

# OPENING THE DOORS OF THE SIX REALMS OF EXISTENCE

## CLEARING NEGATIVE EMOTIONS DISCOVERING JOY

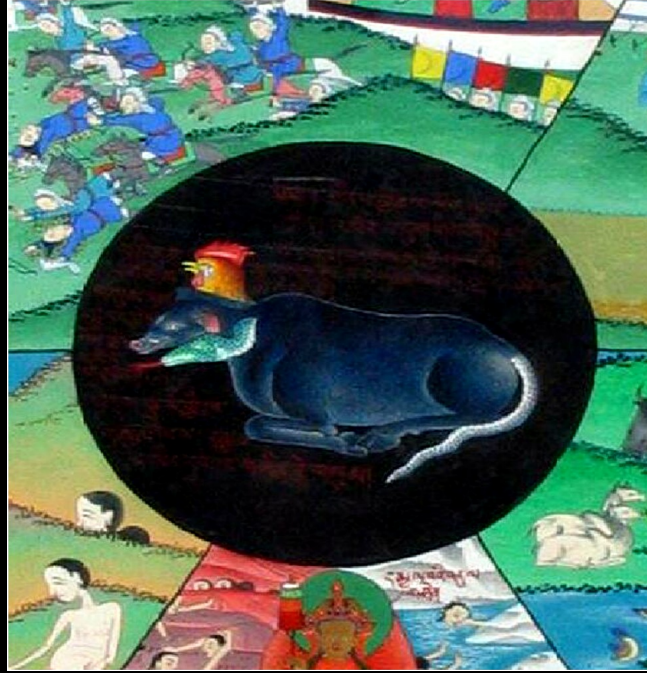
In the Boundary between illusion and knowledge

Two doors of potentiality open:

### ONE TO JOY

Path of Liberation

Love, generosity,  
wisdom, openness,  
peacefulness, compassion



### ONE TO SORROW

Path of Cyclic Existence

Anger, greed,  
ignorance, jealousy,  
pride, complacency

Conditioned by negative emotion and ignorance of our true nature, sentient beings are born into one of the Six Realms of Existence. Geshe Tenzin Wangyal Rinpoche teaching from ancient Bön texts, helps us recognize and transform afflictive emotions into their positive antidotes.

**JOIN US FEBRUARY 5-7, 2010**

**REGISTER EARLY - \$175.00**

**AFTER Jan 20, 2010 - \$225.00**

**Sign up now @ [www.Bonpacificnorthwest.org](http://www.Bonpacificnorthwest.org) or Call 360.352.7066**

(Registration fee includes lunch and snacks during retreat.)

**Schedule of Events:**

**At Gwinwood Retreat Center on Hicks Lake**

**Friday 7-9pm Public Talk**

**Saturday 9-6 Teachings and Practice**

**Sunday 9-12 Teachings, Practice and Transmission**

### ABOUT THE TEACHER:



Highly respected founder and spiritual director of Ligmincha Institute, acclaimed author and beloved teacher to students throughout the U.S., Mexico and Europe, Tenzin Rinpoche is a qualified Bonpo master living in the West qualified to offer these teachings.

Fluent in English, he is renowned for his depth of wisdom; his clear, engaging teaching style and his ability to make the ancient Tibetan teachings highly accessible and relevant to the lives of Westerners.