

A BENEFIT FOR SAMDEN LING AND ORGYEN SAMDEN LING

APPEARANCE & EMPTINESS

Guided Meditation Practices-All Levels
Mindfulness- Mantra- Visualization

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with
Jacqueline Mandell

Saturday, September 24, 2016

9:00 a.m. to 11:30am

Special Optional Session 12:00-1:30pm
Longchen Nyingthig Ngndro
Foundational Practices for Dzogchen Meditation

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Silent Auction Table to benefit Samden Ling and Orgyen Samden Ling
Please Bring Healthy Pot Luck Snacks to share

Suggested Donation \$25.

1404 SE 25th near SE Hawthorne, Portland 97214

Registration: info@samdenling.org

Jacqueline Mandell is a Buddhist Meditation Teacher. Recently Jacqueline was contemplating a way to address the stress, divisions and contradictions of our times. Guided meditation sessions with a focus on Appearance and Emptiness was developed as an antidote for difficult times and a constructive way for daily perception.
www.samdenling.org info@samdenling.org

