



**E-VAM BUDDHIST INSTITUTE U.S.**

## **Stages of Meditation to Cultivate Insight With Anthony Bruno (Tenzin Chödrak)**

### **Online course on Zoom**

**Time:** 8.00-9.30pm Eastern (New York) time  
for 3 sessions

**Dates:** Tuesdays September 15.22 and 29 2026

**Inquiries:** office@evam.org



Insight meditation cuts through fixed notions about who we are and how things exist, enabling us to open our hearts and minds fully. This course presents a gradual approach to cultivating the discerning wisdom of insight—the essential topic of the Buddha’s teachings. We will begin by establishing the proper foundation for practice, including compassion, skillful means, and clarification of common misconceptions about shunyata (emptiness). We will then explore and practice three key stages: recognizing the mind’s lucidity, resting the mind free from conceptual extremes, and developing certainty in the inexpressible nature of reality. The course is based primarily on commentaries from the Sakya tradition, although we will draw comparison to the Kagyu tradition’s approach as well.

**Anthony Bruno (Tenzin Chödrak)** feels incredibly grateful, due to the kindness of his Dharma teachers, for the opportunity to receive the teachings of Buddha Shakyamuni during this current time. His first Dharma mentor was Dr. C.T. Shen, a nonsectarian practitioner and benefactor who introduced him to Mahayana Buddhism in the 1990s and emphasized initial study of the sutras. Later, Dr. Shen encouraged Anthony to practice Tibetan Buddhism and helped facilitate his connection with His Holiness Sakya Trichen and other lamas. Since then, for more than 25 years, Anthony has been studying and practicing in the Tibetan Buddhist tradition and has volunteered in various capacities. He also earned a J.D. degree, summa cum laude, from New York Law School and a B.A. degree, magna cum laude, from New York University, with a major in journalism and minor in fine arts.

### **Bookings and Enquiries**

Email: office@evam.org to receive zoom details and other course information.

### **Course donations** Here are the options for you to make a donation:

- PayPal online donation: via the E-Vam website: <https://evam.org/donate> or directly through **PayPal:** payments@evam.org
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