



# 7 Point Mind Training II

*Teachings by Lama Tsomo*

Friday, July 16th at 7pm through  
Sunday, July 18th at 5pm

\$125/weekend\*



This next installment of the lojong teachings is an extension of the first part of the retreat taught in April by Lama Tsomo. We will continue to explore the mind training maxims using the texts by Jamgon Kongtrül and Pema Chödrön. Substantial time will be devoted to deepening our relationship to the practices of Shamata and Tonglen. Lama Tsomo will offer individual interviews and the retreat will follow the same format as the last except we will be holding periods of silence between sessions on Saturday and part of Sunday to create a more contemplative, meditative atmosphere. Suggested reading for this retreat is "Tonglen - The Path of Transformation" by Pema Chödrön, a compact guide book that is primarily practice oriented and introduces students to various ways of using the practice of Tonglen in daily life. Also recommended is the "Insight Meditation" kit by Joseph Goldstein and Sharon Salzberg.

You are welcome to stay on site in the Sangha House for an additional fee but space is limited so please reserve your spot in advance. Tent spaces are free.

\*Cost includes tuition and meals. Scholarship and payment options available. New students who wish to attend must fulfill prerequisite requirements. Please call for more information.

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**Lama Tsomo**, a long time practitioner, has studied and completed many intensive retreats under Gochen Tulku Rinpoche's close instruction and supervision. She has received many empowerments and teachings from him as well, including the course of study and practice of the traditional Three-Year Retreat. Lama Tsomo also holds a Masters Degree in Counseling Psychology. Her direct, clear, often humorous approach includes many stories and examples from modern life. Tsomo has said, "The Tibetans have been using a system developed over thousands of years, with many documented successes. They have proven, powerful methods of transformation. The problem for the Western mind is to be able to successfully use these methods to attain the same results." Since she is quite learned in both Eastern and Western methods, Tsomo hopes to act as a bridge for the interested practitioner.