

# Sacred Dance: Meditation in Movement

## Wisdom Compassion Power

### The Dance of the 21 Praises of Tara

This meditation combines sound and movement with the Buddhist principles of wisdom, compassion, and skillful means. These meditative movements integrate body, speech and mind though simple, yet powerful dance and chanting. The dance involves simple, graceful, tai-chi like movements done in conjunction with Tara mantras, a traditional Tibetan Buddhist practice. By focusing attention and identifying with an embodiment of enlightenment in female form, participants arouse and bring into being their own wisdom, compassion and power. No prior experience with Buddhism or dance is necessary.



*Summer & Fall Dates:* May 27<sup>th</sup>, June 10<sup>th</sup>, September 16.

*(Facilitated by Julie)*

July 22<sup>nd</sup> & August 26<sup>th</sup>. *(Facilitated by Bailey)* Time Noon - 2 PM

Place Kidston Pavillion at Fellows Riverside Gardens,

123 McKinley Ave, Youngstown, OH 44509 For directions:

[www.millcreek.metroparks.com](http://www.millcreek.metroparks.com)

*Donation:* \$10 for Adults (per session)

Additional Dances to be held at the Center for Silence will be facilitated by Bailey...

*When: June 3, July 7, August 4 1PM til 3 PM*

*Where: Center for Silence, 41690 Miller Rd. Letonia, Ohio*

Julie Thomas and Bailey are students of Prema Dasara and certified teachers of the Mandala Dance. Julie teaches in the Department of Psychology at Youngstown State University. Bailey is a reiki practitioner and massage therapist and teaches yoga in Salem, OH.

For more information please contact Julie Thomas at [jethomas@ysu.edu](mailto:jethomas@ysu.edu) or 330-941-1735 or Bailey at [baileywoman@yahoo.com](mailto:baileywoman@yahoo.com) or 330-550- 2341.

To learn more about the creators of the Tara dance, Prema & Anahata & Tara Dhatu please see [www.taradhatu.org](http://www.taradhatu.org)

# Green Tara Initiation

Bestowed by the Most Holy Venerable **Khensur Rinpoche Lobsang Tenzin**  
**Saturday June 23rd, 1:00 pm to 5:00 pm at the**  
**First Unitarian Church 1105 Elm Street, Youngstown, OH 44505**  
**Suggested donation: \$25 (please pay at the door)**

When Buddha taught the root tantra associated with Tara, he praised her thus:  
“Tara is she who frees and protects beings from all possible fears and sufferings that they can encounter. Tara is she who closes the doors to the lower realms of existence. Tara is she who leads them on the path to higher states of being.”

Taking this initiation allows practitioners to engage in the Green Tara practice including mantra recitation, deity yoga practice etc.



**Khensur Rinpoche Lobsang Tenzin** was born in 1934 in the Kham province of Tibet. At age ten he entered Ba Zingon Monastery. At 18, Rinpoche continued his studies at Drepung Loseling College, and he studied there until 1959. In 1960, after fleeing to India, he resumed his studies at Buxa, where a temporary monastery was established. In 1970, he moved to the newly relocated Drepung Monastic University in Mundgod, South India. After two years he moved to Sarnath, continuing his intensive studies until 1977. His scholastic achievements include the Geshe Lharampa Degree, the result of 33 years of intensive study of the five Buddhist Texts. He was invited to teach at Namgyal Monastery in Dharamsala, India, where he was senior teacher for 14 years, teaching both sutra and tantra. While at Namgyal, Rinpoche received initiations and teachings of tantric practices in all four traditions of Tibetan Buddhism. In 1991, he was appointed Abbot of the monastery by H.H. the Dalai Lama, a position he held until 1994. He currently teaches at the Chenrezig Tibetan Buddhist Center of Connecticut.

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

**Rinpoche's translator Jeffrey Allen** became the Center's official Translator in 2003 after having studied Tibetan Buddhism since 1995. He translates Rinpoche's teachings at the Center and often travels with Rinpoche to help bring Dharma in America.

Please contact **Julie Thomas** at 330-941-1735 or via e-mail at [jethomas@ysu.edu](mailto:jethomas@ysu.edu) if you have questions or need more information about the Green Tara initiation.

# Sacred Dance Retreat

*Sept. 28th through the 30th*  
*Villa Maria Retreat Center*  
*Villa Maria, Pa.*

Friday at 5 p.m. and end Sunday at 5 p.m.

Participants will have the opportunity to participate in the *Full Mandala offering of the 21 Praises of Tara and the Universal Dances of Peace*. There will also be morning Qi Jong meditations - in other words it will be a truly sacred weekend of music and dance - so please mark your calendars. I will post more information about registration details soon.