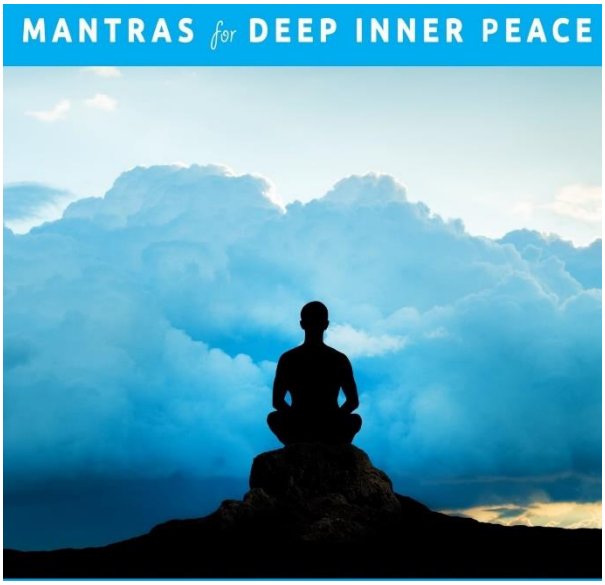

PRAYERS FOR PEACE MANTRA-THON

SATURDAY, SEPTEMBER 16

12:00 noon – 8 pm (Feel free to join the event online or in-person at any time)

In Buddhism, a *mantra* is a sacred sound, syllable, word, or phrase repeated to help the meditator focus on their meditation experience. There are such mantras that help us to connect with the potential that each of us has to experience profound peace within ourselves, and to be an arbiter of peace in the world.

Everyone is invited to drop in to this virtual and in-person meditation offered by the Chenrezig Tibetan Buddhist Center of Philadelphia. Whether it's your first time, or you are a regular meditation and chanting practitioner, you are invited to come and share in this experience of chanting mantra prayers for peace.

The Prayers For Peace Mantra-thon is divided into 45-minute segments each devoted to a specific Buddhist mantra and dedicated to a state of mind that supports happiness, peace, and inclusion for all living beings.

Join Zoom Meeting:

https://us02web.zoom.us/j/2012464464

Meeting ID: 201 246 4464

(In-person) Chenrezig Tibetan Buddhist Center

954 N. Marshall Street, Philadelphia PA 19123

www.tibetanbuddhist.org