

# H. E. Ayang Rinpoche

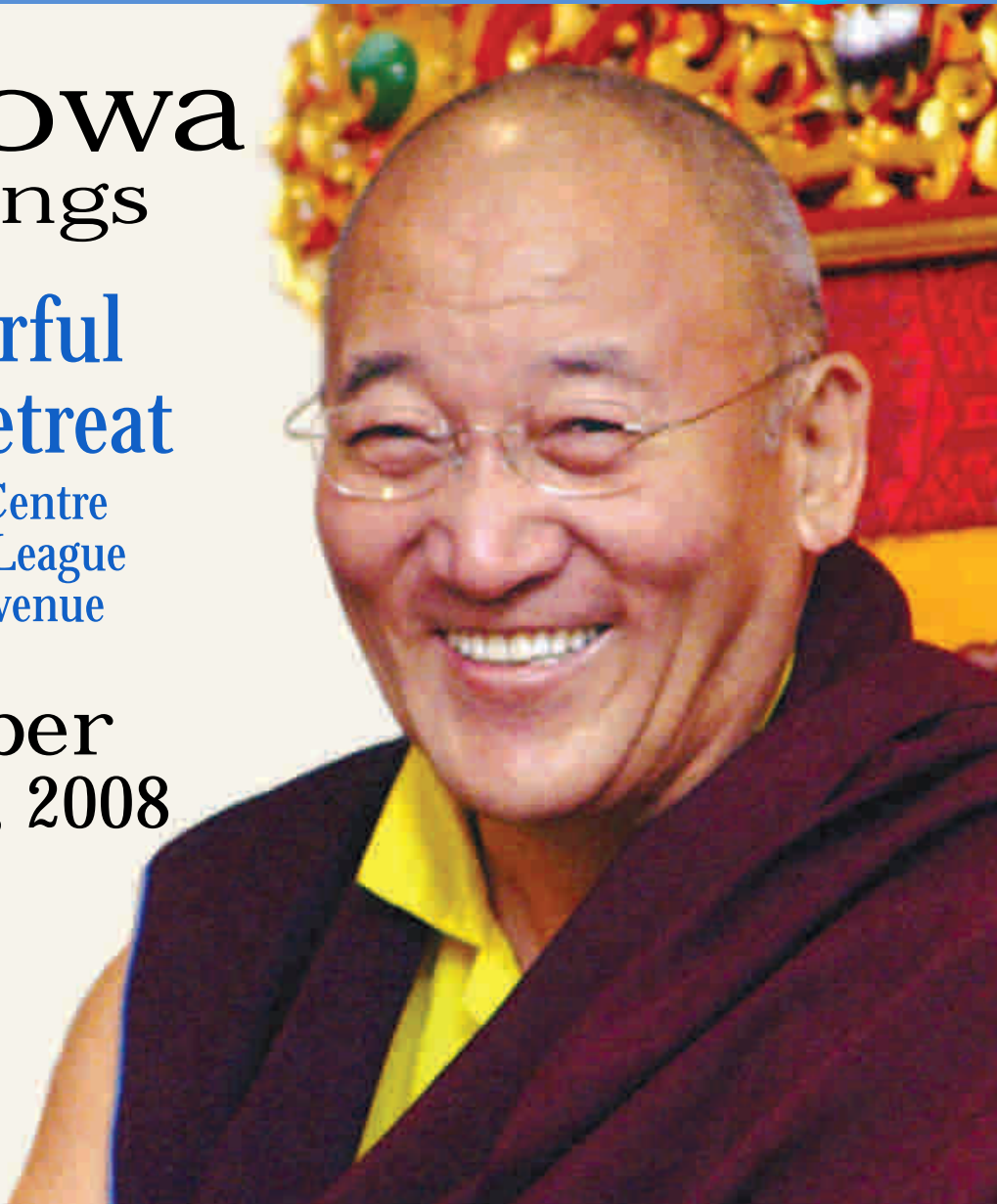
Returns To Bestow

## The Phowa Teachings

### A Powerful 9 Day Retreat

Strathcona Centre  
Community League  
10139-86 Avenue

October  
12th~20th, 2008



Public Talk - An Introduction To Phowa  
October 12, 7:30 pm • Cost by donation

Phowa is Tibetan for "transfer of consciousness" at the time of death. According to Ayang Rinpoche, Marpa the Translator said, "If you study Phowa, then at the time when death is approaching you will know no despair. If beforehand you have become accustomed to the Path of Phowa, then at the time of death you will be full of cheerful confidence..." It is considered a complete path, even for those who do not meditate.

This comprehensive course on both the Nyingma and Drikung Kagyu Phowa practices includes extensive teachings on the moment of death, the purification practice of Vajrasattva, and many other important related topics as well as detailed meditation instructions, empowerments and practice sessions.

His Eminence  
"Choeje" Ayang Rinpoche,  
is widely considered to be the world's living master  
of Phowa. Rinpoche has been teaching this practice  
worldwide at the request of His Holiness  
the 14th Dalai Lama and the late 16th Karmapa.

Rinpoche has a warm and compassionate manner  
and teaches with clarity and wisdom.  
He has completed extensive retreat  
devoted to the Phowa practice.

To pre-register or further information call 780-451-7964 or e-mail [metaweave@shaw.ca](mailto:metaweave@shaw.ca)  
Before October 1 - Full Retreat \$260 (including public talk). After October 1 - \$300.

Costs are to cover expenses and do not include dhana (donations).

Students and low income half price - pre-registration needed for these discounts.

Some events within the retreat are open to the public;  
please call for details.

Attend Vajrayana Buddhist Teachings in Edmonton 780-451-7964 • [metaweave@shaw.ca](mailto:metaweave@shaw.ca)