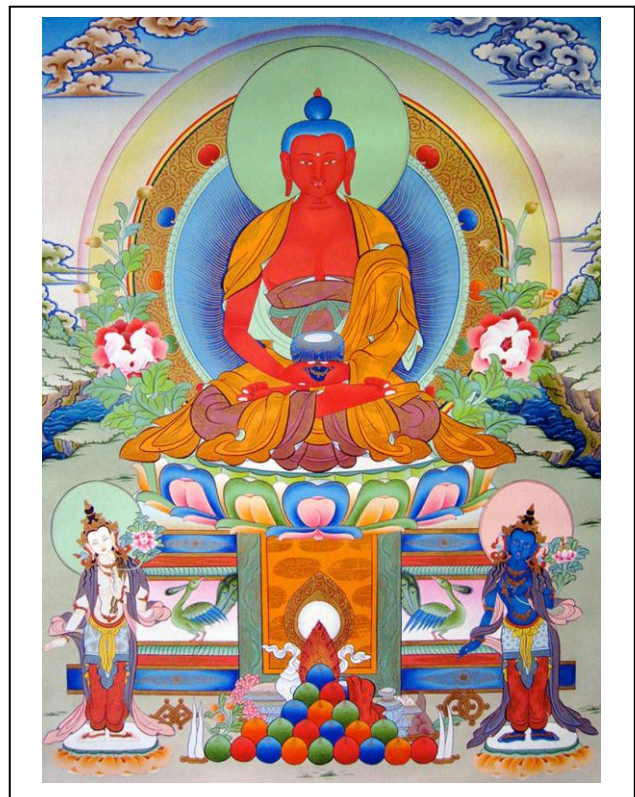


18th Namu Buddha Retreat, 2015

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We are pleased to announce the Sadhana for the 18th Namu Buddha Retreat, 2015 will be Amitabha Phowa. The dates and venue shall be confirmed later upon advice from The Very Venerable Thrangu Rinpoche. We hope to be able to fix the dates and venue as soon as possible to enable those who might be interested to participate in the Retreat to plan their schedule accordingly. From past experiences, the dates would normally be late November to mid December and the venue would be at Thrangu Tashi Yangtse Monastery, Namu Buddha, Kathmandu, Nepal.



Please be informed all participants who wish to join the Retreat are requested to ***sign up with the Organising Chairman AND NOT go on your own, later to discover reservations for accommodation and transport were not done on your behalf as this would cause inconveniences to the organising committee, other participants and***

the monks at the monastery. This would enable all participants to travel as one group from Malaysia to minimise inconveniences to avoid logistics problems like visas, reservations for hotel and accommodation at the monastery guest house.

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.

Preparation for the Retreat

Participants are advised to chant the Amitabha mantra (**Om Ami Dewa Hri**) 600,000 times before joining the Retreat to obtain maximum accumulations of merits whilst at the Retreat.

In this connection, TDSPJ will be conducting "1- day Amitabha Retreat" at the Centre to give Amitabha transmission and empowerment so that you can commence chanting of the mantra. The retreat will be conducted from time to time to facilitate better understanding of the practice. Those who are interested to join the Nammo Buddha Retreat are advised to start the chanting of mantra early.

Amitabha Retreat

1st Retreat – 11th January 2015

2nd Retreat – 25th January 2015 (Postponed to a new date to be advised.)

Kindly check with our website for further announcements of our monthly Retreat and or news for the 18th Namu Buddha Retreat.