

OPEN PUBLIC TALKS ON

# The Nature of Community:

*going into the heart  
of communing with all  
with Lama Mark Webber*

Dates: July 15, 22, 29, 2010

Time: 7:30pm-9:00 pm

Location: South End Community Hall

Cost: By Donation



Lama Mark Webber (Lama Yongdu)'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. Mr. Webber's 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 was born in 1956 in Toronto and he started practicing meditation at the age of 16. His root teacher was the late Venerable Namgyal Rinpoche, a Canadian, who was a great meditation master and superb Dharma teacher.

"We are enmeshed in a vast interconnected web of life and form and we are all part of a immense and intelligent community. But what do we really know of it? How do we participate in and explore this web without confusion, projection and turmoil? The word community literally comes from the roots "together" and "gift", meaning to "exchange together", or "give amongst each other".

Which kind of gifts are we giving and receiving: anxiety, harm, confusion or clarity, intelligence and compassion? Are we really aware of what we are exchanging internally and to others? Before we can commune well on a big scale together with humans, groups and all kinds of creatures we need to learn about giving and exchanging on the micro level. We require a clarity and depth exploration of what it is like to 'commune' with our own organism, to feel deeply comfortable and loving in our own 'skin'.

And the practice of generosity is the basis. Generosity builds great strength of mind. We will learn how to give deeply to our being, by drenching ourselves in mindfulness and loving-kindness, moment by moment and thereby expand this openness to all creatures and forms about us. To commune well is to be clear, alive, discovering, sensing and compassionate. To be clear and compassionate requires a deep physiological dissolving of our mental confusion and turmoil." (Lama Mark)



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please call Libby 250-539-3783  
For information about Lama  
Mark please visit:  
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