



TEACHING:-Phowa Magom Sangye

Transferring of consciousness into Buddhahood without Meditation

Date & Time:- 26th Nov Saturday, 2011 - 10 AM - 4PM

Location:- Berkeley Fellowship of Unitarian Universalists

1606 Bonita Avenue, Berkeley, CA 94709

Visit:-www.phadampa.org

PHOWA:-

Phowa (pron. poh-wa) is Tibetan for “transfer of consciousness” at the time of death. Tantric methods are employed to take “the swift, supreme path to free oneself from samsara and to attain enlightenment.”

It is considered a complete path, even for those who do not meditate.

About Lama Wangdu Rinpoche:-

Lama Wangdu Rinpoche was born in the Dingri region of Tibet in 1936 and Naptra Rinpoche was his root guru. From very young age, Rinpoche completed the tradition of 108 charnel grounds chod retreat and still today he is performing Chod and giving his teachings through out the world.

Rinpoche is our main Teacher at the Phadampa Center. He is also the lineage holder of Phadampa Sangye’s Shije tradition.

Rinpoche will offer empowerments and teachings on the Longchen Nyingtig practice called “Phowa Magom Sangyas” which means “Transferring of consciousness into Buddhahood without Meditation”. Rinpoche has been doing this practice for more than 50 years. His practice is well known & effective to the people of Nepal. Even today people in Kathmandu knock on his door around 3 A.M. to do Phowa for the dying.

Phowa practice can be done by anyone. It is simple, but it is also the most essential practice we can do to prepare for our own death. It is also the main practice that is inseparable from Chod for helping anyone who is dying or dead. It could be friends, relatives, and the loved ones who have already died.

Guru Rinpoche said, “By meditating all can attain Enlightenment. My meditation is that which is called “PHOWA MA GOM PE SANGYE” (Transferring of consciousness without meditation effort) . . .”

Naropa says, “There are nine Gates which are of the world but there is only one which is the gate of Mahamudra. If you shut the nine Gates then you will get the Path of liberation without any doubt”

