

Bön Tantra: Ma Gyud Teachings in Graz June 30 – July 6, 2012

Lama Sangye Monlam from Triten Norbutse monastery and Shenten Dargye Ling will continue the comprehensive course on the **Ma Gyud** (mother tantra) in Graz, Austria (one week every year), that he began in 2011. Lama Sangye teaches in **Tibetan** and will be interpreted into **English**. Participation in 2011 is not a requirement for attending the teachings June 30 - July 6, 2012. New students are welcome. Contact Sophie: tinyflame@rediffmail.com

<http://yungdrung-bon.com/MaGyud/>

Ma Gyud (mother tantra) is the most important “higher tantra” of Bön. It is the source of almost all the Tsa Lung practices used by Dzogchen practitioners; it is the source of **Tummo, Phowa, Chöd, dream yoga** and **Bardo practice**.

In 2012, Lama Sangye Monlam will refresh the Ma Gyud sadhana – the Lama, Yidam, and Khandro practice that he taught in Graz last year. He will then complete the chapter “thar lam” (way of liberation) by instructions on the mandala offering. The main part of the teaching will be on “searching for the mind” and ways to enter into “natural state”, the state of meditation that is the common basis of tantra and dzogchen.

We will also practice the rituals chutor (water offering), surchod (burnt food offering), and chod (body offering). Texts for the rituals will be available in both Tibetan and in phonetics.

Lama Sangye Monlam is a highly accomplished Dzogchenpa, known for his great kindness and his deep knowledge and penetration of the Tantric techniques of the Ma Gyud. In 2011 he taught the ten week Tsa Lung retreat at Shenten Dargye Ling gomdra. He teaches in **Tibetan** and will be interpreted into **English** by **Dr. Peter Alan Roberts**.

Location: Heimatsaal, Paulustorgasse 13a, 8010 Graz, Austria.

Begin: Saturday June 30, 2012, 9:30am; **End:** Friday July 6, 3pm.

Accommodation: See <http://www.graztourism.at/> (phone:+43 316 8075-0) for hotels and B&B; the closest ones are: Hotel Alter Telegraph, Pension Rückert, Etap hotel (cheap), Dom-Hotel, Parkhotel (more expensive). A few participants can sleep in (very basic) shared rooms onsite.

Cost for 2012 is again Euro 280. Nobody will be turned away, however, for not being able to pay. If this is your case, ask about reduction/exemption.

Contact: to register, and for any question, send mail to tinyflame@rediffmail.com (Sophie).

More information: <http://yungdrung-bon.com/MaGyud/>