



FOR IMMEDIATE RELEASE:
TIBETAN LAMA – NAMKHA RINPOCHE
PRESENTATION AT LA CASA DE MARIA
“FORGIVENESS – THE KEY TO RESILIENCY”

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Namkha Rinpoche, an associate of the XIVth Dalai Lama, will give a free public teaching at

La Casa de Maria

800 El Bosque Road

Sunday, July 6th -- 4-6 pm.

The public is welcome, but space is limited to 150 people. So advance registration is required. Please call La Casa de Maria at 969-5031 to reserve a spot. Donations will be appreciated.

In **“Forgiveness – the Key to Resiliency”** Namkha

Rinpoche will explore forgiveness from a Tibetan

Buddhist perspective. He will be joined in conversation by Dr. Ed Bastian, president of Spiritual Paths Foundation.



Rinpoche will share practical teachings that we in the West can learn from the tragic experience of the Tibetan peoples. He will share why forgiveness is at the heart of Buddhist practice for both spiritual and practical psychological reasons. Come learn about the practical power of forgiveness from a man whose people have been oppressed and murdered and who personally has been forced into exile. Together we will explore how the Buddhist practice of forgiveness can help all of us achieve internal peace, reconciliation with others and the common good for all beings.

The talk will be followed by a blessing by the Rinpoche.

Namkha Rinpoche is in the lineage of the XIVth Dalai Lama and works closely with His Holiness sharing the wisdom and teachings of Tibetan Buddhism and the story of the Tibetan people. He shares with the XIVth Dalai Lama the goal of teaching world peace through peace of mind, compassion and mutual respect between religions. Rinpoche will also share the hopeful work being done in Tibet to protect and preserve their culture. There will be an opportunity to donate to these humanitarian projects.

This conversation is the second in a quarterly series of “Conversations for the Common Good” sponsored by La Casa de Maria. Each “Conversation” will focus on a theme or issue that is important to the well being of the community. In September we will be exploring Healthcare.

This program is co-sponsored by La Casa de Maria and the Nuclear Age Peace Foundation.

More about the Rinpoche’s Visit

“Namkha Rinpoche is coming here to give Buddhist teachings and additionally speak about the humanitarian projects that are underway in Tibet: schools for the children being built; hospitals under construction, care for the elderly and the necessity for rebuilding several Tibetan monasteries,” says his tour organizer and Santa Barbara resident, Marguerite Gaffney.

According to supporters, the life of Namkha Rinpoche mirrors the story of Tibet and its people. He grew up living a nomadic life-style in Tibet. Now, at the age of 40, he “dedicates his life to preserving the unique riches of Tibetan Buddhist tradition and passing it on to the Western world.”

“Namkha Rinpoche works closely with HH the Dalai Lama and has always wanted to serve His Holiness' main goals, among which the improvement of the Tibetan people's living conditions and the development of world peace through peace of mind, as well as mutual respect between religions.”

The event at La Casa will be the culmination of a 17-day West Coast speaking tour.

Other public events in Santa Barbara include the following teachings:

- “Cultivating Compassion” @ The Center of the Heart Church (487 N. Turnpike Road)--July 1 7:30-8:30 PM
- “Understanding the Pain, body & healing Ceremony” @ Santa Barbara Dance Arts Performance Space – July 3, 7-9:00 P.M.
- “Green Tara Teaching and Instruction” @t Yoga Soup (28 Parker Way) -- July 5 7:30 – 9:30 PM.

On Saturday morning Namkha Rinpoche will hold a special session with the young people at Los Prietos Boys Academy between 10-12 AM. This is not open to the public.

For more information contact Marguerite Gaffney (805) 964 7836 or visit namkha.org for complete speaking tour dates.

Biography of Namkha Rinpoche

Namkha Rinpoche was born in Kham in 1968, in one of the most remote areas of Tibet. At a very young age, he showed signs of being a reincarnated Buddhist teacher (tulku). Despite the very strong Chinese repression against any religious activity, Rinpoche’s father –he an experienced and respected lama– managed to secretly provide him with the deep Buddhist and yogic education a reincarnated lama is supposed to receive. Thus he studied texts, learnt the art of Tibetan rituals, reflected and meditated on compassion and on the nature of mind. As a teenager, Rinpoche studied with the wisest lamas of Eastern Tibet at the time. He also spent seven years in solitary retreat, the first part in a monastery, the second in a cave, completely isolated.

In 1991, as the Chinese oppression against Buddhist had slightly weakened, Rinpoche was recognised by H.H. Dilgo Khyentse Rinpoche (foremost lama of the 20's century and teacher of H.H. the Dalai Lama himself). Rinpoche was also recognised in 2001 by Domang Yangthang Rinpoche and Pema Norbu Rinpoche (highest authority of the Ancient Tibetan Buddhist tradition at the time).

Then, in 1998, as Namkha Rinpoche was quite renowned a Buddhist teacher nearby Lhasa, he organised prayer festivals for the longevity of H.H. the Dalai Lama, despite the dangers of Chinese suppression that any religious manifestation in favour of HH the Dalai Lama entails. At some point, Rinpoche was informed by one of his relatives who worked for the Chinese police, that he was about to be imprisoned. Therefore, he had no choice but to flee to Nepal, crossing the Himalayas by foot.

Since his exile, Rinpoche has mainly dedicated himself to teach Westerners. He now lives in Switzerland where he has founded 3 dharma centres. So far, he has opened centres in Holland, Spain, Lithuania and Sweden. Rinpoche is greatly appreciated by his students for the way he tirelessly makes himself available for them and helps them realise qualities of wisdom, peace of mind and compassion through Buddhism. Rinpoche is the head of numerous humanitarian and cultural preservation projects in Tibet, India and Nepal.

Since Rinpoche left Tibet, he has always worked closely with H.H. the Dalai Lama and his government. Rinpoche is an old friend of Lodi Gyari Rinpoche, special envoy of H.H. the Dalai Lama in Washington D.C. and representative of His Holiness in the current negotiations with the highest Chinese authorities. Rinpoche has always wanted to follow His Holiness' advice and to serve the main goals set up by His Holiness, among which the improvement of the living conditions of the Tibetan people and the development of world peace through peace of mind and mutual respect between religions. This loyalty to His Holiness' work and view is now rewarded as His Holiness has accepted Rinpoche's invitation to teach in Switzerland in 2009.

Rinpoche's main visions and projects are of two kinds. The first is to work for the preservation of Tibetan culture and religious tradition. In brief, it is to help Tibetans survive the massive oppression they have endured for 50 years. The troubles endured by Tibetan people are some of the toughest in the history of mankind. The Chinese Cultural Revolution wanted to annihilate Tibetan culture and religion and as a result about one million out of the six million Tibetans have lost their lives since the Chinese invasion. It is only thanks to Tibetan people's willpower, and thanks to the depth and power of the thousand years old Tibetan Buddhist tradition, with His Holiness the Dalai Lama natural charisma and compassion shining all over the world, that Tibetans can still exist as a nation, although it is still deeply endangered.

Rinpoche's other project is to create an International Buddhist institute in Switzerland. As many lamas, Rinpoche recognises westerners' strong interest in the study and practice of Buddhism. This makes them the possible missing link in passing on the so endangered Tibetan tradition. He therefore wishes to create a centre of study, practice and retreat that will be a stronghold of Tibetan wisdom in the very centre of Europe, based on the idea, so dear to His Holiness the Dalai Lama, that world peace can only come through the development of inner peace and compassion.

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About the Sponsoring Organizations

The Nuclear Age Peace Foundation -- The Nuclear Age Peace Foundation initiates and supports worldwide efforts to abolish nuclear weapons, to strengthen international law and institutions, and to inspire and empower a new generation of peace leaders. Founded in 1982, the Foundation is comprised of individuals and organizations worldwide who realize the imperative for peace in the Nuclear Age. The Nuclear Age Peace Foundation is a non-profit, non-partisan international education and advocacy organization. It has consultative status to the United Nations Economic and Social Council and is recognized by the UN as a Peace Messenger Organization.

To learn more about the Nuclear Age Peace Foundation, see www.wagingpeace.org/menu/about

For More Information please call Director of Public Affairs, Steven Crandell at 805-965-3443 or email scrandell@napf.org

La Casa de Maria – an interfaith retreat and conference center in Santa Barbara, since 1955, is a place of peace where persons of all faiths can search for truth, engage in dialogue, experience personal growth and engage in the creation of a just and peaceful world, a whole and healthful earth. The goals of La Casa are: to cultivate spiritual growth, to promote the common good of our communities, through art, education and health & healing, to nurture a culture of peace and social justice, and to work for the renewal of the earth.

To learn more about La Casa de Maria, see www.lacasademaria.org

For more information please call Associate Director, Juliet Spohn Twomey at 805-969-5031 or email Juliet@lcdm.org