

**ENLIGHTENMENT IS A CHOICE: THE BEAUTY OF THE
DHARMA**

Kathren Smiddy

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As one of the last remaining lamas to have received a complete Buddhist education in pre Tibet, [2] Tarthang Tulku left Tibet and taught in BenaresIndia[2] until emigrating to the United States of America in [2] with his wife, the poet Nazli Nour. Here's the fourteenth and current Dalai Lama on how to start a meditation: "First, look to your posture: arrange the legs in the most comfortable position; set the backbone as straight as an arrow.

Theropeistheretohelpusbutweourselvesmustholdontoitandpullourselves. He is done with it. These kinds of things are ways of helping people. Think that we will listen and share the Dharma In the most general sense, Dharma refers to the teachings of the Buddha.

Theemphasisisto"letgo"andfeeltheflow.TibetanAidProject.It is going to pull you whether you like it or not. Rosen Satyaraja Dasa author of some thirty books on the Bhakti tradition and related subjects; senior editor of the Journal of Vaishnava Studies.