



**“NYIMA TASHI”  
KAGYU BUDDHIST CENTER**

# **Sila, Samadhi & Prajna by Chagdud Khadro**

Within all schools of Buddhism both in terms of traditions and practises, when we look at the three principal trainings such as ethics, meditation and wisdom or insight - there is a sense that all these different traditions and schools of thought can actually come together.

There is a meeting point amongst and between the various Buddhist traditions - Theravada, Mahayana and Vajrayana or Tantrayana.

The reason being, that Buddhists of all traditions have the same aim, the same goal, known as enlightenment. To awaken from a delusory state of being; which is what we are subjected to.

We have to learn how to free ourselves from that. How do we do that? We do that by training ourselves in the principals of sila, samadhi and prajna - moral precepts or ethics, meditation, and wisdom or insight.



Chagdud Khadro met His Eminence Chagdud Tulku Rinpoche in March 1978, married him in November 1979, and remained his devoted student for twenty-three years. At the time of her ordination as a lama in 1997, Rinpoche invested her as the future Spiritual Director of Chagdud Gonpa in Brasil. Since Rinpoche's Parinirvana in 2002, she has focused on maintaining the high calibre of Vajrayana training he had established.

**9th June 2016**

**Time: 7 p.m.**

**Members: \$20.00**

**Non members: \$25.00**

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