

Chittamani Mahayana Buddhist Meditation Center

2543 W. Coronado Ave, Flagstaff, 86001

A Weekend of Buddhist Healing



Friday Nov 24: 7:00 to 9:00 PM

Understanding Adversity

We can encounter **adversity, illness and injury** in every aspect of life. Within the infinite panorama that is life, we struggle to find some meaning, happiness and peace. Confusion about the nature of adversity robs us of this happiness, clarity and peace. The Buddhist approach and practices for managing adversity and its partner - confusion called the **Three Principle Aspects of the Path** will be discussed.

Suggested Donation: \$20

Saturday Nov 25: Noon to 4:00 PM

Medicine Buddha Initiation and Practice

The outcome of Adversity is most often some form of illness – of the body, of the mind or of the “spirit”. Medicine Buddha (Menlha) practice is a Buddhist meditation practice which introduces us to the very heart of healing practice which is a part of our own mind and awakens this energy. The practice augments and intensifies healing and helps to protect us from the negative effects inherent within any healing technique or medicine, i.e. adverse events to medicines (these negative effects are a part of our “karma”). For those involved as healers, physicians, nurses, etc., this practice will awaken the Medicine Buddha within our mind which intensifies our own natural or chosen healing methods. **Suggested donation: \$50.00**

Sunday Nov 26: Noon to 4:00 PM

Black Manjushri Initiation and Practice

Black Manjushri practice represents the most potent of the various Buddhist Healing practices. Medicine Buddha practice is very much like the family doctor whereas Black Manjushri is akin to the high-powered specialist clinic. Both practices come from Manjushri Tantra. Black Manjushri practice can be especially helpful for diseases like cancer, conditions that are life threatening and chronic debilitating disease. **Suggested donation: \$50.00**



About Dr Bob Kapitany

Dr. Bob Kapitany is a lifelong Dharma practitioner, with very extensive training in both Vipassana and Vajrayana practices. Dr. Bob Kapitany has completed many more than 100 retreats including Vipassana and most of the common and many of the uncommon Vajrayana practices. Dr. Bob Kapitany is retreat master providing initiation, instruction and training in Mindfulness and Vajrayana practices, and offers guidance on the integration of the retreat experience into daily Western life. He specializes in the healing practices and in training medical professionals in healing practice.

About Chittamani Mahayana Meditation Center

Chittamani Meditation center (a member of Gaden for the West) and has centers in Ottawa Canada, Rimrock AZ, and Flagstaff, AZ. Retreat Centers are located in Rimrock Arizona and Nelson BC Canada. For more information: www.dharma.ca

Contact: Please RSVP to Katherine Matas PhD, katherinematas@npgcable.com, 928-221-0481.

Please share with others who may be interested. Thank you.