

PHOWA

It is our greatest pleasure to announce this precious retreat opportunity with Venerable Dupseng Rinpoche.

Phowa is a Vajrayana Buddhist practice which can be described as "The practice of consciousness transference". It is a swift way to attain the Path of Liberation from Samsara. The practice encompasses all sacred Dharma teachings which are methods to attain liberation from samsaric sufferings.

Through the practice of Phowa, at the time of death, with skilful means, we are able to direct our Consciousness' spontaneously through the Brahma aperture to DEWACHEN - Buddha Amitabha's Pureland. Dewachen provides the best possible conditions to practice Dharma and the fastest pathway towards Enlightenment.

Marpa Lotsawa (1012-1097) mentioned:

"From now, if one studies and practices Phowa purification repeatedly, then when the death approaches, one will know no despair. When one has been accustomed to this Path of Phowa, then at the time of death, one will be full of cheerful confidence"

It is important to receive Phowa teachings and empowerment from a qualified teacher. Since the Phowa is a tantric teaching, one must not share the texts and teachings with others, who have not attended this retreat.

In order to attend the upcoming Phowa Retreat, it is compulsory for participants to have already received the Buddhist Refuge and Bodhicitta. Ven. Dupseng Rinpoche will give empowerment and transmission of Buddha Amitabha.