



Ma Gyud Tummo Teachings in Graz April 19 – 25, 2014

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

Lama Sangye Monlam continues his comprehensive course on the **Ma Gyud** (mother tantra) in Graz, Austria, in 2014 with **Tummo**. Lama Sangye teaches in **Tibetan** and will be interpreted into **English**. **New students** are welcome to join, provided they have received ngondro teachings and practiced (at least some) ngondro. See the website. Contact Sophie: tinyflame@rediffmail.com (Due to a personal retreat, mail arriving Jan-Feb 2014 will be answered in March.)



Ma Gyud (mother tantra) is the most important “higher tantra” of Bön. In 2014, **Lama Sangye Monlam** will teach **Tummo** from the Ma Gyud root text.

Also, Lama Sangye will refresh the “dribsel” (clearing of obscurations) practice. In addition to receiving teachings every morning and afternoon, we will meditate together with Lama Sangye and practice the rituals chutor (water offering), surchod (burt food offering), and chod (body offering). Texts for the rituals (Ma Gyud sadhana, Ma Gyud dribsel, chutor, surchod, chod) will be provided in Tibetan, in English translation, and (for reciting) in phonetic transscription. For participants who read Tibetan we also have a few copies of the Ma Gyud root text from which Lama Sangye teaches. **Prerequisites:** **New students** are welcome, but the subject is not suited to absolute beginners. To attend, you must have received ngondro teachings and practiced (at least some) ngondro.

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. He has completed the traditional 100 day tummo retreat three times. He taught the ten week Tsa Lung retreat at the Shenten Dargye Ling gomdra (meditation school). He teaches **in Tibetan** and will be interpreted into **English** by **Dr. Peter Alan Roberts**.

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

Begin: Saturday April 19, 2014, 9:45am; **End:** Friday April 25, approx. 3:30pm.

Accommodation: See <http://www.graztourism.at/> (phone:+43 316 8075-0) .

Cost for the week of teachings and rituals in 2014 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). **Due to a personal retreat, mail arriving Jan-Feb 2014 will be answered in March.**

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