



**Amitabha  
Foundation  
Australia**

## **His Eminence Ayang Rinpoche: Sydney Teachings 2014 Phowa, Achi Chokyi Drolma and 10-Levels Buddha Amitabha**

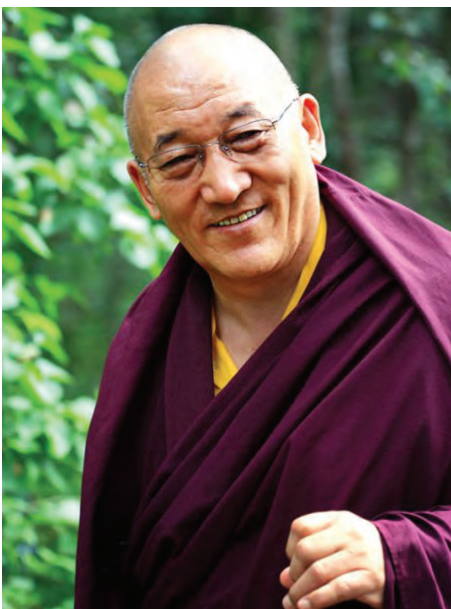


### **PHOWA: Going Directly to the Pure Land of Buddha Amitabha at Death**

#### **What is Phowa?**

None of us can escape death. Many of us fear it. But death gives us the most precious opportunity: to transfer our minds directly to the blissful Pure Land of Buddha Amitabha. We can do this through the Tibetan Buddhist Vajrayana practice known as Phowa.

Phowa is the simplest and most direct way to attain enlightenment without a lifetime of disciplined spiritual practice, so it is very suited to the people of today who want clear results and a fast path. In Phowa training, the compassion of Buddha Amitabha, the power of a great Phowa Master's transmission blessing, and the devotion of the student combine to produce clear signs of accomplishment. The student can then face death whenever it comes with joyful confidence.



#### **About His Eminence Ayang Rinpoche**

His Eminence Ayang Rinpoche has been recognized by many great Buddhist Masters, including HH Dalai Lama, HH 16th Gyalwang Karmapa, and HH Dudjom Rinpoche to be the greatest Phowa Master living in the world today. He is the incarnation of Tertön Choegyal Dorje, a Drikung Kagyu Lama previously born as the Bodhisattva Ruchiraketu (a disciple of Shakyamuni Buddha and recorder of the famous Golden Light Sutra), Langdro Lotsawa (one of the great disciples of Guru Rinpoche) and Repa Shiwa Ö (a close disciple of Milarepa).

At the specific request of HH Dalai Lama and HH Karmapa, Rinpoche has been teaching Phowa internationally since 1963.

## The Phowa Course

Rinpoche's 10-day Phowa course is well-known for its comprehensive clarity, and also for the powerful transformative spiritual experiences of many participants. He offers all the necessary empowerments and oral transmission blessings ("lung") as well as clear explanations of all aspects of the practice. Students will receive all the necessary practice texts, as well as helpful notes, illustrations and recordings. During the course they have the opportunity to practise Phowa repeatedly, led by Rinpoche himself. So students finish the course with confidence that they can practise Phowa not just for themselves, but also for deceased loved ones and other beings.

The course also includes teachings on how to do Vajrasattva practice to clear illnesses and negative karma, a short practice of Buddha Amitabha, and both Buddha Amitabha and Milarepa tsok offering feasts to which family and friends are welcome.



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## Commitments of Practice and Time

Students must commit to do the Phowa practice daily for 10 days after the course, and thereafter each fortnight (full and new moon) for the rest of their lives.

Rinpoche also requires that all who have not already done so complete either the Ngondro (Preliminary Practices) or 150,000 long Vajrasattva mantras (with visualisation) within a reasonable time (usually 3 years) after the course. In addition, all students must complete 150,000 short Buddha Amitabha mantras with visualisation after the course, and also purchase or make either a Buddha Amitabha statue or a Buddha Amitabha Pure Land thangka, as a support for their practice. Both Vajrasattva and Buddha Amitabha practice as required for these commitments are taught during the Phowa course. (Most students can complete their commitments easily with approximately one hour a day of practice over the three years).

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## The Sydney 2014 Phowa Course

This course is being specially offered by Rinpoche at the request of members of the Sydney Vietnamese Buddhist community, at a location chosen for its convenience for many from that community. Rinpoche himself says that Tibetan and Vietnamese Buddhism have a very strong positive connection. In particular, the great devotion of many Vietnamese Buddhists to Buddha Amitabha gives them an excellent background to learn Phowa.

Rinpoche will teach the course in English, with translation into Vietnamese. All practice materials will be provided in both languages.

As this course is being offered in a retreat environment, it is particularly suitable for visitors from overseas as well as a good opportunity for local Buddhists to enjoy a period of concentrated spiritual practice. Those who wish to attend by the day while sleeping off-site are also welcome. (Attendance of the full course is generally expected.)

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## Preparation

It is not necessary to do any specific preparation for the Phowa course, as all necessary information is given clearly by Rinpoche. Students who do want to do some preliminary reading may find the following books useful:

- The Tibetan Book of the Dead (various translations)
- Sogyal Rinpoche "The Tibetan Book of Living and Dying"
- Patrul Rinpoche "The Words of My Perfect Teacher"



## Details

### **PUBLIC TALK – The Bardos Teaching** (Approx. 3-4 hours)

- Date:** Sunday November 30 at 2.00pm.  
This talk is important preparation for the Phowa course.
- Venue:** Vietnamese Community Cultural Centre,  
6/8 Bibbys Place, Bonnyrigg NSW 2177
- Cost:** Free

### **PHOWA COURSE**

- Date:** Monday December 1 – Tuesday December 9
- Venue:** St Josephs Retreat Centre, Bringelly near Camden, south-west of Sydney (approx. 1-1½ hours drive from Sydney north shore area).
- Cost:** Venue costs only: \$45 per night (bunk beds, shared bathrooms), or \$25 per day without accommodation.
- Meals:** \$15 per day (breakfast, lunch and dinner – Vietnamese vegetarian).



**Important: Registration and pre-payment in full or a deposit are essential if you require accommodation and/or meals. The retreat centre is isolated – self-catering is not possible.**

## Other Teachings in Australia

Following the Phowa course Rinpoche will offer teachings and empowerments at his Sydney Centre in Waitara, a northern suburb of Sydney.

- Venue:** Amitabha Foundation, 79 Edgeworth David Avenue, Waitara NSW Australia. Non-residential.

### **ACHI CHOKYI DROLMA EMPOWERMENT AND TEACHING**

- Date:** Saturday December 13. A form of Tara, Achi Chokyi Drolma is the female Buddha who is the protector of the Drikung Kagyu lineage and dispels obstacles for sincere practitioners.
- Cost:** Suggested minimum donation \$80

### **BUDDHA AMITABHA 10-LEVELS TEACHING**

- Date:** December 15-19. A rich and profound practice for those with devotion to the Buddha of Boundless Light.
- Cost:** Suggested minimum donation \$120

No specific practice commitments are usually involved in receiving these teachings.  
*Those on low incomes are welcome to attend for less than the suggested donation.*

## Registration and Further Information

Please see our website [www.amitabhafoundation.org.au](http://www.amitabhafoundation.org.au) for registration and for further details (daily schedule, costs, transport etc)

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