

अभिषातु केन्द्र

दरुतु नं. २०७/०६१/६२

स.क.प. नं. १६९२६/२०६१

पान नं.: ३०१७४५८५९

अद्वेय गुरु आर्याड रलनूषे लामा

संस्थापक अध्याक्ष



Amitabha Foundation

Govt. Regd. No. 207/061/62

SWC No. 16926/2061

PAN No.: 301745859

H.E. Ayang Rinpoche Lama

Founder/Chairman

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## PHOWA TEACHING SCHEDULE

From March 16 to 22, 2023

March 16	9.am	Preparation for Amitabha Buddha Empowerment (Rinpoche and attendant only)
	2.pm	Amitabha Buddha Empowerment
March 17	8.am	Introduction on Phowa
	1.pm	Oral Transmission of Nyingma Phowa and Vajrasattva Visualization and Teaching.
March 18	8.am	Nyingma Phowa Oral Transmission Blessing
	2.pm	Nyingma Phowa practice.
March 19	8.am	Drikung Phowa Oral transmission and Teaching
	2.pm	Drikung Phowa practice.
March 20	8.am	Three Excellences Teaching
	2.pm	Short Nyingma Phowa and Amitabha Buddha Sadhana Practice.
March 21	8.am	Instruction on doing Phowa for oneself at the moment of death and on doing Phowa for others.
	2.pm	Milarepa Tshog Offering Prayer
March 22	8.am	Extended Teaching on Buddha Amitabha.
	2.pm	Buddha Amitabha Tsog Offering Prayer.