

18th Namu Buddha Retreat 2015

1 Introduction

Despite the adversities and challenges faced by the monks and nuns of Thrangu monasteries in Nepal caused by the recent earthquakes, our Guru, The Very Venerable Thrangu Rinpoche's heart is very much with the devotees of TDSPJ.

We are pleased to announce Rinpoche has fixed the dates for the 18th Namu Buddha Retreat, on 22nd Nov. to 26 Nov. 2015.

The venue is at Thrangu Tashi Yangtse Monastery, Namu Buddha, Kathmandu. The Sadhana for this Retreat shall be Amitabha Phowa.

2 Executive Summary

Venue:	Thrangu Tashi Yangtse Monastery, Namu Buddha, Kathmandu, Nepal
Retreat Date:	22 nd Nov to 26 th Nov 2015
Sadhana:	Amitabha Phowa
Retreat Fees:	USD380
Departure Date:	Departing KLIA on 20 th Nov 2015
Departure for Namu Buddha:	Bus leaving Ngudrup Hotel, Kathmandu to Namu Buddha Monastery 21 st Nov 2015, 9.00 am
Return Date:	29 th or 30 th Nov 2015
Retreat Master:	Rev. Lama Lodro: h/p +6012-2394666
Facilitator:	Thrangu Dharma Society Petaling Jaya
Contact Person:	Bro. Richard Lau: h/p +6012-2119981; Fax: +603-42917633
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3 What is Phowa?

Phowa is a Vajrayana method by which one's consciousness is intentionally transferred to a pure realm at the moment of death by one's own practice of the Sadhana. Phowa training will help to give confidence at the moment of death by providing the means to liberate one's consciousness to Buddha Amitabha's pure realm or to attain a high rebirth that will

be conducive to spiritual practice. Hence, Phowa training takes away the fear and uncertainty at the time of dying. It helps a person to understand death as a unique opportunity for liberation from cyclic existence in samsara.

4 Prerequisite

For maximum accumulations of merits during the Retreat Participants are advised to chant the Amitabha mantra (Om Ami Dewa Hri) 600,000 times before going for the Retreat. It is advisable for the retreatants to get the Amitabha Empowerment and transmission from a Lama if you have not had the Empowerment before.

Therefore, do not forego this precious opportunity to practice the Dharma at the Holy place with our Beloved Guru.

5 Registration

Please be informed all participants who wish to join the Retreat are requested to ***sign up with the Organising Committee AND NOT go on your own to minimise inconveniences and avoid logistics problems like reservations for hotels and accommodation at the monastery guest house as this would cause inconveniences to the organising committee, other participants and the monks at the monastery. Please be informed the deadline for registration is 7/9/2015.***

Those who wish to travel on their own please arrange your own transport and pick up at the airport. Those who are not staying with the main group at the designated hotels by the Committee at Kathmandu please be informed the buses shall leave Ngudrup Hotel for Namu Buddha on 21/11/2015 at 9am.

Kindly indicate if it is your first time participating and/or intend to wear the robes. Those intend to wear robes are required to shave.

Retreat Fee:	USD 380 inclusive of the following:- <ul style="list-style-type: none"> - All meals and lodgings at Namu Buddha 22nd- 26th Nov 2015 - Transport from Airport to Ngudrup Hotel only on 20th Nov 2015 - Transport to Namu Buddha and return to Ngudrup Hotel, Kathmandu. - Inclusive of retreat Fee & donation to Lamas & Monks. - Lodging at Ngudrup Hotel could be arranged but the cost is not included.
Registration:	Please provide the following information to the Contact Persons:- <ul style="list-style-type: none"> - Name as in the Passport - Male or Female - Country from - Your contact number, email & mobile phone no. - Airline, flight no & date - Return date - Visa advice needed or not? Yes or No - Want to shave and wear robes? Yes or No - If yes, do you need Robes? Yes or No - If yes, what is your Size? - Is it your first time participating in Namu Buddha retreat? Yes or No
Deadline:	Registration deadline is 7 th September 2015.

6 Tentative Program

20 th Nov 2015	Departing KLIA to Kathmandu and check in to Ngudrup Hotel.
21 st Nov 2015	At 9.00 am bus leaving Ngudrup Hotel to Namu Buddha Monastery.
	After dinner - Briefing by Lama on the retreat, Do's & Don'ts and shaving for those wearing Robes.
22 nd Nov 2015 to	Amitabha Phowa Retreat
26 th Nov 2015	Amitabha Phowa Retreat
27 th Nov 2015	Morning - Return to Kathmandu & activities including circumambulate of the three Holy Stupa, i.e. Namu Buddha Stupa, Boudhanath (Boudha), Swayambhunath (Monkey Temple) in one day. Lunch at Ani Gompa Tara Abbey.
28 th Nov 2015	Free and easy - Shopping in Thamil / Boudha & circumambulate Boudha Stupa (out of own pocket).
29 th Nov 2015	Free and easy - Buddhist Religious site visit (out of own pocket)
29 th /30 th Nov 2015	Fly back to KL/Singapore

- End -