

Dear Friend,

Thank you for expressing an interest in our organization. We warmly welcome you to take advantage of the following study and practice opportunities that Mangala Shri Bhuti offers to the general public:

- ❖ Learn more about Mangala Shri Bhuti at our website <http://www.mangalashribhuti.org/>
- ❖ Read Dzigar Kongtrul Rinpoche's books, *It's Up to You: The Practice of Self-Reflection on the Buddhist Path* and *Light Comes Through: Buddhist Teachings on Awakening to Our Natural Intelligence*. Both are published by Shambhala Publications.
- ❖ Subscribe to our newsletter, *The Crucial Point*, on our website.
- ❖ Receive basic meditation instruction in the Four Immeasurables practice from a Study and Practice Representative.
- ❖ Listen to the recommended teaching sets by Dzigar Kongtrul Rinpoche available for purchase on our website, especially the *Bodhicitta: Guided Meditations on Relative Bodhicitta* set.
- ❖ Visit the **Listen** webpage on the MSB website and download talks given by Rinpoche on introductory Buddhist topics.
- ❖ Attend public teachings and practice programs. Rinpoche teaches three programs a year at our center in Colorado and two at our center in Vermont. He also teaches widely in the US and abroad. The program schedule is listed on our website, or you can request to be on our mailing list.
- ❖ If you live close to one of our main centers in Vermont or Colorado, attend the regular group practices offered there, or at one of our *Dharma Mangalam Centers* in New York City, Berkeley, California and Montreal, Canada. For more details, please contact Rebecca Zepp at vdkrsecretary@mangalashribhuti.org or call 303-459-0116. If you don't live near a local sangha and would like to receive meditation instruction, please contact Rebecca.
- ❖ If you would like to be part of our email distribution list for various announcements related to our organization, please contact Moni Banerjee at msbsecretary@mangalashribhuti.org.
- ❖ Dzigar Kongtrul Rinpoche asks that one fully engage in the activities listed above for approximately one year before formally requesting to become a student and member of Mangala Shri Bhuti. The purpose of this exploratory period is to become better informed about one's own path and the path of MSB before making a more serious commitment.

We hope that our organization can serve to support your spiritual path.

Yours in the Dharma,
Mangala Shri Bhuti Study & Practice

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