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# Tibetan Meditation Master Offers Lecture on Feb. 11

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## Tibetan Meditation Master Offers Lecture on Feb. 11

**Wednesday, February 11**

**Lyon Conference Center, Argyros Forum 209**

**Tibetan Buddhist Meditation Master**

**His Eminence Dzogchen Khenpo Choga Rinpoche:**

*Tibetan Wisdom, Modern Stress*

*and the Shapes of Suffering*

**7 p.m.**

It's a common misunderstanding in today's world that the demands of work and the busyness of everyday life get in the way of pursuing peace of mind, serenity and a spiritual practice. Join Tibetan Buddhist Meditation Master His Eminence Dzogchen Khenpo Choga Rinpoche to learn that, on the contrary, work and everyday activities are an important way to practice mindfulness and to immediately put positive intention and diligence into practice for the benefit of oneself and others. Rinpoche is a dynamic teacher and a 33rd-generation lineage holder of the Buddhist wisdom lineage of Dzogchen, a lama of Dzogchen Monastery, and professor of the Dzogchen Shri Singha University. He has more than seven years of solitary cave meditation experience in the high Himalayas and embodies the qualities of a realized practitioner. An author of several books in Tibetan, his English practice book *The Buddha Path* is being published in Mandarin Chinese, Spanish, Russian and German. This event is sponsored by the Chapman University Sociology Department, the Honors Program, Department of Religious Studies, the Chapman University Shambhala Meditation Group and Associated Students. Admission: donations are suggested (no one turned away for lack of funds). Information: Dr. Bernard McGrane, 714-997-6564 or [mcgrane@chapman.edu](mailto:mcgrane@chapman.edu). For a complete schedule of Rinpoche's teachings, visit: [www.dzogchenlineage.org](http://www.dzogchenlineage.org).