

Pema Khandro Ling invites you  
to a **Nyung-Nay Retreat** With Tulku Sang-ngag Rinpoche  
December 30- January 2, 2012

Chenrezig

During the time of the Buddha, there lived a nun named Ani Palmo who attained accomplishment in the practice of Chenrezig. At one point she actually met Chenrezig face to face in a vision and directly received the ritual of Nyung-Nay. He said to her that whoever practices Nyung-Nay even once, rebirth in the lower realms for them would cease. Following this vision, Ani Palmo propagated the Nyung-Nay fasting ritual, and the lineage eventually reached Tibet. Jigmed Lingpa [1730-1798] composed a correlating sadhana that is well known even to this day because of its simplicity and directness. This is the text that we will be using during this retreat. Nyung-Nay is a very powerful method for purifying negative karma and gathering merit. The practice involves prostrations, visualization, mantra recitation, and fasting. At this time of great turbulence throughout the world, it is very important to gather and dedicate merit and pray for the relief of suffering.

The retreat will begin on Friday evening at 8pm and end by noon on Monday, the 2nd, with a tsog. On Saturday we will have breakfast and lunch only. After lunch we will begin fasting until Monday morning. Meals will be provided, but you may bring a tsog offering for the completion of the retreat. Fasting may make you feel weak and it can be dangerous to drive. If you would like to stay at the center in the shrine room Saturday and Sunday night, please feel free to bring a sleeping mat and sleeping bag. Cost for sustaining sangha \$75 and sangha \$90. The retreat will be held at Ewam Pema Khandro Ling 1221 Luisa St. Ste. A Santa Fe, NM 87505

\*Please pre-register by writing to [santafe@ewam.org](mailto:santafe@ewam.org)\*

Registration ends two days before the retreat begins.

Any questions, please call Kim 505-316-3893