

Bodhichitta Teachings

with Lama Karma Chötso

Sundays, November 24–December 22
10:00 am –12:00 pm PT

*Lama Chötso will not be teaching on
Sunday, 12/15, but Nalanda West will be
open for Sunday Meditation*

Bodhichitta, the Mind of Awakening, refers to both relative and ultimate compassion, compassion being a necessary part of following the Mahayana or Great Path. How do we find that within us? Once found, how do we foster and nurture the relative to finally realize ultimate compassion? These Sunday teachings and discussions will introduce contemplations and practices to assist practitioners on this path.



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