

**PHOWA COURSE DAILY SCHEDULE BY H.E “CHOEJE” AYANG  
RINPOCHE IN OSLO, NORWAY FROM DECEMBER 4-12, 2008**

Dec 4/2008	7.30 pm	Introduction to Phowa
Dec 5/2008	9.00am 2.00pm	Buddha Amitabha Empowerment preparation Buddha Amitabha Empowerment
Dec 6/2008	8.00am 2.00pm 7.00pm	Phowa Teaching Phowa Teaching Phowa Teaching
Dec 7/2008	9.00am 2.00pm 7.00pm	* Phowa Lung (Oral Transmission blessing) Nyingma Phowa Practice Vajrasattva Teaching
Dec 8/2008	8.00am 2.00pm 7.00pm	Nyingma Phowa Practice * Three Excellents Teaching Drikung Phowa Teaching
Dec 9/2008	9.00am 2.00pm 7.00pm	Drikung Phowa Practice *Amitabha Meditation Teaching Short Nyingma Phowa Practice and Amitabha Pure Land Aspiration Prayer
Dec 10/2008	9.00am 2.00pm 7.00pm	Teaching on doing Phowa for others at the moment of death Drikung Phowa Practice Amitabha Short Sadhana Practice and Amitabha Pure Land Aspiration Prayer
Dec 11/2008	9.00am 2.00pm 7.00pm	Teaching on doing Phowa for oneself at the moment of death * Milarepa Tsog Offering Prayer Short Drikung Phowa Practice
Dec 12/2008	9.00am 2.00pm	Instruction for Phowa practice after the Phowa course *Amitabha Tsog Offering Prayer

**\*Indicates- Open to Public**