

Spiritual Frontiers Fellowship
presents

An Evening of Tibetan Buddhism ~ The Faith of the Dalai Lama

Do you want happiness and to avoid suffering? Most of us would resoundingly answer “YES.” The Buddhist religion is a profound psychology with powerful methods for transforming ordinary mundane life into an experience of genuine lasting peace and joy—which is what we all want. Buddhist mindscience and methods have been tested and proven effective for over 2500 years; Buddhism’s approach to a happy and successful life seems exactly the opposite of the pedestrian mentality of mainstream America.

Our speaker, Dr. Don Brown, will touch on the basic teachings of the Buddha as presented in the Tibetan Buddhist tradition. Tibetan Buddhism has preserved, in an unbroken lineage, the entirety of Buddha’s teachings—his discourses, the bodhisattva (compassionate and wise beyond belief) path, and all four levels of tantra.

Within Buddhism there are many meditation techniques to suit the dispositions of various students, and a qualified spiritual mentor is needed for guidance through the maze of teachings and methods. With commitment and effort we can transform our confused, garbage-collecting mentalities into unconditional love, compassion, power, and skillful means. This requires the sometimes-difficult work of facing our own delusions and developing our enlightened potentials. But what could be more rewarding for our families, our communities, and ourselves?

Tantra, the speedy path to enlightenment—but not the easiest—is the crown jewel of the Buddhist methods for transformation. Motivated by a realization of wisdom and compassion, and utilizing creative imagination, we see ourselves being Buddhas immediately. We learn skillful yogic methods to harness ordinary blissful physical and psychic energies to penetrate more deeply and quickly the meaning of reality. Don will describe the prerequisites of a qualified tantric practitioner.

Dr. Don Brown is a family physician practicing in Cary for the past twenty years. He has studied Tibetan Buddhism for almost three decades and has extensive experience teaching and leading meditation retreats. He was introduced to Tibetan Buddhism in 1978 at Kopan Monastery in Kathmandu, Nepal, where he received teachings from Lama Thubten Yeshe and Lama Zopa Rinpoche. Since then, he has been taught by many qualified Buddhist masters including His Holiness the Dalai Lama. At various times he has lived, for a total of about two years, in India, Nepal, Tibet, Japan, Thailand, and Sri Lanka, studying and practicing Buddhism.

In 1987 he began teaching introductory courses in Tibetan Buddhist philosophy and meditation in the Triangle. The students from those classes formed the nucleus of what is now the Kadampa Center for the Practice of Tibetan Buddhism in Raleigh. The center has a robust teaching schedule; a fully qualified resident Tibetan Lama, Geshe Gelek; and approximately 200 members. Don served as the founding director of the center and is still actively involved in

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Don Brown, MD

Thursday, November 1, 2007

**Unitarian Universalist Fellowship
of Raleigh
3313 Wade Avenue, Raleigh, NC**

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**Admission: \$10;
\$8 seniors & students**

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**Doors Open - 6:45 PM
Meeting - 7:15 PM
Early Meditation - 6:30 PM (free)**

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**NOTE: This program will be held in
the sanctuary, upstairs from our
usual space; upper level parking &
elevator are available.**

Spiritual Frontiers Fellowship

P.O. Box 12773

Raleigh, NC 27605-2773

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Don Brown:
An Evening of
Tibetan Buddhism

www.Spiritual-Frontiers.com

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Our Mission

At Spiritual Frontiers Fellowship, our mission is to enhance the spiritual, mystical, and metaphysical awareness and consciousness of our community by sponsoring programs that facilitate personal growth and development and a holistic approach to health and living.

Within the scope of our mission, we choose speakers who offer a variety of views and philosophies, but SFF does not endorse any speakers' statements or beliefs. You are invited to come with an open mind and depart with all that feels true for you.

Audio Recordings

Recordings of most SFF programs are available; a catalog is available at the Thursday lectures. To order, send \$10 for each copy on a single MP3 CD, \$15 for standard audio CD on 2 disks to:

SFF Raleigh, PO Box 12773, Raleigh, NC 27605-2773

Please indicate your preferred format and include your mailing address.

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teaching introductory courses. He particularly enjoys attempting to translate sometimes confusing or esoteric Buddhist subjects into everyday, put-it-into-practice-right-now language. The best way to benefit from Buddhist teachings, he says, is to listen with an open, discerning, and uncluttered mind.

Buddhism is presented as an invitation. Reportedly, the Buddha invited people to "come and see for yourself...test the teachings like you would assay gold." In other words, we are asked to check out the Buddhist approach carefully to see if it fits our experience and if it is helpful; personal experience is the key, and critical thinking is encouraged. What a breath of fresh air!

For more information, see www.kadampa-center.org.

Early Meditation

Come early for the Healing Meditation. The first few minutes are focused on sending healing Love and Light to Mother Earth and her inhabitants. Then tap into your inner spirit to realize your authentic self and experience a "personal transformation" meditation led by **Eileen Wood**. Reduce stress, find inner peace, and rediscover the wonderful part of your self that dwells within your soul.

Eileen is a co-owner, with Kim Tillett, of Mystic Gardens Natural Foods in Raleigh and a former member of the SFF board. After suffering with fibromyalgia for seven years she embarked on a healing path in 2003 that involved balancing the mind, body, and spirit. In three months her symptoms had disappeared and she found herself on a new path. She's a Reiki master, meditation teacher, speaker, life coach, spiritual counselor, and practitioner of arcing light; she is working on a master's degree in transpersonal studies and psychology. Visit Eileen's website, www.mysticgardensnaturalfoods.com.

The Healing Meditation begins at 6:30 pm in the Ralph Waldo Emerson room. **Please arrive on time** to optimize the energies of the group.

Upcoming Events

December 6, 2007 - **Dan Chesbro**

Order of Melchizedek

January 3, 2008 - **Bernie Ashman**

Our Annual Astrological Forecast