

## **Tummo from the Ma Gyud Teachings in Graz April 19 – 25, 2014**

<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 2014, the topic is **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](mailto:tinyflame@rediffmail.com)

**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 4h of teachings every day, we will meditate together with Lama Sangye and practice the rituals chutor (water offering), surchod (burnt 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. **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) for hotels and B&B; the closest ones are: Hotel Alter Telegraph, Pension Rückert, Etap hotel (cheap). 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 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 and registration:** send mail to [tinyflame@rediffmail.com](mailto: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/>