



Meditation and Esoteric Dharma

with Vajracharya Paul Kendall

The transmission that has been passed down for thousands of years, the methods that can relieve stress, improve health and remove obstacles. **OPEN TO EVERYONE**

July 21 Wed Free Intro Talk & guided meditation, group healing session afterwards. 7:30-9:00pm

A simple explanation of esoteric dharma and the Chinese Esoteric School. Introduction to simple techniques that can be used by anyone to produce change, raise awareness and overcome hindrances of the body, mind and speech.

July 23 Friday Calming and Relaxing Dharma 7:00-9:00pm includes CD \$36

A foundation practice to calm the mind and truly relax the body, allowing the body's systems and organs to function properly. This method also aims to eliminate the resisting mind and let the practitioner go from the ordinary state into the higher and deeper state, the first state of Chan (or Zen).

July 24, Saturday Prajna Akasagarbha Moving Meditation Workshop 9am-12noon \$108

Prajna Akasagarbha means, "wisdom hidden in the womb of space." The wisdom fills the whole space, like a baby in the mother's womb. The Akasagarbha Bodhisattva's dharma practice consists of a sequence of 16 mudras (movements) combined with visualizations and a mantra (sacred Sanskrit phrases learned aloud and then practiced silently). This valuable method quickly increases physical vitality, and brings about rapid spiritual progress.

July 25 Sun Medicine Master Extinguishing Disaster & Prolonging Life Dharma. 9am-1:00pm \$300

For spiritual, mental, and physical healing, prevention of illness & disease, as well as for extinguishing disaster, bringing forth good luck, and extending life. Includes powerful techniques for self cultivation, healing others, and separate methods for purifying food, water and air. This practice has been opened to the general public for the first time in 1200 years. Transmission through abhis'eka empowerment by Sifu Paul.



Classes held at
Open Way Center

702 Brooks Street, Missoula MT

www.openway.org

To register, call Sifu Paul: 907.888.9795

For more on Sifu Paul, Hanmi Buddhism and detailed descriptions of classes: www.hanmi.alaska.org

