

# Public Talk Letting Go of Resentment

**November 21; 7:30 pm**

**Self-attachment and insecurity** can cause us to be reactive and sensitive to our surroundings. Hurt feelings can lead to resentment that prevents us from opening to ever-deepening love and communication with our lovers, friends and family. Join Anyen Rinpoche in a special talk about using Buddhist teachings to let go of old wounds, forgive ourselves and others, and find the compassion residing naturally within ourselves.

**Where:** Santosha Yoga Westboro  
346 Richmond Road, 2nd Floor, Ottawa

**Cost:** By donation at the door



## 'Shedra' Teachings The Way of the Bodhisattva

**Saturday and Sunday, Nov. 22 & 23**

The foundation of all Buddhist practice can be found in Shantideva's profound guidebook *The Way Of The Bodhisattva*. It shows us how to cultivate the mind of enlightenment for the benefit of all beings. Through the sublime qualities of love, compassion, generosity, and patience, we are guided step by step to ultimate wisdom. Join Anyen Rinpoche at Santosha this fall as he presents the Bodhisattva Path based on the commentary of renowned Nyingma scholar Khenpo Shenga.

It is said that the famous Patrul Rinpoche received the commentary on *The Way Of The Bodhisattva* many times during his lifetime. Anyen Rinpoche has requested that all of his students follow this inspiring example and study this precious text at least once a year.



### Anyen Rinpoche

is an esteemed teacher of Buddhism and a tulku from the high mountains of Amdo, Tibet. He is the fifth in an unbroken lineage of heart students who received their uncommon lineage of the Longchen Nyingthig and

introduction to Dzogchen directly from the renowned master Patrul Rinpoche.

Rinpoche lives in Denver, Colorado, and teaches throughout the U.S. and Canada. He is the author of *The Union of Dzogchen and Bodhichitta, Momentary Buddhahood, Dying with*

**Where:**  
Santosha Yoga Westboro  
346 Richmond Road (2nd Floor)

**Time:**  
Saturday and Sunday Nov. 22 & 23  
9:30 am - 11:30 am & 2 - 4 pm

**Cost:** \$200  
**To register go to:**  
<http://www.orgyenkhamdroling.ca/ottawa-teachings.html>

**SANTOSHA**YOGA

*Confidence, Journey to Certainty* and *The Tibetan Yoga of Breath*. He has also been on the faculty at Naropa University.

He is known for his kindness, profound understanding of the Buddhist teachings and easy to understand explanations.

For more information email: [oklcanada@gmail.com](mailto:oklcanada@gmail.com)