

**Phowa Course Program by His Eminence “Choeje” Ayang Rinpoche in Japan
From 18th -27th November 2016**

Date	Time	Description	Note	Led by...
Friday, 18 th Nov	7 PM-9:30 PM	Short Introduction to Phowa (Transference of Consciousness at the moment of death)	Public	Ayang Rinpoche
Saturday, 19 th Nov	9 AM-12 PM	Buddha Amitabha Empowerment preparation		Ayang Rinpoche and attendant monk
	3 PM-7 PM	Buddha Amitabha Empowerment	Public	Ayang Rinpoche
Sunday, 20 th Nov	9 AM-12 PM	Phowa Teaching		Ayang Rinpoche
	3 PM-6 PM	Phowa Teaching (continued)		Ayang Rinpoche
	7 PM-9:30 PM	Phowa Teaching (continued)		Ayang Rinpoche
Monday, 21 st Nov	9 AM-12 PM	Nyingma Phowa Oral Transmission Blessing	Public	Ayang Rinpoche
	2 PM-5 PM	Vajrasattva Teaching-Four Powers	Public	Ayang Rinpoche
		Vajrasattva Visualization Teaching	Public	Assistant
	7 PM-9 PM	Teaching text reading, Nyingma and Drikung		Assistant
Tuesday, 22 nd Nov	9 AM-12 PM	Drikung Phowa Teaching		Ayang Rinpoche
	2 PM-5 PM	Nyingma Phowa Practice		Ayang Rinpoche
	7 PM-9:30 PM	Nyingma Phowa Practice		Assistant
Wednesday, 23 rd Nov	9 AM-12 PM	Drikung Phowa Oral Transmission Blessing and Practice	Public	Ayang Rinpoche
	2 PM-5:30 PM	Three Excellences Teaching	Public	Ayang Rinpoche
	7 PM-9:30 PM	Drikung Phowa Practice		Assistant
Thursday, 24 th Nov	9 AM-12 PM	Buddha Amitabha Teaching	Public	Ayang Rinpoche
		Buddha Amitabha Practice Visualization Teaching	Public	Assistant
	2 PM-5 PM	Drikung Phowa Practice		Assistant
	7 PM-9 PM	Namcho Amitabha Short Sadhana Practice and Buddha Amitabha Pureland Long Aspiration Prayer	Public	Ayang Rinpoche
Friday, 25 th Nov	9 AM-12 PM	Teaching on Doing Phowa for Others at the Moment of Death		Ayang Rinpoche
	2 PM-6 PM	Milarepa Tsog Offering Prayer	Public	Ayang Rinpoche
	7 PM-9 PM	Short Nyingma Phowa Practice		Assistant
Saturday, 26 th Nov	9 AM-12 PM	Teaching on Phowa for Oneself at the Moment of Death		Ayang Rinpoche
	2 PM-5 PM	Instruction on Phowa Practice After the Course		Ayang Rinpoche
	7 PM-9 PM	Short Drikung Phowa Practice		Assistant
Sunday, 27 th Nov	9 AM-12 PM	Buddha Amitabha Tsog Offering Prayer	Public	Ayang Rinpoche
	2 PM-5 PM	Buddha Amitabha Tsog Offering Prayer (continued) <i>Phowa Course Complete</i>	Public	Ayang Rinpoche