

# Tibetan Heart Meditation

TongLen and other Tibetan meditations  
that awaken our human heart

By: Dr. **Chrissie Coburn Krzowska**

Whether we want ordinary human happiness, for ourselves and others, or true enlightenment, we can only find it if we, sooner or later, enter the passage of our hearts. The heart meditations of the Tibetan Buddhist wisdom tradition can guide us through this passage and lead us towards the immeasurable qualities of our heart, that all wisdom traditions aim to awaken.

The crown jewel of the Tibetan heart meditations is called ,tonglen' (,give and receive' or ,compassionate exchange'). This practice will be the core practice of this weekend seminar.



Date: April 21 & 22, 2012

Time: 10.00 - 17.00 uur, with breaks

Location: Training Center KenKon, Nieuwe Kanaal 11, Wageningen, Netherlands

Costs: 140 € + free donation

KK-members, Students & Minimal income: 100 € + free donation

Prices include lunch and course materials

Participation for 1 day: 60% of total)

Info and subscription info@kenkon.org or +31-(0)317-4529463.

Needed: warm, loosely fitting clothing and, if you feel it is useful, writing materials.