



# *Fearlessness and Compassion*

*Cultivating the Courage to Transform the World*



## *Geshe Thupten Jinpa Langri, PhD*

**Jinpa** brings together new research from Stanford and contemplations from decades at the Dalai Lama's side as his principal translator to show us how to train not only our "compassion" muscle, but also our "self-compassion" muscle. Join us to gain practical skills for developing the courage to be compassionate, and discover how powerful compassion can be, not just for others, but for our own wellbeing.

Jinpa is the author of the forthcoming book, *A Fearless Heart: How the Courage to be Compassionate Can Transform Our Lives*.

As the creator of the revolutionary Compassion Cultivation Training program at Stanford University School of Medicine, and the Director of the Mind and Life Institute, Jinpa draws upon his childhood as a refugee, his many years in Tibetan monasteries in India, and the time he has spent alongside His Holiness the Dalai Lama.



*Co-sponsored by The Palmo Center for Peace & Education and The Lane Peace Center. Fostering peace through education.*

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### EVENT INFORMATION

**DATE:**

Sunday, May 10, 2015

**TIME:**

3:30 – 5:00 p.m.

**LOCATION:**

Performing Arts Building 6, Lane Community College Main Campus

**COST:**

\$15 (students free)

\$50 Limited VIP reserved seating

**TICKETS AVAILABLE ONLINE AT:**

[www.lanecc.edu/tickets](http://www.lanecc.edu/tickets)

Star Gate 1372 Willamette Street

**FOR MORE INFORMATION:**

Palmo Center for Peace & Education

[www.palmocenter.org](http://www.palmocenter.org)

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