

Interdependence Days Mani-Thon

Million Mantra Retreat for World Peace

Join Us in a Weekend of Benefit for All Beings!

8pm Friday, June 24th – 5pm Monday, June 27th

VAIROTSANA FOUNDATION is holding a three-day Meditation Retreat on the practice of Lord Chenrezig (Buddha of Compassion) with continual recitation of his mantra OM MANI PEME HUM, 24 hours-a-day.

Intensive retreats offer a powerful opportunity to realize our intrinsic Buddha Nature, and to create subtle but very real causes for peace.

Our collective goal is **One Million Mantra Recitations**, which will be dedicated to World Peace, and the long life of all our precious spiritual teachers, especially H.H. the Dalai Lama, whose birthday is July 6th. We encourage on-site participation but you may participate anywhere at anytime!

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OM MA NI PE ME HUM

For Full Details and Registration Information, Visit:

vairotsana.org or call (805) 618-8822

Other Interdependence Days Events Include:

- ❖ Public Talk on Mantra and Meditation, Friday 6:30pm, Unity Church
- ❖ Mantra Calligraphy Workshop, Saturday 10am, Vairotsana Foundation



1524 Anacapa St., Santa Barbara 93101

A 501(c)3 non-profit Tibetan Buddhist organization in the Nyingma Tradition