

## Conversations with Geshe Pema Dorjee

- *You are invited to a home near New York City.*
- *Bring an open mind and critical thinking.*
- *Consider the insights of an ancient wisdom.*
- *Reflect on life, love, and meaning.*

**Sunday, Jan. 4<sup>th</sup> at 3:00 p.m.**

**Generosity, Compassion, and Altruism:**  
*essential ingredients for a meaningful life*

**Tuesday, Jan. 20<sup>th</sup> at 7:00 p.m.**

**Dealing with Anger through Tolerance, Patience, and  
Forgiveness:** *a recipe for contentment*

**Sunday, Jan. 25<sup>th</sup> at 3:00 p.m.**

**Joyful Effort:** *eliminate low self-esteem,  
burnout, unwanted habits, and sadness*

**Monday, Jan. 26<sup>th</sup> at 7:00 p.m.**

**Meditation and Mindfulness:**  
*meditation to train your mind and  
mindfulness to prevent sleepwalking through life*

To RSVP and to obtain directions, email [compassion808@gmail.com](mailto:compassion808@gmail.com).

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For further information, visit [www.buddhistcharity.org](http://www.buddhistcharity.org).