

# Understanding the Universal Nature of Buddhist Refuge



**Cost:** Lama Mark does not want money to be a barrier to receiving teachings so there is no set fee. To support him and the Buddhist Centre, be as generous as you can. (Guide : \$10+)

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**Nelson Buddhist Centre**  
**87 Nile Street**  
(opposite Central School)

## A Public Class with Lama Mark Webber

**Saturday March 9th, 7.00pm**

What really is your Refuge? Taking Refuge in the Buddhist tradition can be mystifying; often seen as religious dogma and confusing for many Westerners. Yet all traditions of Buddhadharma consider taking and developing Refuge to be essential along the path of Freedom and Compassion. Why? Lama Mark Webber will explain classically and in modern terms the many levels of meaning of Refuge. Understanding Refuge involves appreciating the heart of Dharma, the purpose of meditation and training in compassion. He welcomes your questions.

Lama Mark Webber's style of teaching is non-sectarian and universalist in nature, displaying for beings the wondrous unity, uniqueness and intrinsic freedom of all life. His teaching is classically founded, but well integrated with science, art and nature. His work with people demonstrates a profound commitment to freeing beings from innumerable suffering states, whether through meditation, study, art, travel or science. He has been studying and teaching Buddha Dharma (the Teachings of Liberation) and meditation for thirty-five years. He is a Visiting and Resident Teacher for a number of retreat and Dharma Centres worldwide and is the author of a number of books, publications and CDs. Further information on Lama Mark is available at [markwebber.org](http://markwebber.org)