



Drikung Namgyal Ling
Drikung Kagyu Buddhist Center of Tucson

***** CD Order Form *****

Maintaining Mindfulness in Daily Life

Traga Rinpoche

We may experience many things when practicing meditation. An open-ness, a feeling of connection, thankfulness, peace, bliss, clarity, and compassion are just a few of the benefits of meditation. However, very often, the sense of peace we feel is lost after we rise from meditating to resume our busy western lives. To fully realize the benefits of our meditation, it's important that we learn and practice mindfulness when we leave our cushion. During this weekend teaching, the venerable Traga Rinpoche from Garchen Buddhist Institute guided students with his common sense wisdom and sage advice in strengthening and maintaining a sense of clarity, compassion and peacefulness in their daily lives.

Traga Rinpoche is an accomplished Dzogchen master, having received profound foundational and the most advanced teachings from some of the greatest living masters of Tibetan Buddhism -- including His Holiness Chetsang Rinpoche, His Eminence Garchen Rinpoche, Khenchen Jigme Phuntsog and many others -- and completed many retreats.

To order:

Print, complete, and mail the form below, together with your credit card information, or check to:

Drikung Namgyal Ling
Drikung Kagyu Buddhist Center of Tucson
P.O. Box 44176
Tucson, Arizona 85733

..... Please cut here and mail.

Enclosed is my payment (check) or credit card information for \$70. (\$65. for CDs, \$5. for postage/handling) for Maintaining Mindfulness in Daily Life Teaching, by Traga Rinpoche. Please send my CD's to:

[Please print legibly so that we may process your order without delay. Thank you!]

Name: _____
Address: _____
City/State/Zip: _____
Phone: _____

Paying by credit card?: ____ Card Number (Visa/MasterCard/Discover): _____
Card Expiry Date (MM/DD/YY): _____ Name on Card: _____