



Dzogchen Padma Rigdzin Ling NYC

Presents



Change Your Karma, Change Your Universe

Creating the Karma of Happiness

Your Karma, the infallible law of cause and effect, is your personal energy system that determines the form and quality of your experiences on a moment-by-moment basis. From beginningless time, because we do not understand how to mindfully create the Karma of happiness, we have been travelling from lifetime to lifetime ignorantly creating Karma that ultimately leads to our suffering. However, it is possible to easily transform those harmful Karmic energies through simple yet powerful techniques taught by the Buddha and to create beneficial and inexhaustible roots of merit that will result in happiness for you and for all sentient beings. This workshop will teach:

- Techniques to purify harmful Karmic energies
- How to create and strengthen positive, beneficial Karmic energies
- The elements of a Karmic action moment
- Meditation techniques to calm the mind and develop profound inner peace

Suitable for both beginners and advanced meditation practitioners, this open teaching will show you how to become an agent of peaceful yet powerful change in your life both for yourself and for all beings. Everyone is welcome to attend.

Erik Jung is a life-long Buddhist practitioner and a monk and Dharma teacher of the Dzogchen Longchen Nyingthig lineage training under the guidance of His Eminence Dzogchen Khenpo Choga Rinpoche.

When:

Saturday, November 26th, 6pm

Where:

**Brooklyn Urban dZong
(The BUZ)
778 Bergen Street, 2nd Floor
Brooklyn, NY**

**In Brooklyn near: 7th Av (B,Q);
Grand Army Plaza (2,3,4);
Clinton-Washington Aves (A,C);
Park Pl (S)**

Suggested Donation:

\$20 No one turned away.

Dzogchen Padma Rigdzin Ling is the New York Dharma Center and Sangha of Dzogchen Shri Singha International, under the direction and guidance of His Eminence Dzogchen Khenpo Choga Rinpoche. We offer weekly practice and meditation in the Dzogchen tradition for practitioners of all levels. For more information on the Dzogchen Lineage please go to www.dzogchenlineage.org or for local practice information email to dzoqparidqzinling@gmail.com.