

**RABTEN
JIGME LING**



**Temple and Buddhist
Study Centre**

**Stationsweg 98 Den
Haag**

The Importance of training in Patience

*Weekend course Buddhism
English spoken, Nederlandse vertaling indien gewenst*

4 and 5 July 2026

**date and
venue**

Saturday and Sunday: 10.00 - 12.00 hrs; 14.30 – 17.00 hrs.

Stationsweg 98, Den Haag

teacher

Gelong Changchub Phüntsoq is senior monk and disciple at Rabten Choeling monastery (www.rabten.eu). We are happy that he will come to our centre in the Hague and share his knowledge with us: not just the theory, but also the actual practice of the teaching.

the course

This course is the continuation of previous courses in 2018. We continue with the topic of *Patience*. This is an important quality, for everybody. In Buddhism however, this quality is taught in particular. Patience is the antidote against hatred and dislike. So, if we wish for less aggression and conflict in our lives and in the world, then the only route is to practice patience. This is not a passive attitude, but an active state of wisdom and compassion.

**information
and
registration**

In Liem, tel.: 070- 3800 273; mob.: 06-387 57 116;

E-mail: info@rabtenjigmeling.nl

URL: : www.rabtenjigmeling.nl and www.blogspot.rabtenjigmeling.nl

fee

The course fee is € 35,- for the entire weekend. Those with minimum income can pay according to capacity.
