

100 Peaceful and Wrathful Deities Empowerment in New York City

with H.E Chöje Ayang Rinpoche, August 19-22, 2010

Sponsored by the Amitabha Foundation www.amitabhafoundation.us

About Shitro:

"This teaching of the Peaceful and Wrathful Deities is the supreme method for yogis and yoginis who are entering into the practices of the Creation Stage, the Completion State and the Great Perfection. It is the supreme method for them to amend all of their impairments of samaya that have become fragmented. It is the supreme method for them to purify their obscurations of conceptuality, and it is the supreme method for them to help all sentient beings, for them to pull all sentient beings up from the lower realms of samsara and to establish them in the karmic fortune of obtaining the supreme siddhi [enlightenment]."

H.E. Ayang Rinpoche, 2009 Shitro Empowerment, Garrison, NY, translated by Tyler Dewar



Venue:

Tibet House

22 West 15th Street

New York, NY 10011

<http://www.tibethouse.us/>

<http://maps.google.com/places/us/new-york/w-15th-st/22/-tibet-house->

Schedule:

August 19	9 – 11 am	Preliminary Empowerment preparation by Rinpoche and lamas (Attendance by other participants is optional)
	2 – 5 pm	Preliminary Empowerment of Shitro
	7 – 9 pm	Preliminary Empowerment of Shitro continued
August 20-21	9 – 11	Main Shitro Empowerment preparation by Rinpoche and lamas (Attendance by other participants is optional)
	2 – 5 pm	Main Shitro Empowerment (Hundred Peaceful and Wrathful Deities)
	7 – 9 pm	Shitro Empowerment continued
August 22	9 – 12 am	Shitro Tsog Offering and viewing of Shitro Mandala (Attendance by all strongly encouraged)
	12 – 2 pm	Public viewing of Shitro Mandala

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Recommended Local (Budget) Hotels:

Please keep in mind NY has Hotel Tax 14.5% and Nightly Occupancy Tax \$2.50 - \$3.50

Chelsea Star Hostel and Hotel

www.starhotelny.com

Hostel with bunk beds and shared bathrooms (\$45), also has private rooms (\$80 single, \$100 double); right next to Penn station.

302 West 30th Street

New York, NY 10001

(212) 465-8664

Chelsea Inn

<http://www.chelseainn.com/>

Small, 2 blocks away from Tibet House, shared bathroom and can be a bit noisy. No elevator in this 5 story building (\$90).

46 West 17th Street

New York, NY 10011

(212) 645-8989

The Jane Hotel

<http://www.thejanenyc.com/>

113 Jane Street

New York, NY 10014

(212) 924-6700

Hotel 17

<http://www.hotel17ny.com/>

225 E. 17th Street, New York, NY 10003

(212) 475-2845

Larchmont Hotel

<http://www.larchmonthotel.com/>

27 West 11 Street, NY, NY 10011

(212) 989-9333

Meals:

There is a convenient deli at 75 5th Avenue, between 15th and 16th streets (hot food and tea/coffee), and many small restaurants on 6th avenue. The Farmers Market on Union Square (just 1 and a half blocks from Tibet House to the east) is open during the week and on weekends, with plenty of restaurants and shops, including Whole Foods.

http://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=Union+Square+West,+New+York,+NY&sl=40.736118,-73.990203&sspn=0.001349,0.002511&ie=UTF8&hq=&hnear=Union+Square+W,+New+York,+10003&ll=40.736023,-73.990645&spn=0.005195,0.010042&t=h&z=17

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Directions to Tibet House:

From JFK Airport: Take a NY Airport Service Express Bus (\$12) or a taxi (located curbside) from the airport to the Grand Central Train Station in mid-town Manhattan, NY

Bus:

5th Ave. - M1, 2, 3, 4

6th Ave. - M 4, 5, & 6

Subway:

Lexington Ave. lines 4, 5, 6 to Union Square;

F Train to 14th St. & 6th Ave.; 7th Avenue

L Train to 6th Avenue

Line: 1, 2, 3, 9 to 14th St. and 7th Avenue

Subway stop: 6th Ave - 14th St Station

What to bring (and not bring):

You will need to provide your own sitting cushion or blanket to sit on. The floor is not carpeted; chairs will be available. Wear clothing that is comfortable and modest. Shoes will not be worn in the empowerment area. Please do not bring or use any portable radios, CD or tape players without earphones. Cell phones should be left in your lodging or switched off during teachings. As a courtesy to others, please do not use any perfume or cologne and use only unscented personal hygiene products. You may bring a personal voice recorder but the microphone must be kept at your own seat.

Texts and Practice Materials:

Texts will be provided at no additional cost to participants. The three texts include *Opening and Closing Prayers*, *Vajrasattva Practice*, and *Natural Liberation Through [Recognition of] Enlightened Intention: A concise self-visualization of the Peaceful and Wrathful Ones*.

The Vajrasattva and Shitro teachings will be recorded and CDs will be shipped after the retreat to those placing orders. There will be CDs of the Vajrasattva Practice and Opening and Closing Prayers available for purchase at the retreat.

Books and Suggested Readings:

Rinpoche has not made specific recommendations about readings to prepare for the Shitro Empowerment. However, the following is a list of some books you may find interesting and relevant. We strongly recommend the *Tibetan Book of the Dead*, translated by Gyurme Dorje (Penguin Classics, 2005). It has an excellent appendix with details of all 100 deities, good photos, and much helpful information relevant to the Shitro empowerment and teachings.

Tibetan Book of the Dead, Graham Coleman and Gyurme Dorje

This is the first ever complete and unabridged translation of the *Bardo Thodrol*, popularly known as *The Tibetan Book of the Dead*. Created in close co-operation with a remarkable range of contemporary Tibetan masters, including Garje Khamtrul Rinpoche, this new translation represents a major step in the understanding of the Tibetan Buddhist vision of our journey through life and death.

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Natural Liberation: Padmasambhava's Teachings on the Six Bardos, Padmasambhava

In life and in death, in meditation and in sleep, every transitional stage of consciousness, or bardo, provides an opportunity to overcome limitations, frustrations, and fears. The profound teachings in this book provide the understanding and instruction necessary to turn every phase of life into an opportunity for uncontrived, natural liberation.

Mind Beyond Death, Dzogchen Ponlop Rinpoche

An indispensable guidebook through the journey of life and death, *Mind Beyond Death* weaves a synthesis of wisdom remarkable in its scope. With warm informality and profound understanding of the Western mind, The Dzogchen Ponlop Rinpoche makes the mysterious Tibetan teachings on the bardos—the intervals of life, death, and beyond—completely available to the modern reader.

Luminous Emptiness: A Guide to the Tibetan Book of the Dead, Francesca Fremantle

The Tibetan Book of the Dead is one of the most widely read texts of Tibetan Buddhism. *Luminous Emptiness* is a detailed guide to this classic work, elucidating its mysterious concepts, terms, and imagery. Fremantle relates the symbolic world of the *Tibetan Book of the Dead* to the experiences of everyday life, presenting the text not as a scripture for the dying, but as a guide for the living. *Luminous Emptiness* features in-depth explanations of the Tibetan Buddhist notions of death and rebirth; the meaning of the five energies and the five elements in Tibetan Buddhism; and the mental and physical experience of dying, according to the Tibetan Buddhist tradition.

The Tibetan Book of Living and Dying, Sogyal Rinpoche

Sogyal Rinpoche examines the dramatic healing that is released when we view death as the beginning of another chapter of life. The author teaches how to transform the experience of death through contemplation and mindfulness, and discusses rebirth, near-death experience, and caring for the dying.

Offerings:

If you bring a tsok offering of food or drink, please choose something that can be served easily. At Ayang Rinpoche's request, please do not bring meat or alcohol. You may also make a monetary offering *in lieu* of purchasing food. It is customary to make a monetary offering to the lama and his attendants at the end of the teachings, although offering only a traditional white scarf (*kata*) is also suitable.

Payment and Cancellation Policy:

The retreat fee is \$365.00. A deposit of \$50 is due at registration. We will refund the retreat fee less a \$50 cancellation fee at any point up to the week before retreat begins. Because space is limited at Tibet House, we encourage you to register early. Register online at <http://amitabhafoundation.us/> and use PayPal, or make your check payable to Amitabha Foundation and mail it with the attached registration form to:

Clare Dygert, Treasurer
109 Irvington Road
Rochester, NY 14620

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I would like to attend the 100 Peaceful and Wrathful Deities Empowerment with H.E. Ayang Rinpoche

Name: _____

Street Address: _____

City, State, Zip Code and Country _____

Email Address: _____

Phone: _____

Amount Enclosed:

Retreat Fee \$50 deposit \$365 payment in full

Additional Tsok Offering \$ _____

Scholarship support for ordained sangha \$ _____

Books or merchandise ordered (including 8% NYS sales tax):

Tibetan Book of the Dead, Graham Coleman and Gyurme Dorje \$22.68

Natural Liberation: Padmasambhava's Teachings on the Six Bardos, Padmasambhava \$20.47

Mind Beyond Death, Dzogchen Ponlop Rinpoche \$16.37

Luminous Emptiness: A Guide to the Tibetan Book of the Dead, Francesca Fremantle \$26.95

The Tibetan Book of Living and Dying, Sogyal Rinpoche \$19.39

_____ (Other Snow Lion selection)