

Four Foundational Contemplations

**Precious Human Life, Impermanence,
Karma, and Samsara**

**Lama Padma will be teaching on the Four
Foundational Contemplations
every Wednesday at 7pm,
September 15th through October 27th.**

“...These four contemplations are the threshold of the Buddhist path; through them, we explore both the personal relevance and universal meaning of Buddhist doctrine. After we enter the door of refuge, these reflections constantly strengthen and renew our practice.”

From the Ngondro Commentary, compiled from the teachings of Chagdud Tulku Rinpoche, by Jane Tromge.

Although the teachings are offered at no charge, it is highly meritorious to make an offering to support dharma activities.



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