

His Eminence Chöje Ayang Rinpoche

*Returns
to Rochester, New York to give*

The PHOWA Teachings

A Powerful 8-Day Buddhist
Meditation Retreat

OCTOBER 2-9, 2008

and

Achi Chökyi Drolma

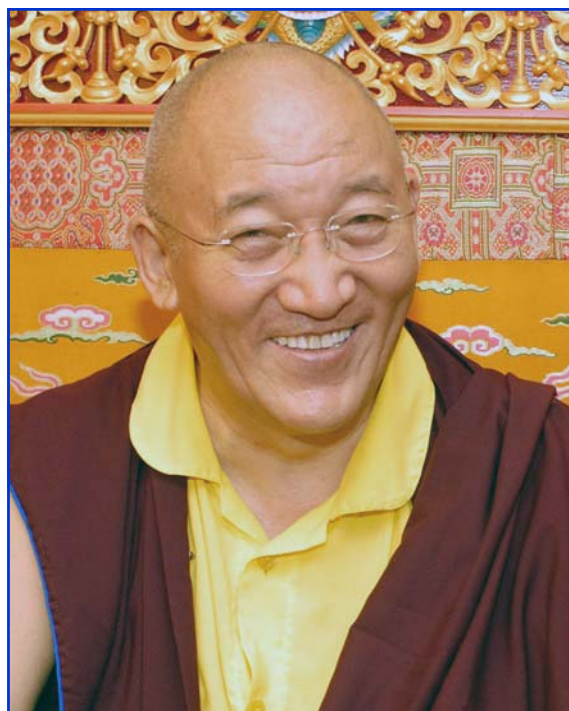
Dharma Tara Protector

Empowerment and Oral

Transmission Blessing

OCTOBER 10, 2008

*Retreat events held at the
East Avenue Inn
384 East Ave., Rochester, NY*



*"If you study Phowa, then at the time when death is approaching
you will know no despair [but] will be full of cheerful confidence".
(Marpa The Translator)*

Public Talk

OCTOBER 2, 7:30 PM

"Death and Dying in the Buddhist Tradition"

Followed by a guided discussion for health care professionals

Held in the Refectory, Colgate Rochester Crozer Divinity School

1100 South Goodman Street, Rochester, New York

Sponsored by the Amitabha Foundation



For more information call 585-261-7094
email Amitabha.Mandala@gmail.com
or visit www.amitabhafoundation.us

Benefits of *PHOWA* Practice

“Among the tantric methods, Phowa practice is the most direct, quickest way to achieve to the enlightenment state. More than this nothing. This Phowa practice is very easy compared to other practices in the Vajrayana Buddhism. Everybody can do this practice.”

“As a result of Phowa practice, “your mind must be more softer, more loving kindness, more compassion, and more humble, more devotion, more confidence. Must be.”

“This Phowa practice actually [is the] union of both levels: development stage and completion stage practice. Both [are] included in this Phowa practice.”

H.E. Ayang Rinpoche, Garrison, NY, 2007

“It [Phowa] is extremely helpful for the dying person and, like a traveler being put on the right path by a friend, has the power to prevent rebirth in the lower realms.”

(Words of My Perfect Teacher, Patrul Rinpoche)

“One time [taking the Phowa] course is not enough. Those who have been in the Phowa course 7 or 8 times, those people still they need more practice.”

H.E. Ayang Rinpoche

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Why Practice *ACHI* ?

It is said that whoever will practice Achi with full devotion will be freed from unfavorable circumstances and obstacles and will achieve Buddhahood.



About The Teachings and Events

Buddha Amitabha Empowerment & Tsog Offering

Empowerment (*abhisheka* [Skt.] or *wang* [Tib.]) is a “meditation ritual that transmits wisdom energy from the lama to the student and animates the student’s practice” (Lama Yeshe Wangmo), allowing us to dismantle our mental habits and perceive ourselves as the deity. Amitabha is the Buddha of Infinite Light and he and his Pure Land of Dewachen are associated with Phowa teachings.

Three Excellences Teachings Pure Motivation, Pure Practice, Perfect Dedication.

Phowa Lung (Oral Transmission Blessing) This brings together all the necessary conditions for strong practice, building a bridge with the lineage lamas.

Drikung Phowa The Drikung Kagyu Order of Tibetan Buddhism is famous for its ability to transfer the power of the Phowa meditation to initiated and devoted practitioners who practice it. The Drikung Phowa meditation is simple and yet powerful. We have the same opportunity as did thousands of people in Tibet to master the Phowa practice, enabling us to transform the experience of death, which is a certainty, into a passage to the realization of a blissful state of mind - Dewachen.

Nyingma Phowa This Phowa practice originates with the Nyingma tradition as taught by Padmasambhava (Guru Rinpoche) and includes the Vajrasattva purification.



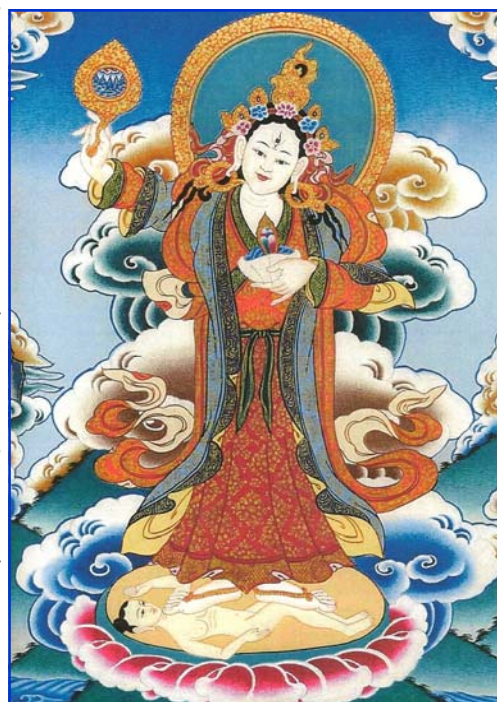
Buddha Vajrasattva Teachings As well as being part of the Phowa teachings, Vajrasattva is central to all practices in Tibetan Buddhism. Vajrasattva, the Adamantine Being, is the Buddha of purification and represents the purity and healing power of all the Buddhas as well as the purity of the true nature of our mind.

Milarepa Tsog Offering Milarepa was a great Tibetan yogi famed for his attainment of Buddhahood in one lifetime. Tsog means a collection or gathering, and is a means for repairing broken samaya

(commitments) while offering prayers, food, drinks, lights and merriment. An expression of gratitude and a celebration of the merit that has been gathered through this series of teachings, offering tsok to Milarepa has enhanced the swift appearance of Phowa signs for some practitioners.

Achi Chökyi Drolma Empowerment and Lung

Wisdom dakini Achi Chökyi Drolma is a major dharma protector in the Drikung Kagyu lineage. Known as the divine mother of the Buddhas, she was the emanation of Vajra Yogini, embodiment of the wisdom and compassion of all the Buddhas, and was the grandmother of the head of the lineage, Jigten Sumgon.



His Eminence Ayang Rinpoche



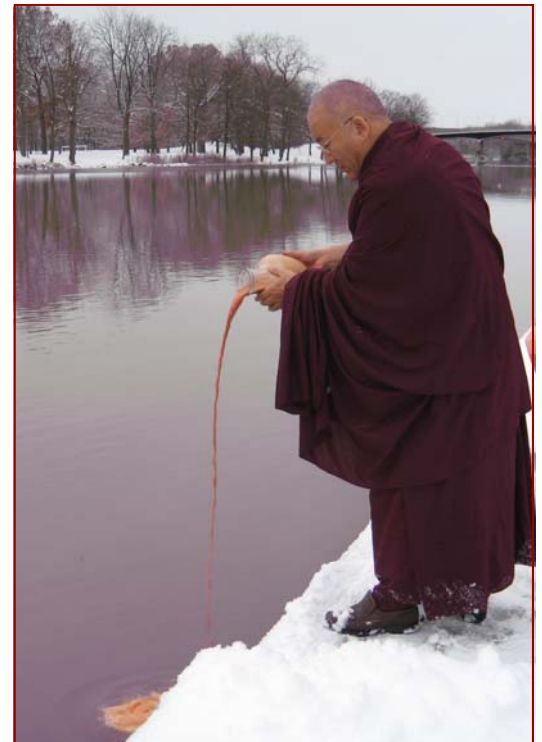
His Eminence Ayang Rinpoche is the Founder/Chairman of Amitabha Foundation worldwide and Drikung Charitable Society in India.

Rinpoche has been recognized as the greatest living master of the practice of Phowa, the transference of consciousness at the time of death, by H.H. the Dalai Lama, H.H. XVth Gyalwang Karmapa, H.H. Dudjom Rinpoche, H.H. Dilgo Khyentse Rinpoche and many other great masters.

Ayang Rinpoche was born into a nomadic family in eastern Tibet and was recognized as an incarnation of Tertön Choegyal Dorje by a delegation of high lamas. He entered the monastic life and started his Buddhist studies at the early age of five. Rinpoche completed his general studies and practices on all levels of tantric Buddhist practices, receiving many teachings, empowerments and oral transmission blessings. Rinpoche received his first Phowa teaching in the Nyingma lineage of Tibetan Buddhism from Khenpo Tsense Sangpo. He received Drikung Phowa teachings from the heads of the lineage, H.H. Drikung Kyabgon Kunsang Trinlay Lhundrup, H.H. Drikung Kyabgon Choekyi Nangwa in 1956 at the Monkey Year Phowa Chenmo in Tibet. After this, he went on pilgrimage to many of the holy places of Guru Rinpoche and did a long Phowa retreat at Phulung in South Tibet. Rinpoche left Tibet with his family in 1959 when he was 17.

Rinpoche established Thupten Sherdrup Jangchub Ling monastery in Bylakuppe, South India, where he is responsible for hundreds of Tibetan refugee monks, nuns and lay people. He is currently overseeing renovation of his monastery in Tibet and construction of a Phowa teaching center in Bodhi Gaya and a retreat center in Kathmandu, Nepal.

Rinpoche was bestowed the title of 'Choje' (Dharma Master/Regent) according to the Drikung Kagyu school of Tibetan Buddhism. He has a warm and compassionate manner and teaches with clarity and wisdom. The core of Rinpoche's vision is compassionate activity undertaken from pure motivation and supported by strong practice. These three themes—compassionate activity, pure motivation and strong practice are woven through all of Rinpoche's activities and teachings.



Tentative Schedule

GREETING AND WELCOME

Oct 1, TBA (Call 585-261-7094 for details.)

PHOWA COURSE (Please call to confirm all times. *Indicates open to public.)

- Oct 2, 8 am Buddha Amitabha Self-Empowerment (Rinpoche only)
Oct 2, 1 pm *Buddha Amitabha Empowerment
Oct 2, 7:30 pm *Lecture, Discussion & Reception for Health Care Professionals
Oct 3, 9 am Phowa Teaching
Oct 3, 2 pm Phowa Teaching
Oct 3, 7 pm Phowa Teaching
Oct 4, 8 am *Phowa Lung (Oral Transmission Blessing)
Oct 4, 2 pm Phowa Practice
Oct 4, 7 pm Phowa Practice
Oct 5, 9 am *Buddha Vajrasattva Teaching
Oct 5, 2 pm Nyingma Phowa Practice
Oct 5, 7 pm Drikung Phowa Practice
Oct 6, 9 am *Three Excellences Teaching
Oct 6, 2 pm Nyingma Phowa Practice
Oct 6, 7 pm Short Drikung Phowa Practice
Oct 7, 8 am *Buddha Amitabha Meditation Teaching
Oct 7, 2 pm Short Nyingma Phowa Practice
Oct 7, 7 pm *Buddha Amitabha and Buddha Vajrasattva Short Meditation Teaching
Oct 8, 9 am Teachings on doing Phowa for others at the moment of death
Oct 8, 2 pm *Milarepa Tsok Offering
Oct 8, 7 pm Teaching on doing Phowa for oneself at the moment of death
Oct 9, 9 am Instruction on regular Phowa practice after the course
Oct 9, 2 pm *Buddha Amitabha Tsok Offering and Buddha Amitabha Pureland Aspiration Prayer

ACHI CHÖKYI DROLMA

- Oct 10, 9 am *Achi Empowerment
Oct 10, 2 pm *Achi Oral Transmission Blessing



Amitabha Pureland Protectors

Bamro

Shingkyong

Hayagriva

Dzakadza

Bamro

"Death and Dying in the Buddhist Tradition"

Public Talk by His Eminence Chöje Ayang Rinpoche

Followed by a guided discussion for health care professionals

October 2, 2008, 7:30 P.M.

Refectory, Colgate Rochester Crozer Divinity School, Rochester, NY



Over the last decade there has been a growing population of practicing Tibetan Buddhists in the US. Overall, Buddhism is one of the fastest growing religions, with an increase of 200% in the last 10 years.

With this increase in Buddhist practitioners, health care workers will care for an increasing number of these individuals in our hospitals, nursing homes and hospice settings. In spite of this, most of our health care professionals are not ready to meet the end of life spiritual care that is specific to Tibetan Buddhists.

Would you know:

- **The unique nature of end-of-life spiritual practice from the Tibetan Buddhist perspective?**
- **What to include in and how to evaluate a care plan for a Tibetan Buddhist at end of life?**
- **How to determine what spiritual leader to contact at the end of life and how to do this?**
- **What to consider before administering pain medications at the time of death?**
- **How bereavement differs from other religions and how best to support the family?**
- **How to support the patient appropriately with their spiritual practice?**
- **Care of the body after death according to Buddhist scripture?**
- **The most important task for the patient to achieve a peaceful death?**

To assist you in answering these questions, the Amitabha Foundation of Rochester is offering a rare opportunity to attend a talk by His Eminence Chöje Ayang Rinpoche on "Death and Dying in the Buddhist Tradition". Rinpoche is a Dharma Master who has traveled the world teaching "Phowa", an ancient Tibetan Practice that employs breathing and visualization techniques used at the moment of death. Rinpoche teaches on death and dying and how best to help someone die a peaceful death regardless of their spiritual orientation.

The talk will be followed by a guided discussion and reception. Health professionals may obtain 2.5 hours of Continuing Education credit for a fee of \$60; suggested donation for others is \$10.

All are welcome

For information call 585-261-7094.

This continuing nursing education activity has been submitted to the New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Phowa and Achi Registration Form

To register please print this form and mail along with your check or credit card information to:



Amitabha Foundation

109 Irvington Road, Rochester, NY 14620

Retreat Costs: Entire retreat (23 sessions) \$375 (includes texts, practice CD and photos)

- **\$25 Per Session** for Empowerments, Oral Transmission Blessings, Tsoks, Teachings
- **\$45 Per Day** (2 or 3 sessions)
- **\$25 Set of texts, practice CD and photos** (if not attending entire retreat)

Public talk and discussion for health care professionals, "Death and Dying from a Buddhist Perspective" at 7:30 pm Oct. 2, **\$10 at the door** (2.5 hrs CNE credit available for \$60). Held at Rochester Crozer Divinity School, 1100 South Goodman Street, Rochester NY.

Retreat events take place at the East Avenue Inn, 384 East Avenue, Rochester, NY.

For hotel reservations please visit <http://www.eastavenueinn.com> or call the Inn at 1-800-559-8039. More information about area accommodations, restaurants and travel directions will follow in your registration packet.

For more information about the retreat call 585-261-7094 , email questions to Amitabha.Mandala@gmail.com, or visit www.amitabhafoundation.us.

Name _____

Street Address _____

City _____

State and Zip _____

Email _____

Phone _____

Credit Card VISA MasterCard Account # _____

Name on Card _____ Expiration Date _____ Security Code _____

Individual Session Reservation (\$25 per session) Please check the sessions you plan to attend.

Oct 2		1 pm <input type="checkbox"/>	
Oct 3	9 am <input type="checkbox"/>	2 pm <input type="checkbox"/>	7 pm <input type="checkbox"/>
Oct 4	8 am <input type="checkbox"/>	2 pm <input type="checkbox"/>	7 pm <input type="checkbox"/>
Oct 5	9 am <input type="checkbox"/>	2 pm <input type="checkbox"/>	7 pm <input type="checkbox"/>
Oct 6	9 am <input type="checkbox"/>	2 pm <input type="checkbox"/>	7 pm <input type="checkbox"/>
Oct 7	8 am <input type="checkbox"/>	2 pm <input type="checkbox"/>	7 pm <input type="checkbox"/>
Oct 8	9 am <input type="checkbox"/>	2 pm <input type="checkbox"/>	7 pm <input type="checkbox"/>
Oct 9	9 am <input type="checkbox"/>	2 pm <input type="checkbox"/>	
Oct 10	9 am <input type="checkbox"/>	2 pm <input type="checkbox"/>	

Total number of sessions/days _____ x \$25/\$45 = \$ _____

- I will attend the entire retreat \$375
- I would like to help sponsor a scholarship. Please add \$25
- I would like to help sponsor the shrine. Please add \$25 per day x _____ days
- I cannot attend but would like to contribute to Ayang Rinpoche's humanitarian projects in Asia (call for information) .