

# Teachings in Rossland, BC, 2017

August 11, 12 & 13<sup>th</sup>, 2017

## *The Six Perfections— Great Love in Union with Emptiness*

*with Lama Mark Webber*



**Location:** Rossland - specific location to be announced

**Dates and times:** Friday evening August 11, 7:30 pm.  
2 classes Saturday August 12<sup>th</sup>, 9:30 am & 4:00 pm.  
2 classes Sunday August 13<sup>th</sup>, 9:30 am & 4:00 pm.

**Contact:** Barb Shields [kutenaiwellness@gmail.com](mailto:kutenaiwellness@gmail.com) or 250-921-9612  
Susan van Asselt [vanasselt.susan@gmail.com](mailto:vanasselt.susan@gmail.com) or 250-231-4463

We are pleased to have Lama Mark Webber giving Dharma classes on the vital topic of the *Parami* (perfections):

“Traditionally the *Parami* are literally the “completions” or “perfections” that we develop for carrying us across to full awakening or liberation. In order to go safely and do well on a long mountain trek we first train. And we must have the appropriate good food to sustain our journey. So too we need to strengthen our capacity to liberate us and all others through the profound study and practice of the *Parami*. These six *Parami* of—generosity, ethics, patience, energy, meditative concentration and wisdom—form the foundation and capacity for to us to journey and explore along all Buddhist paths of Liberation.

Explanations on each of the relative and ultimate *Parami*, daily meditations to try out and explore, both in the group and privately, will be given. Through the practice and study of the *Parami*, they become naturally incorporated into our beings as the display of compassion and pristine awareness.” *Lama Mark*

### **Costs:**

By donation for the Lama’s teaching and generosity.

In order to cover the Lama’s expenses such as food, travel and accommodation, we suggest a contribution to the organizers of \$75-\$100 for the weekend. Please contribute as you can comfortably afford, no one will be turned away for lack of funds.

~~~~~

**Lama Mark Webber (Lama Yongdu)** has been studying and teaching Buddha Dharma through the traditions of Buddhism for forty years. His universalist approach is classically founded in Buddhism and a number of meditative traditions while integrating with contemporary life, science and the richness of modern Western culture. Lama Mark studied and practiced Abhidhamma and the Vipassana method of Mahasi Sayadaw U Sobhana under the guidance of the Insight master Ven. Namgyal Rinpoche and his first teacher Ven. Chorpel Dolma (Mrs. Raff). In 1976, while in a three month Abhidhamma/Insight retreat, Namgyal Rinpoche directed Lama Mark to begin teaching this profound tradition to Rinpoche's students. Soon after he was directed to give guidance on Vajrayana meditations. From masters of the Dharma and meditation such as the Ven. Dorje Namgyal Rinpoche, Drikung Lho Ontul Rinpoche and others, Lama Mark has studied, received, practiced and continues to absorb and teach Vajrayana transmissions of the Mahamudra and from the Drikung Yangzab Dzogchen tradition.

For more information on Lama Mark please see:

[www.markwebber.org](http://www.markwebber.org)

<http://www.crystallmountain.org>

<https://www.facebook.com/lamamarkwebber/>

<https://www.facebook.com/NamgyalYangzab/>

**crystallmountain.org**