

**PHOWA COURSE DAILY SCHEDULE BY H.E “CHOEJE” AYANG RINPOCHE IN  
SYDNEY FROM DECEMBER 30, 2008 TO JANUARY 7, 2009**

Dec 30/2008	7.30 pm	Introduction to Phowa
Dec 31/2008	9.00am 2.00pm	Buddha Amitabha Empowerment preparation Buddha Amitabha Empowerment
Jan 1/2009	8.00am 2.00pm 7.00pm	Phowa Teaching Phowa Teaching Phowa Teaching
Jan 2/2009	9.00am 2.00pm 7.00pm	* Phowa Lung (Oral Transmission blessing) Nyingma Phowa Practice Vajrasattva Teaching
Jan 3/2009	8.00am 2.00pm 7.00pm	Nyingma Phowa Practice * Three Excellents Teaching Drikung Phowa Teaching
Jan 4/2009	9.00am 2.00pm 7.00pm	Drikung Phowa Practice *Amitabha Meditation Teaching Short Nyingma Phowa Practice and Amitabha Pure Land Aspiration Prayer
Jan 5/2009	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
Jan 6/2009	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
Jan 7/2009	9.00am  2.00pm	Instruction for Phowa practice after the Phowa course *Amitabha Tsog Offering Prayer

**\*Indicates- Open to Public**