

Location

Amitabha Foundation Centre
79 Edgeworth David Avenue
Waitara (former Uniting Church)

Introducing Phowa

Tuesday December 30 2008
7.30pm (by donation)

Bookings & further information

Tel: Jane Crancher 02 8250 5213 or 02 9519 7510
Email: amitabhafoundationau@gmail.com

A deposit is not required,
but confirmation of attendance is requested.

The Phowa Teachings

31 Dec 2008 ~ 7 Jan 2009

3 teaching sessions daily: 8.00am, 2.00pm and 7.00pm.
For a detailed teaching schedule and the commitments involved
with the practice, please see www.ayangrinpoche.org or contact us.

Suggested donation: \$400

No one is turned away for lack of ability to pay.



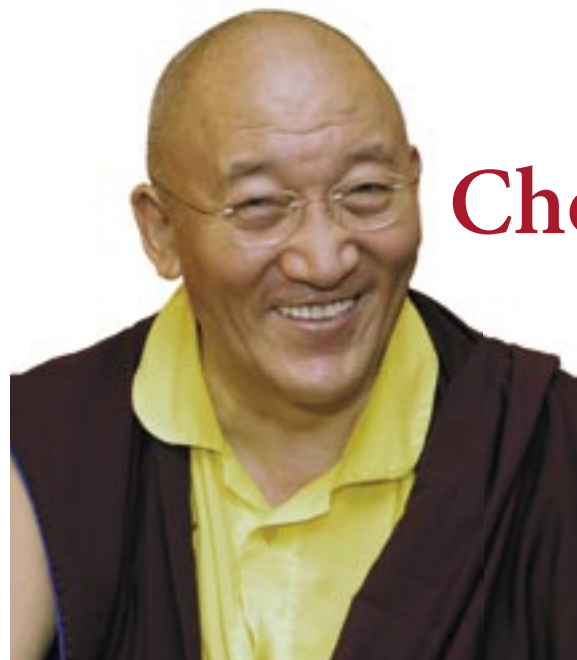
Amitabha Foundation Centre (Australia)

79 Edgeworth David Ave., Waitara, NSW

For further information

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His Eminence

Choje Ayang Rinpoche

will be teaching

PHOWA

the transference of consciousness at death
to the Pure Land of Buddha Amitabha.

Sydney: December 30 to January 7



About Phowa

Life's most awesome and inescapable event is death. Phowa is a powerful practice unique to Tibetan Buddhism which enables the practitioner to face death with joyful confidence, knowing that they will be able to transfer their own consciousness directly to the Pure Land of Amitabha, the Buddha of Limitless Light. Phowa is known as the simplest and most direct way to attain enlightenment — the path to liberation without lifelong meditation. The practitioner works directly on the central channel with visualisation, breath and mantra sound to awaken realization. In association with the power and blessing of a highly realised Phowa Master's transmission, clear signs of accomplishment appear in the practitioner. Benefits of Phowa training for this lifetime include a more peaceful, compassionate, clear and stable mind, the easier accomplishment of other practices, and the ability to benefit others who have died. Phowa is particularly helpful for the recognition and stabilization of Rigpa — the True Nature of the Mind or Buddhature.

For further information see "An Introduction to Phowa" at ayangrinpoche.org/an-introduction-to-phowa/



About Ayang Rinpoche

His Eminence Ayang Rinpoche has been recognized by many great Masters, including HH Dalai Lama, HH 16th Gyalwang Karmapa and HH Dudjom Rinpoche, to be the greatest Phowa Master living in the world today. Born to a nomad family in east Tibet, he was recognized as the incarnation of a Drikung Kagyu lama: Terton Choegyal Dorje. The Drikung Kagyu school is renowned for its Phowa practice, and Rinpoche undertook lengthy retreats on the practice in Tibet. He has been teaching Phowa internationally since 1963.



About the Phowa Course

Rinpoche teaches in English, in a characteristically clear, warm, and compassionate manner. His comprehensive Phowa course includes extensive teachings on the moment of death, the Bardos, detailed meditation instructions on the Phowa practice itself, the purification practice of Vajrasattva, a Buddha Amitabha sadhana, empowerments and practice sessions. During his courses many people have powerful and transformative experiences that deeply enrich their spiritual lives. Rinpoche teaches both Drikung Kagyu and Nyingma Phowa practices during the course.

Rinpoche's Other Activities

Known for his active compassion as well as the depth of his realisation, Rinpoche is the founder of the Amitabha Foundation, with branches in many countries dedicated to compassionate activities supporting impoverished people in India, Nepal and Tibet. He has recently re-established his monastery in Tibet, and has founded monasteries, temples and retreat centres in India and Nepal.