

The Path of Loving Kindness

~ Foundations ~



With Greg and Theresa Tzinberg

We invite you to participate in this new course, ***“The Path of Loving Kindness - Foundations.”*** This “Foundations” class will run in conjunction with the weekly Ho’oponopono class being offered through the Inward Bound Network. The emphasis for this class is establishing a loving and kind relationship with ourselves and learning how to express loving kindness through our body, speech and mind as an expression of our true, authentic self. This is the vital first step in becoming an influence for lasting and positive change in our world.

The Path of Loving Kindness is a series of experiential classes, it offers the opportunity to move deep into oneself through the application of Loving Kindness and meditation. It is through the energy and action of love and kindness that real transformative change takes place in ourselves and our world. Below is an excerpt from Lucille Cedercrans Schaible on the energy of loving kindness:

“...the energy of loving-kindness radiates from the primordial Buddha nature. It is love without an object. Its expression in human action is best exemplified by kindness. Simple, yet so difficult and so rare. The voice, the touch, the expression of loving-kindness, the look in the eyes, the quality of the voice, the choice of words spoken, the movement of the body as it interacts with and speaks to its environment, these are the ways in which this energy is embodied and expressed.”

Course Format: There are 8 lessons in this course, we will work with one lesson per week. The lesson material and class recordings will be sent out to group members weekly. We ask that all participants consider each lesson for one week by listening to the class recording and/or reading the text and meditating each day. If there are any questions or comments, please direct these to Theresa via email at ttzinberg@gmail.com

Requirements: There are no pre-requisites in participating in this course, just a heart response – or an innate knowing that *this is for you!* Each group member will be asked to meditate daily with instructions from the lesson material.

How you can participate: There will be a live class on Zoom each week, a list of times is included below. If you are unable to join the Zoom class you are invited to participate “by correspondence”. We will send lesson transcripts and class recordings to all participants.

Cost: All classes offered on the Inward Bound Network are free of charge, however, donations are vitally important for us to meet the funding required in order to cover our ongoing costs in maintaining the IBN website and expanding our reach through advertising. Any donation that you can offer will be greatly appreciated. However, as always, we would like to emphasize that inability to contribute financially will not prevent anyone’s participation. Donations can be made via the following link, thank you.

Donate in AUD Dollars



Donate in US Dollars



Start Date and Time: Tuesday 8th November 2022 (Monday 7th in USA).

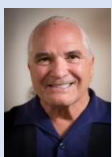
USA on Mondays: Los Angeles at 3 pm, Denver at 4 pm, Houston at 5 pm, New York at 6 pm

Australia on Tuesday: Melbourne at 10 am, Brisbane at 9 am, Darwin at 8.30 am

Registration: If you would like further information, or to register for this course, please contact Theresa via email: ttzinberg@gmail.com Thank you.

Bio's for Theresa and Greg Tzinberg

Greg and Theresa Tzinberg are both long-time students and teachers of the New Thoughtform Presentation of the Wisdom and Tibetan Buddhism. Much of their work is based on the teachings of Lucille Cedercrans Schaible who wrote the Nature of the Soul series of lessons and was recognised as teacher of the Nyingma Lineage of Tibetan Buddhism by HH Dudjom Rinpoche.



Greg Tzinberg studied Vajrayana Buddhism with Lucille from 1976 until her passing in 1984. He is the author of the book, *Bridge to Maitreya* and is also a recognized lay teacher in the Nyingma Lineage of Tibetan Buddhism. With over 40 years of study and practice he has gained a unique perspective on East/West spirituality and in particular the teachings Lucille offered on the future Buddha Maitreya and the energy of Loving Kindness. He has a Master's degree in Organizational Development and has worked as a leadership and teambuilding consultant in the technology, manufacturing and banking industries for over 16 years.



Theresa Tzinberg is a qualified Teacher of the Wisdom and has been teaching the various works of Lucille Cedercrans and Denise Crundall for over 15 years, synthesising these works with Lucille's later Buddhist teachings. She has a well-deserved reputation for being an insightful and compassionate listener and coach who has helped many gain insight and healing in their lives. Theresa also has over 10 years of experience running a retreat centre for health and wellbeing, working with various modalities, teaching meditation, running workshops and classes and offering spiritual guidance and general life coaching.

Theresa and Greg can be contacted via email: ttzinberg@gmail.com