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## **The Importance of training in Patience**

*Weekend course Buddhism  
English spoken, Nederlandse vertaling*

**23 and 24 November 2024**

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**date and venue**      **Saturday, 23 November: 10.00 - 12.00 hrs; 14.30 – 17.00 hrs.**  
**Sunday, 24 November: 10.00 - 12.00 hrs; 14.30 – 17.00 hrs.**

**Stationsweg 98, Den Haag**

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**teacher**      Gelong Changchub Phüntsoq (Markus) is senior monk and disciple at Rabten Choeling monastery ([www.rabten.eu](http://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.

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**the course**      This course continues the previous 2 courses (2018) by Gelong Changchub Phüntsoq. The topic is *Patience*. This is an important quality for everybody in all circumstances, because patience is the antidote against hatred and dislike - causes for much aggression and suffering in the world. However, patience is also required if we wish to develop on the path of higher spiritual developments — like Liberation and Enlightenment. Patience is not merely a passive attitude of no resistance. It is an active state of wisdom and compassion.

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**information and registration**      In Liem, tel.: 070- 3800 273; mob.: 06-387 57 116;  
E-mail: [info@rabtenjigmeling.nl](mailto:info@rabtenjigmeling.nl)  
URL: : [www.rabtenjigmeling.nl](http://www.rabtenjigmeling.nl) and [www.blogspot.rabtenjigmeling.nl](http://www.blogspot.rabtenjigmeling.nl)

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**donation**      A voluntary contribution of about € 30,- or less would be greatly appreciated.

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