

Liberation Through Sight

Gaden Tsawa World Peace Tour

October 9-11, 2012
UCI—Student Center

It is believed that simply seeing one of these sacred mandalas leaves a powerful positive karmic imprint on our mind stream

www.tsawamonksusa.com

October 9th — 11th
9:00 a.m. — 8:00 p.m.
Student Center—Emerald Bay A

Tuesday, October 9
9:30 a.m.
Student Center—Emerald Bay A

Tuesday, October 9
7:00p.m. — 9:00 p.m.
Student Center—Emerald Bay D

Wednesday, October 10
2:00p.m. — 4:00 p.m.
Student Center—Emerald Bay B

Wednesday, October 10
6:30p.m. — 8:00 p.m.
Student Center—Emerald Bay B

Thursday, October 11
6:30 p.m. — 8:00 p.m.
Student Center—Emerald Bay A and B

All events are free and
open to the public

Amitabha Sand Mandala Creation

Over the course of three days, the monks of Gaden Jangtse Monastery will create the Amitabha sand mandala. A mandala is a cosmic diagram that represents the dwelling place or celestial mansion of a deity. *"Amitabha, the Buddha of Boundless Light, symbolizes the transformation of desire, the predominant emotion of the human realm. More intrinsically, Amitabha is the limitless, luminous nature of our mind."* (Sogyal Rinpoche)

Opening Ceremony

The monks will commence with a blessing ceremony that includes chanted mantras and music. Immediately following the ceremony, they will begin creating the elaborate design using colored sand.

Meditation Guide by Dr. Geshe Tenzin Lobsang

Dr. Geshe Tenzin Lobsang, the tour leader and is one of the most well known Tibetan physicians will guide us through meditation session on Tonglen, a powerful technique of meditation on giving and receiving.

Butter Sculpture Workshop

Butter sculptures are an ancient art form in Tibetan Buddhism. In this workshop, Tibetan monks will give attendees a hands on introduction to the art of butter sculpting.

Talk by Professor Barbara Sarnecka

Professor Sarnecka is an Associate Professor in the department of Cognitive Sciences. She has practiced Zen meditation for the past 12 years and teaches an *Introduction to Meditation* seminar to UCI freshmen and transfer students. Her talk focuses on insights received through meditation practice and how she applies them to her research work and teaching.

Dissolution Ceremony

As a reminder of *Impermanence*, the monks will dissolve the Mandala and distribute the sand to everyone in attendance as a blessing.

Directions: [HTTP://UCI.EDU.CAMPUSMAPS.PHP](http://UCI.EDU.CAMPUSMAPS.PHP)

