

# Tibetan Calligraphy and Tsa Lung Meditation Practice: A Day-Long Practice Retreat

Taught by Geshe Chaphur

Saturday, November 10, 2012, 10 am to 4:30 pm

Co-Sponsored by Insight Meditation Modesto  
and Gyalshen Modesto Sangha



**PROGRAM:** This day-long retreat will combine meditation practice in the morning with instruction in Tibetan calligraphy in the afternoon.

In the morning, students will receive instruction in the practice of *Tsa Lung*, a spiritual practice from the Bön tradition of Tibet (the indigenous spiritual tradition of Tibet). *Tsa Lung* is a seated active meditation, visualization, and yoga practice that works with the energetic channels and five root winds of the body. This practice is easy to learn, but has the ability to bring all the body's energies into balance. This resulting energetic balance has the power to heal disturbances of body and mind, and in turn to bring about significant changes in one's life.

In the afternoon, students will receive an introduction to the fundamentals of Tibetan and Zhang Zhung calligraphy. Geshe Chaphur will demonstrate how to make letters, seed syllables, and beginning elements of Tibetan calligraphy. As this is an experiential workshop, all participants will have an opportunity to practice their own calligraphy.

All levels of practitioners are warmly welcome.

**REGISTRATION:** Please mail your completed registration form by October 28<sup>th</sup>. If you would like to be provided with calligraphy supplies, please include \$15 to cover the cost of the materials. Email Angela at [angela@bluedakini.net](mailto:angela@bluedakini.net) or Lori at [insightmeditationmodesto@gmail.com](mailto:insightmeditationmodesto@gmail.com) with questions or concerns. We will send a confirmation once we receive your registration. If don't pre-register, we will not be able to provide you with calligraphy supplies and you will need to bring your own.

**COST:** As is customary within the Tibetan and Insight traditions, there will be an opportunity to make a donation at the end of the retreat to the teacher and to support future Insight Meditation Modesto daylongs.

## LOCATION:

Unitarian Universalist Fellowship of Stanislaus County  
2172 Kiernan Avenue, Modesto, CA

**OUR TEACHER:** Geshe Chaphur completed holistic training in Bön and is a lineage holder of the Chaphur Lama family. He was born in Amdo Ngawa, Tibet. He lived in Northern Tibet for 3 years, where he received his first instructions in Bön, the indigenous religion of Tibet and Zhang-Zhung cultures and tradition from his first teacher Bongya Rinpoche, the head lama of Bongya monastery in Northern Tibet. In 1993, he went to India and entered Menri Monastery, the main seat of Yungdung Bön religion and education in the world. While attending the Bön Dialectic School there, he completed fifteen years of studies in Sutra, Tantra and Dzogchen, finally receiving his Geshe degree in February 2008. He is the founder of Gyalshen Institute, located in the San Francisco Bay Area, an organization dedicated to preserving and translating the teachings of the Bön tradition.



## WHAT TO BRING:

- Meditation cushion or pillow if you wish to sit on the floor. (Chairs will be available.)
- Please bring a vegetarian dish to share during the potluck at the one-hour lunch break.
- A shawl, cloak, or sweater, so that you are comfortable while meditating.
- A journal or paper and a pen if you wish to take notes.
- If you don't pre-register, please bring your own calligraphy supplies.