



Rare and Precious Ngöndro and Phowa retreat teachings and practice *with Namchak Khenpo*

Join in virtual practice using GoTo Meeting (a skype-like application) or in person with Namchak Khenpo if you are studying Ngöndro (The Preliminaries) and Phowa and have had the empowerments and teachings already. View or download the practice texts for Ngöndro or Powa through the websites at www.ewambuddhagarden.org or www.ewam.org.

Do not do Phowa practice without the empowerment. Phowa will be done on Sunday nights from 6-7pm MDT or MST during winter. Ngöndro will be every other week on Wednesday nights, also from 6-7pm MDT or MST. The link for each week's practice will be located on the websites home pages and will only work at the exact time of the practice.

Ngöndro is the “preliminary practice” for Tibetan Buddhism requiring commitment and support. It means “something which precedes.” In a direct and very practical way, these preliminary practices of Tibetan Buddhism are methods which allow us, most efficiently, to purify negativity and accumulate merit. They bring forth our fullest potential, while removing the veils which keep us from experiencing and expressing our Enlightened nature.

Ngöndro dates are:

8/27/14, 9/10/14, 9/24/14, 10/8/14, 10/22/14, 11/5/14, 11/19/14, 12/3/14, 12/17/14, 1/7/15, 1/21/15

Phowa is the swift and authentic way of transferring the consciousness to the Buddha field of one's own choice at the time of death according to the Tibetan Buddhism. For those who have been practicing the **Phowa** (transference of consciousness) in the past with Ven. Namchak Khen Rinpoche are requested to join the intensive practice again as it is indispensable to continue practice often as per the instruction manual to make it authentic. Therefore, Ven. Khen Rinpoche will be bestowing the instructions and leading the practice by himself in the evening of every last Sunday of the month for a year long, so that everyone participating can get oriented with it. The students can join either by skype or personally to the Buddha Garden Gonpa on dates when Khen Rinpoche is in town. Announcements will be made to let everyone know when he will be in Arlee or joining in only by computer. Phowa dates are:

8/31/14, 9/28/14, 11/2/14, 11/30/14, 12/28/14, 2/1/15, 3/1/15, 3/29/15, 4/26/15, 5/24/15, 6/28/15, 7/26/15



Namchak Khenpo, the brother and spiritual heir of Tulku Sang-ngag Rinpoche, the founder of The Garden of One Thousand Buddhas, was born in Eastern Tibet in 1965. As a young monk, Khenpo studied all aspects of Buddhism, including ritual arts and chanting. Khenpo traveled to Mysore, India where he had the good fortune to meet His Holiness, Penor Rinpoche and begin studying at His Holiness's Nyingma College, Namdrol Ling Shedra. He graduated after nine years as a Do-Ngag Rabjampa, Master of Sutra and Tantra, the highest academic degree. He spends his time in Nepal and as resident Abbot at Ewam Sang-ngag Ling in Arlee, MT.



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