



# THE PATH OF JOY

## USING JOY TO DEEPEN SPIRITUAL PRACTICE

1pm\* Sunday 16<sup>th</sup> January 2022

Two and a half millennia ago the Buddha taught that without joy there is no awakening or enlightenment. The Path of Joy is an ancient Buddhist practice that starts with arousing simple, heart-felt joy and culminates in the state of Dzogchen. This practice was transmitted to Jamyang Tenphel by the enlightened master Togden Amtrin (1922 - 2005), a revered yogi of the Drukpa Kagyu lineage and Dzogchen master, and is one of the 84 thousand complete methods to liberation. In this talk we will discuss the importance of joy, how to engage in the practice itself and how joy is used to give rise to and deeply experience the fundamental aspects of each of the Buddhist vehicles – from the Sutrayana all the way to the practice of Dzogchen. The Path of Joy is a potent and profound practice that can be used independently or in conjunction with other Buddhist practices to awaken to our true nature. The workshop will be led by **Pema Düddul**.

Pema Düddul is the Buddhist Chaplain in the University of Southern Queensland's Multi-Faith Service and Co-Director of Jalü Buddhist Meditation Centre. Pema has decades of experience as a Buddhist practitioner and has taught mindfulness and meditation in Buddhist and educational settings since 2007. Pema is the author, with Jamyang Tenphel, of *Resting in Stillness*.

All donations go to The Hermitage Foundation to establish a non-sectarian Buddhist retreat center in Australia.

*\*The time zone is Australian Eastern Standard (Brisbane)*

1PM TO 3PM

SUN JAN 16

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