

**Phowa-Related Empowerments and Buddha Amitabha Long Sadhana Teachings**  
**Rochester, New York**

**His Eminence Chöje Ayang Rinpoche, November 15-20, 2012**

Sponsored by the Amitabha Foundation [www.amitabhafoundation.us](http://www.amitabhafoundation.us) (NY@amitabhafoundation.us)

For further information contact Clare (585-749-3626) or Becky (585-261-7094)



**PHOWA-RELATED EMPOWERMENTS:**

For the first time in North America, Rinpoche will bestow a group of three Phowa-related empowerments: **Vajrasattva**, **Milarepa**, and **Vajra Yogini**. Together with the empowerments of Amitabha, Amitayus, Chenrezig and Vajrapani, which are included as part of his Phowa Course, these three empowerments will enhance the practice of Phowa. Individuals may also take these empowerments simply for their blessing power, or to deepen their own practices of Vajrasattva, Milarepa or Vajra Yogini, as they relate to *Ngondro* (Preliminary Practice), True Nature of Mind, and development and completion stage practices from other Buddhist traditions.



**BUDDHA AMITABHA LONG SADHANA TEACHINGS:** Rinpoche will explain *A Sadhana Recitation of Maha Sukhavati*, *A Mind Treasure from the Profound Whispered Lineage of the Space Dharma*, by the 17th century treasure revealer Mingyur Dorje. This text is used in most Nyingma and Kagyu lineages as a devotional prayer to accomplish the development and completion stage practices of Buddha Amitabha, the Buddha of Boundless Light. The sadhana encompasses the complete path of Buddhist meditation practice

**BUDDHA AMITABHA FEAST OFFERING CELEBRATION (TSOK):** Tsok is a profound method in the Vajrayana for accumulating merit and wisdom. It is a unique opportunity to practice pure view and to liberate our dualistic concepts, and a joyous occasion make offerings and to come together to repair spiritual commitments, give thanks, and celebrate the teachings. We will use the Buddha Amitabha sadhana explained during the teachings.

**REFUGE ORDINATION:** Rinpoche will give this traditional ceremony, in which new practitioners receive a Dharma name and enter onto the Buddhist path. This is the gateway to receiving higher teachings and empowerments, and involves promising not to harm other beings, as much as one can.

**DRIKUNG KAGYU NGONDRO ORAL TRANSMISSION BLESSING:** For those practitioners who are ready to make a serious commitment to Tibetan Buddhism, this is the initial preparation for beginning the Preliminary Practices (*Ngondro*).

**Schedule** (*details may change during the retreat*):

<b>Date and Time</b>	<b>Day</b>	<b>Activity</b>
November 14 7-8:30 PM	Wednesday	<i>Registration</i>
November 15 12-2 PM 2-4 PM 6-10 PM	Thursday	<i>Registration</i> Vajrasattva Preparation Empowerment (Rinpoche and attendants only) Vajrasattva Empowerment
November 16 2-4 PM 6-10 PM	Friday	Milarepa Preparation Empowerment (Rinpoche and attendants only) Milarepa Empowerment
November 17 10-12 AM 2-6 PM	Saturday	Vajra Yogini Preparation Empowerment (Rinpoche and attendants only) Vajra Yogini Empowerment
November 18 9-12 AM 2-5 PM	Sunday	Buddha Amitabha Long Sadhana Teachings (Part 1) Buddha Amitabha Long Sadhana Teachings (Part 2)
November 19 2-4 PM 6-9 PM	Monday	Refuge Ordination and Drikung Kagyu <i>Ngondro</i> (Preliminary Practices) Oral Transmission Blessing Buddha Amitabha Long Sadhana Teachings (Part 3)
November 20 1-6 PM	Tuesday	Amitabha Tsok (Feast Offering Celebration) <i>*Because of hotel regulations, we will not be able to accept donations of food for the Tsok, so please plan to make a monetary contribution instead.</i>

**Retreat Venue:****Radisson Hotel Rochester Riverside**

120 East Main Street, Rochester, NY 14604

To receive the group rate of \$94/night for a single or double guest room you must mention Amitabha Foundation Retreat. Reserve your room by calling 585-546-6400, (800) 967-9033 US/Canada Toll-free, or emailing rhi\_rny@radisson.com. Reservations must be guaranteed by a credit card or advance deposit before **October 7, 2011**, or participants will be charged the standard room rate.

**Other Accommodations Nearby (0.2 miles)**

**The East Avenue Inn** <http://theeastvenueinn.com/> 585-325-5010

384 East Avenue, Rochester, NY 14607

\$89.00/night single or double (mention Amitabha Foundation)

**Meals:** The Radisson Hotel has a full-service restaurant that serves breakfast, lunch and dinner. Tea service will be available adjacent to the teaching room. There are also many other restaurants nearby.

**What to bring (and not bring):** If you are coming from the Rochester area, please bring your own sitting cushion in order to be comfortable, although there will be plenty of loaners. The floor is carpeted, so there is no need for a mat/zabuton. Chairs will be available. Wear clothing that is comfortable and modest. Shoes will not be worn in the empowerment and teaching area. Please do not bring or use any portable radios or audio 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:** If you have your own copies from previous teachings with Ayang Rinpoche, please bring your *Opening and Closing Prayers*, Raga Asya's *Aspiration Prayer to be Reborn in Dewachen*, and *A Sadhana Recitation of Maha Sukhavati, A Mind Treasure from the Profound Whispered Lineage of the Space Dharma* (long Buddha Amitabha sadhana) texts. Otherwise, texts will be provided at no additional cost to participants.

**Bookstore:** Rinpoche has not made specific recommendations about readings to prepare for the Buddha Amitabha teachings and Phowa-related empowerments. However, we will have a selection of books you may find interesting and relevant, as well as some Dharma items, for sale at the retreat.

**Offerings:** 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. Katas will be available for loan or purchase. Everyone will also have an opportunity to make candle offerings for auspicious rebirth of a friend, relative or pet, or for health and long life for oneself or loved ones.

**Samaya (commitment) for taking the teachings:** At this time, there are no practice commitments for taking the Vajrasattva, Milarepa or Vajra Yogini empowerments or the teachings on the long Buddha Amitabha sadhana.

**Payment and Cancellation Policy:** The retreat fee is \$250.00. A non-refundable deposit of \$50 is due at registration. When you register, please consider adding an additional (tax-deductible) donation to help sponsor ordained sangha and others who may not otherwise have the means to attend. Pay online at [http://amitabhafoundation.us/?page\\_id=2127](http://amitabhafoundation.us/?page_id=2127) and use credit card or PayPal, or make your check payable to Amitabha Foundation and mail it with the attached registration form to:

*Clare Dygert, Treasurer  
Amitabha Foundation  
11 South Goodman Street  
Rochester, NY 14607*

**Transportation:**

*Shuttle Service:* The Radisson Hotel has a free shuttle service to and from the Rochester airport, Amtrak train station and Greyhound bus station. To use this service you must make an advance reservation by calling the hotel.

*Taxi Services:*

Vanguard Taxi (585) 506-6996  
Airport Ace Cab Co. (585) 957-2470  
Taxi Rochester (585) 647-9999

*Travel:*

Directions are available [online](#).

**I would like to attend the Phowa-Related Empowerments and Buddha Amitabha Sadhana Teachings  
with H.E. Ayang Rinpoche in Rochester, New York**

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip/postal Code and Country \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**Method of Payment:**

Check enclosed

Visa or  Master Card      Name of Cardholder \_\_\_\_\_

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

Billing Address Zip Code \_\_\_\_\_

**Amount Enclosed:**

Retreat Fee             \$50 deposit             \$250 payment in full

Tsok (Feast) Offering     \$10                     \$25                     Other amount \$ \_\_\_\_\_

Retreat Scholarship Fund     \$ \_\_\_\_\_

Candle offering in the name of the following person(s) or loved one(s) \_\_\_\_\_

\_\_\_\_\_

\$25                     \$50                     \$100                     \$ \_\_\_\_\_

**Mail this form to:**

Clare Dygert, Treasurer  
Amitabha Foundation  
11 South Goodman Street  
Rochester, NY 14607