There - Not There

RIGPA

Dorothea Breick
Paintings Lerab Ling / Dharma Mati 2018-2026



13 November 2026 – 18.00 until January 2027

Rigpa Center
Soorstr. 85
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Viewing by appointment Please contact: +49 151 46 46 41 52
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Painting session: Saturday 14 November 10.30 to 12.30

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the essential practice of meditation is to allow the mind to express itself freely without fear or judgement. When we are able to let the incredible array of our experience be without trying to manipulate it, we have a complete experience of mind – naked and unaltered. Painting, when it is free of such notions as beauty and ugliness, can be used to express this complete experience of mind. When art evolves from this understanding it provides the possibility for those who see it to also experience the unfabricated nature of their own mind.

Dzigar Kongtrul Rinpoche