

“Facing Death” Weekend Retreat

with Gen Kelsang Tonglam

Although we hear about people around us died every day, we still fool ourselves by thinking that we are exceptional and our death is far away.

In general, “death” is a sensitive topic. We avoid talking about it, fear it and do not even understand it. However, if we learn and accept death as part of our life, we shall gain a conviction that it will come at any time! Through knowing this truth, we shall see beyond death and all our misunderstanding, fear and ignorance of death will be removed. We shall let go of the concerns of this life alone and our spiritual practice will become pure.

During this “Facing Death” retreat, Gen Kelsang Tonglam will step by step guide us to deeply meditate on every aspect of our impermanence. We can fearlessly face the truth of our death and transform it into an energy which drives us to practice with great effort. We shall avoid wasting our precious human life and we shall strive to make it meaningful.

Date : 4 – 6 April, 2014 (Fri evening to Sun)

Venue : Kadoorie Centre, Shek Kong

Teacher : Gen Kelsang Tonglam

*** Conducted in Cantonese with English & Mandarin translation**

Fees

Double Room □ \$1,900 each

Triple Room □ \$1,700 each

6-8 Persons Dormitory □ \$1,300 each

For booking double & triple rooms, please find your own roommate(s). Each participant has to do an individual on-line booking. You will be contacted within a week regarding payment method and you will receive a confirmation email upon full payment.

The Teacher

Gen Kelsang Tonglam is the NKT-IKBU National Spiritual Director for East Asia.

Gen Kelsang Tonglam is a pure disciple who has trained under the guidance of Venerable Geshe Kelsang Gyatso for many years. He is renowned for his ability to present Buddha’s most profound teachings in a humorous and simple way, injecting a renewed inspiration and peace in our busy life.

Transportation (Coach) :

Going to campsite (Kowloon Tong to Campsite) : April 4 (Fri), departs at 6.00pm

Leaving campsite (Campsite to Kowloon Tong) : April 6 (Sun), departs at 1.30pm

* For those who go or leave campsite on your own, please refer to transportation guidance as below :
<http://www.cedars.hku.hk/hkukc/transportation.htm>

**** On-line booking only. Booking starts at 9:00pm on Feb 23 (Sun). Booking web link :**
<http://www.meditation.hk/en/courses/Facing-Death-Weekend-Retreat-with-Gen-Kelsang-Tonglam/>

Inquiry ☎2507 2237 / info@meditation.hk