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<h2 style="margin: 20px 0;">Words of Advice</h2> <p style="margin: 0;">16th Gyalwa Karmapa</p>					
<p><b>All sentient beings experience the tiring and indefinite cycle of birth and death and mind illusions. Everything is ever changing at all times.</b></p>					
<p><b>The Buddhadharma has a simple meditative technique to calm the mind, thus making it clear and luminous. The purpose is to purify our habitual tendencies and our mind, in order for us to benefit all sentient beings.</b></p>					
<p><b>The focal point of this meditative technique is to benefit oneself and others. If you wish to benefit sentient beings, you will definitely benefit yourself in the same manner.</b></p>					
<hr style="border-top: 1px dashed #000;"/> <p style="margin: 0;">Karmapa past &amp; present tradition</p>					

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