

Palpung Yeshe Chökhör

Under the direction of the 12th Tai Situ Rinpoche

YONGEY MINGYUR RINPOCHE

Mingyur Rinpoche a master of the Mahamudra and Dzogchen traditions of Tibetan Buddhism travels worldwide making complex teachings accessible. He was born in Nepal in 1976, the youngest son of the late Trulku Ugyen Rinpoche, a highly accomplished master of Kagyu and Nyingma traditions. At nine years of age, under the tutelage of his father, he began studies at Nagi Gonpa. Two years later he went to study under his Eminence Tai Situ Rinpoche at Sherab Ling Monastery in India. He has been the Vajra master of the traditional 3-year retreat in Palpung Sherab Ling for more than 10 years, since accomplishing his own retreat at the age of 17. He built Tergar Monastery in Bodhgaya, India.

Amitabha Retreat Mahamudra approach

Introduction to Phowa

Amitabha is the Buddha of infinite light, the one among the ultimate Buddhas thought to occupy the Western direction of space. He is associated with the element of fire and with overcoming the klesha of fear. This Pureland practice is popular in Chinese Mahayana as well as Tibetan Vajrayana tradition. The Namcho Amitabha and Phowa Sadhana revealed by Namcho Mingyur Dorje, a great *Treasure Revealer (Terton)* are the main practices related to Amitabha Pureland in Tibetan Buddhism. The 1st Yongey Mingyur Rinpoche was the next reincarnation of Namcho Mingyur Dorje. This entire cycle of teachings to be offered in the three-day retreat will help you to understand the intrinsic nature of reality and the deep spiritual connection with your daily life and practice. How fortunate we are to have the opportunity to receive the empowerment, oral transmission and teaching directly from the very Revealer's reincarnation.

JOY OF LIVING

In his new book Rinpoche connects the principles of Tibetan Buddhism, neuroscience and quantum physics in a way that will influence our understanding of the human experience. Through meditation we discover how to transform obstacles into opportunities, to become aware of our true nature.

Palpung Yeshe Chökhör is a Tibetan Buddhist charitable non-profit organization established in 2000. Under the guidance of His Eminence Tai Situ Rinpoche and with the support and direction of a local volunteer Board of Directors, our mission is to retrieve, preserve and promote the traditions and artistic creations of the Tibetan Buddhist culture. Future plans include the building of a Retreat Centre, and the development of a Buddhist Centre that will serve as a place for teachings, study and practice.

Register by mail or Email

Complete the information below:

Name: _____
Address: _____
City: _____
Postal Code: _____

Phone: _____
E-mail: _____

METHOD OF PAYMENT

- I have enclosed a cheque payable to the Thöpada Foundation
 I authorize Thöpada Foundation to charge my Credit card in the amount specified:

Visa MasterCard

Card No: _____

Expiry Date: _____

Signature: _____

"Your personal information will not be disclosed
To a third party for any reason"

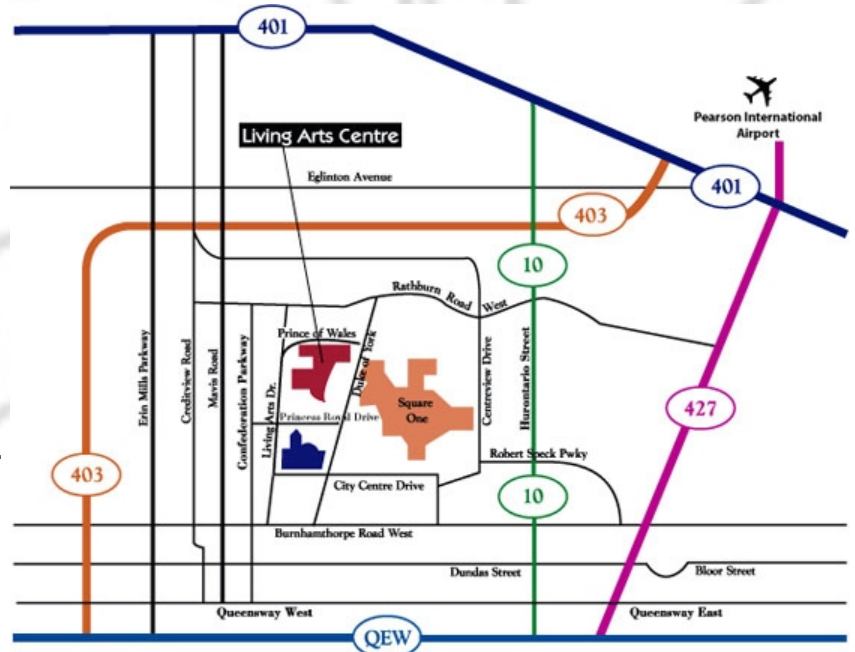
Please register me for the following:

- Public talk: Joy of Living / Book Signing**
Friday July 13, 7 pm \$20
- Amitabha and Phowa Practice**
Mahamudra approach
July 14-16, 8am-5:40pm \$80 per day
- Amitabha Empowerment**
July 14, 4pm \$30 (Empowerment only)
- Participate in the entire program for \$260**
Registration is required.

Retreat Location

Mississauga Living Arts Centre
4141 Living Arts Drive Mississauga
ON Canada

Mississauga, one of Canada's most beautiful cities, vibrant and multi-cultural, close to Toronto International Airport is located on the shores of Lake Ontario. 5 to 8 km from the Living Arts Centre are the Holiday Inn, Days Inn and Comfort Inn. A block of rooms are set aside at Days Inn from July 13-17. Reserve under the group name Palpung. Refer to our website for more details.



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