hesitate to call (602) 501-2450.