

Wonderful Phowa, Fasting and Meditation Workshops: November 2-19, 2017

Taught by Venerable Vajra Master Fo Fu, a very high level and very rare female Lama, whose Tibetan name is "Geng Chue Chu Tso", which means "Precious and invaluable Dharma Ocean".

Date	Time	Workshop
Nov. 2	9:30am - 4pm	Welcome Lama, amazing talks on Buddhism
Nov. 3	1pm - 5pm	Phowa Introduction
Nov. 4-10	9am - 12n	Energy, channels & luminous sphere (Bindu)
Nov. 4-10	2pm - 5pm	Guanyin Practice
Nov. 11-17	9am - 12n	Five Movements
Nov. 11-17	2pm - 5pm	Fasting
Nov. 18-19	9am - 12n, 2-5pm	Circular Swing, meditation, nurturing, Buddhist teaching

"PHOWA": one of the Six Yogas / dharmas of Nāropa, which are a set of advanced Tibetan Buddhist tantric practices. It may be described as "transference of consciousness at the time of death". Phowa is considered one of the most important practices for death.

Energy, channels, and luminous sphere: a foundation of Phowa. Through cultivation of energy, channels and luminous sphere, one is able to attain good health and longevity, and accumulate fortune. As one further cultivates, one is able to reach enlightenment.

Guan Yin Practice: another foundation of Phowa. Guan Yin is one of the Deities to be revered in Tibetan Buddhism. This Dharma helps one to connect with Guan Yin Bodhisattva, and helps one to quickly attain a higher level of compassion and achievement. The Six Character Great Bright Mantra is Guan Yin Bodhisattva's heart mantra. There is boundless merit and virtue if one chants the mantra, and bad karma may be purified. All Vajra dharma protectors will happily protect oneself, and all one's wishes will be fulfilled.

Five Movements: standing advanced Qigong exercises to promote self-healing, increase life energy, slow down the aging process, and develop wisdom. They help to open up the blockage in one's body, improve overall wellness of body and mind, obtain inner peace, and improve concentration.

Fasting Workshop: safe and effective, and with a long history and extraordinary results. It helps to reduce stress, to alleviate diseases and other ailments that have accumulated over many years. It will help you feel renewed, younger and healthier, and enable you to raise your spiritual conscientiousness to a higher level.

Circular Swing: it's simple and easy to learn; the result is amazing. It can quickly improve all the organ functions, greatly strengthen the immune system, help reduce stress, and increase health of body and mind.

Meditation: different from ordinary meditation; incorporating profoundly special sounds. Enables one to relax every cell in the body, adjust and tune up the energy channels in the body, and to quickly enter into an empty state; the most effective way to help to keep physically and mentally healthy.

Wonderful Dharma: Lama is so compassionate that she'll teach amazing Tibetan mantras to help oneself increase wisdom and fortune, obtain good health, prolong one's life, and help wishes to come true.

Please RSVP early as space is limited! NO walk-in registration. Registration deadline: October 1, 2017

RSVP, any questions: please contact: jingshuitemple@gmail.com; Tel. **408-614-6432**

Location: 501 3rd Avenue @Anza San Francisco CA 94118 (Shean Mih Yuan Tung Temple)

Note: The schedule may be subject to change as needed

All fees and donations help to cover the cost of workshops, support the temples, accumulate merit, virtues and fortune for oneself, and promote healthy & happy living.

For more information, please go to www.masterfofu.com