

# Ven. Lama Karma Samten

November 2 - 3, 2019 / Saturday & Sunday

10:00 am - Noon / 2:00 - 4:00 pm

Phinney Center • 6532 Phinney Ave N / Seattle, WA - ROOM 32, Brick Building/Lower

*Sponsored by Palchen Study Group Seattle*

## Guru Yoga

A familiar term for vajrayana practitioners of Tibetan Buddhism, but what does it mean? What is its function? "Guru" in Sanskrit means lama in Tibetan. "La" means holy. "Ma" means mother. It is a Vajrayana title and means Wisdom and Method, which operates like electricity with a cold line and a hot line.

"Yoga" in Sanskrit means mechanism or nalgyor in Tibetan. "Nal" means normal or natural. "Gyor" means conditions. Yoga means the natural conditions of body, speech and mind.

Guru Yoga is an advanced, uncommon Vajrayana teaching of the Buddha for students with capacity. The practitioner needs to be a suitable vessel and understand this properly in order to develop their realization safely. When you fly a jet plane you need to know how to operate it, how to take off, and how to land. Ven. Lama Samten will explain this practice in simple terms.



## About Lama Karma Samten

Lama Samten was born in West Tibet in 1944, fleeing his homeland with his family in 1959 when the Communist Chinese invaded. His entire family of 13 perished crossing the Himalayas. He took his ordination in India with the Very Venerable Khyabje Kalu Rinpoche and completed 10 years of solitary retreat under his guidance in the Karma Kagyu tradition.

In 1980, Lama Samten was sent to New Zealand by H.H. 16th Gyalwang Karmapa and spent 24 years developing the Buddhadharma, publishing books and CDs, including the Grammy Award winner Sacred Tibetan Chant - the Monks of Sherab Ling. He now travels worldwide guiding his many students.