



# Portland Tergar Meditation Community

## Pure Awareness ~ Milarepa's Songs on the Nature of Mind

Tergar Portland has a nature of mind study and practice group that usually meets on the second Sunday of each month, 1:00 –3:00 PM at 834 NW 19th Street in Portland.

The material we are studying is Mingyur Rinpoche's teachings on the songs of Milarepa, given in the summer of 2010 at the Garrison Institute in New York. Our group sessions begin and end with practice periods, and in between we listen to and discuss audio excerpts from this seminar which specifically focus on the nature of mind.



This group is currently restricted to people who have received the pointing-out instructions from Mingyur Rinpoche, Tulku Ugyen, another of Tulku Ugyen's sons, or Khenpo Kunga. Students who have received the pointing-out instructions from another teacher should email [portland@tergar.org](mailto:portland@tergar.org) before attending.

If you have any questions about this group, please contact Ann Helm at [ann@tergar.org](mailto:ann@tergar.org).

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