

Envisioning Enlightened Appearance The Art of Visualization Practice & Vajrayana Buddhism

with Cynthia Moku

May 8, 9, & 10
Friday, Saturday & Sunday

In this program we explore images of Buddhist art and further develop our abilities in the process of visualization meditation. Visualization techniques are contained within the profound and unlimited creative possibilities of Vajrayana Buddhist meditation.



On Friday evening, we will lay a foundation for our weekend program with an historical overview of the image of the Buddha. The main body of the program will be devoted to observing specific qualities of the creative and present mind. These are precision, gentleness, recall, luminosity and vast expressiveness. We will explore these qualities as aspects of visualization meditation through single and group creative exercises, talks and meditation sessions.



Boulder Shambhala Meditation Center

1345 Spruce Street, Boulder CO
Friday evening slide lecture

& Studio 108

4949 North Broadway, Boulder CO
Saturday & Sunday workshop

Envisioning Enlightened Appearance The Art of Visualization Practice & Vajrayana Buddhism

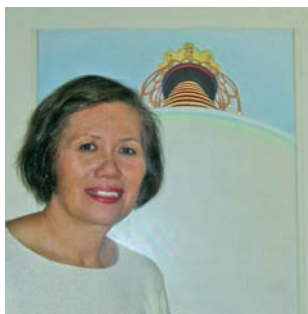
with Cynthia Moku

May 8, 9, & 10
Friday, Saturday & Sunday

Directions to:

Studio 108

4949 North Broadway Boulder, CO.



Cynthia Moku

has been painting *thangkas* since 1974, inspired by her root lama Kyabje Kalu Rinpoche. A faculty member of Naropa University since 1985, she is currently assisting Acharaya Dale Asrael in training Master of Divinity students in bringing Mindfulness Meditation practice into hospices, shelters and prison facilities. Her artwork is exhibited in the Denver Art Museum's Buddhist Art Collection and in private collections in North America and Europe. Since 2004 she has been painting for The Sakyong Mipham Rinpoche, and is one of the Artists to the Kalapa Court.

PROGRAM DETAILS

Friday evening 7:00-9:30pm (public talk & visual presentation)
Boulder Shambhala Meditation Center

Tracing the Image of the Buddha

This weekend program begins with a talk and visual presentation on the image of the Buddha. Appreciating the historical development of Buddhist art establishes a practical foundation for our understanding and personal practice of visualization meditation techniques.

Saturday 9:30-4:30pm (program participants)

Studio 108

The Art of Visualization Practice & Vajrayana Buddhism

From the image of the Buddha to the art of visualizing, we continue to become more familiar with fundamental aspects of the meditative mind. Through creative practices, talks and meditation sessions, we discover precision, gentleness and recalling the meaning of the visualization.

Sunday 9:30-4:30pm (program participants)

Studio 108

Envisioning Enlightened Appearance

How does visualizing become envisioning? We explore luminosity, expansiveness and intention, closing our program with a final dedication and group performance art offering.

PROGRAM COST

Full Program limited to 16 participants.

Friday evening presentation is open to the public.

Full program: \$275

265 tuition includes art materials
+10 reference booklet

Friday evening only: \$15