



**"NYIMA TASHI"  
KAGYU BUDDHIST CENTER**

## ***Do We Know What We Are Doing When We Meditate?***

*A conversation with Khenpo Ngawang  
Dhamchoe on the pitfalls of getting it wrong.*

Meditation should not be used simply to calm the mind; to go into a deep state of relaxation. Of course, there are techniques for this kind of meditation, but calmness without insight, is not very useful. In other words it will not dilute our habitual tendencies.

If we are just calm - if our mind is calm - and we are meditating, we may have a sense of well being, there may not be anything particularly disturbing, but in that state we have not seen anything. We have gained no real insight. If we have not gained any insight, then it cannot be transformative. All that this type of meditation may do is to give us some kind of relief. It is like taking time out, you take time out, relax and then you go back into what we call the samsaric frey.

Please join us for an evening of discussion as we question why and how we are meditating.

**Tuesday, 24th October 2017**

**@ 7 p.m.**

**\$18.00**

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**Khenpo Ngawang  
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He is one of the most  
knowledgeable and  
respected teachers of  
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Khenpo-la teaches  
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