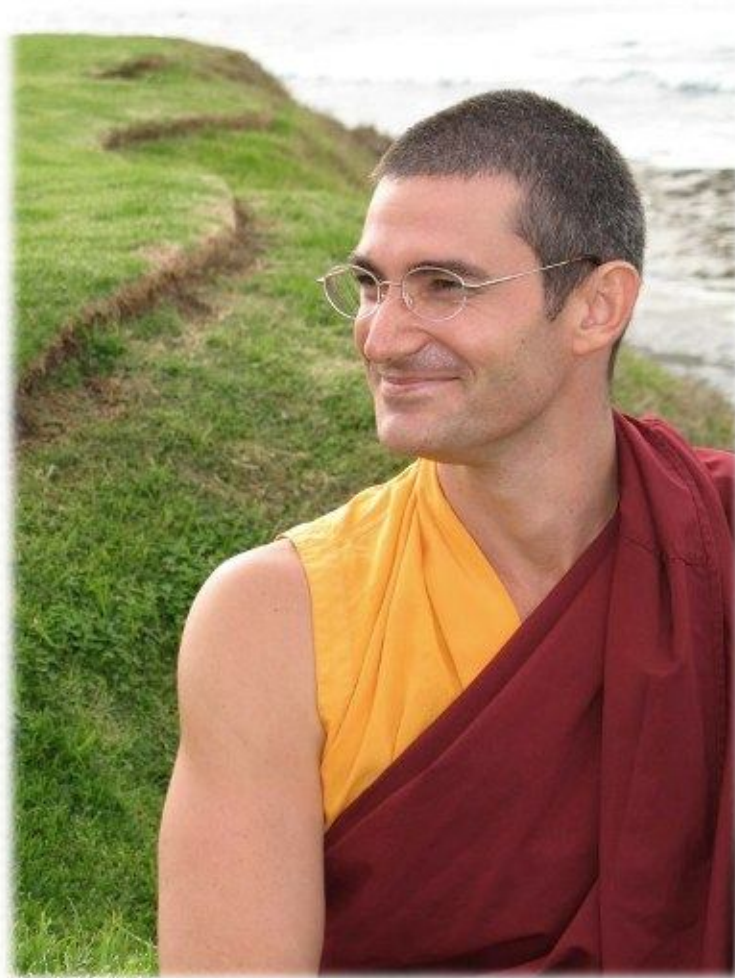


Lama Jigme Gyatso's Press Kit



Mission Statement

The Buddhist teacher, Lama Jigme Gyatso's mission is to liberate his students from the tyranny of pain, sorrow, anger and fear and increase their health, joy, love, peace and Buddha's wisdom of Letting-go

What sets this guy apart?

Be it physical or emotional; suffering sucks! Whether it ranges from despair to sadness, rage to annoyance, terror to anxiety, be it obvious or subtle... it still sucks!

Lama Jigme will give you simple, effective, fool-proof and specific techniques that are easily applied and relevant to the stresses of modern life.

These techniques will free you from the tyranny of illness and pain, sorrow and anger as well as fear and turmoil; while simultaneously teaching you how to harness their energy to increase your:

- good fortune
- joy
- compassion
- bliss
- love
- peace
- clarity and
- the wisdom of letting go

He is a funny, charming, approachable meditation master, who, has not only studied Buddha's path but, traversed it to its upper heights.

Lama's First Class

“You’re not the boss of me!” declares every angry child. But so often we find ourselves bullied by sorrow, anger, fear and turmoil.

In just one lesson, Lama Jigme could teach you how to harness the energy of your negative emotions to increase your concentration, stability, clarity, insight, and peace.

In Lama’s lesson you’ll receive:

- contemplative notation – so you could meditate like a master, on your first try,
- transformative questions – so you can effortlessly “download” a more empowering view of reality,
- power invocations – so you could rapidly manifest broad sweeping changes,
- quick bliss technique – so you could instantly multiply your resourcefulness,
- the “no duh!” method – so you could easily take the edge off of any physical or emotional challenge and
- the tension release autopilot – so you could quickly free yourself from the constricting grip of pain, sorrow, anger, fear and turmoil.

After the lesson, you will walk away armed with six: specific, easy, fool-proof techniques that could free you from suffering and negativity in as little as eight or nine minuets... that’s less time then it takes to buy a cup of overpriced coffee from your local Starbucks!

Bio

At the end of his 8th consecutive lifetime upon Enlightenment's path, the monk who would eventually take rebirth as Lama Jigme Gyatso had grown weary of the asceticism, elitism, and impotence that had crept into Buddhism. He therefore created the causes and conditions necessary for completing his journey to Enlightenment during his 9th and current lifetime in a broken body and in a broken family with every disadvantage.

Because of this, he isolated the easiest, quickest and most effective spiritual practices and teachings, thereby enabling others to become fully enlightened with greater ease and speed than ever before.

Lama Jigme Gyatso has received training from every lineage of Buddhism, as well as many schools of Hinduism, Daoism, Judaism and Christianity. Through his dynamic and profoundly effective methods, his senior students accomplish the higher stages of the Buddhist path quickly and easily, without leaving job, spouse, home or children. They have seen their health; love and happiness evolve with very little effort and in a very short period of time, simply by applying his specific, easy, and foolproof techniques.

Lama Jigme Gyatso's teachings are as revolutionary and as they are profoundly effective. His unconventional methods, seasoned with love, wisdom and humor, make him the perfect teacher for the 21st Century student.