

# Khyentse Foundation Buddhist Studies Lecture

***Tuesday,  
April 4, 2017***

**LOCATION:**

*UA Bookstore  
1209 E. University  
Lower Level*

**TIME:**

*5:30pm*

**SUGGESTED PARKING:**

*Second Street Garage*



## **Mandala and Mindfulness**

In Tibetan Buddhism, the mandala consists of a large circle containing sacred geometric patterns, as well as significant colors and other elements comprising it. Having neither a beginning nor an end, the circle mirrors the universe, the movement of the stars, the cycle of life, and the passage of time. Mindfulness prevents distraction and reinforces what should be adopted and what should be abandoned. It serves as a protection from the difficulties in life and makes one's life meaningful. Whether viewing a mandala or practicing mindfulness, the resulting experience can be transformative and profound.

From Sunday, April 2nd through Thursday, April 6th, Drupon Thinley Ningpo Rinpoche will create an intricate mandala from colored sand in the UA bookstore's lower level event space. After five days of detailed and disciplined work, at 5:30 PM on the 6th, the mandala will be ritually dissolved. This lecture connects the creative process of mandala creation to Buddhist meditation practice.



## **Drupon Thinley Ningpo Rinpoche**

The Venerable Drupon Thinley Ningpo Rinpoche was born in the Nag-chu District of Tibet. His loving and compassionate nature led him to pursue a spiritual education at a monastery. In 1988 he escaped from Tibet in a very perilous two-month journey on foot across the Himalayas. Once safely in India, he proceeded to the Drikung Kagyu Temple and entered the institute of higher education. He has accomplished both the practice of Five-fold Mahamudra and the profound path of the Six Yogas of Naropa in addition to receiving the entire body of Drikung Kagyu empowerments and transmissions. Earning the title of "master of spiritual attainment," Drupon-la now travels extensively teaching the precious Dharma and has established Dharma centers in both Wesley Chapel FL and Tucson AZ.

For more information CONTACT Rae Dachille at [raedachille@email.arizona.edu](mailto:raedachille@email.arizona.edu)