

## **Bön Tantra: Ma Gyud Teachings in Graz March 23 – March 29, 2013**

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

**Lama Sangye Monlam** from Triten Norbutse monastery and Shenten Dargye Ling continues the comprehensive course on the **Ma Gyud** (mother tantra) in Graz, Austria. In 2013, he teaches methods to enter into natural state, from the “drol lam” chapter of the Ma Gyud root text. 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](mailto:tinyflame@rediffmail.com)

**Ma Gyud** (mother tantra) is the most important “higher tantra” of Bön. In 2013, **Lama Sangye Monlam** will teach methods from the “drol lam” chapter of the Ma Gyud root text. These are tantric mind experiments to shake our mind out of its usual state and (with luck) propel it into the “natural state” that is the shared basis of Bön Tantra and Bön Dzogchen. Also, Lama Sangye will refresh the “dribsel” (clearing of obscurations) practice. In addition to receiving 4h of teachings every day, 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 available both in Tibetan and in phonetics. **Prerequisite:** 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 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 March 23, 2013, 9:45am; **End:** Friday March 29, 3:30pm.

**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 (expensive). A few participants can sleep in (very basic) shared rooms onsite or stay with one of the local participants. Send email to ask.

**Cost** for the week of teachings (4h/day) in 2013 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:** send mail to [tinyflame@rediffmail.com](mailto:tinyflame@rediffmail.com) (Sophie) to register, and for any question. Due to a meditation retreat, emails in Sep. and Oct. 2012 will be answered only once a week, on Thursdays.

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