



TRANSFERENCE OF CONSCIOUSNESS TO AMITABHA BUDDHA'S PURE LAND INTERNATIONAL PHOWA RETREAT



by

His Eminence 4th Tsikey Chokling Rinpoche & Kyabgön 7th Phakchok Rinpoche

We are extremely happy and honoured to announce that H.E. 4th Tsikey Chokling Rinpoche, the second son of the late Great Perfection teacher, Kyabje Tulku Urgyen Rinpoche, will transmit a special practice renowned in Tibetan as *Phowa*. This is only the second time that Chokling Rinpoche will be giving this teaching in a large gathering. In the first ever large-scale *Phowa* retreat in December 2009, due to the blessings of Guru Rinpoche, Chenrezig, Amitayus and all the compassionate lineage masters, all 148 participants from 7 countries displayed the external sign of accomplishment of this profound practice.

This profound *Phowa* skillful mean will enable us to directly transfer our own consciousness at the point of death to Amitabha Buddha's *Sukhavati*, the Western Pure Land of Great Bliss. This immensely beneficial practice is highly regarded because of its conciseness, ease of practice, and ability to liberate us in an instant despite our heavy negative karma and disturbing emotions. Even if we do not become liberated immediately, at the very least, this extraordinary practice will ensure that after we die we shall obtain the precious bodies of gods or humans endowed with the freedom and fortune to continue our spiritual

path uninterrupted by the negative karmic ripening of lower rebirths.

The transference of consciousness at the time of death to *Sukhavati* is so effective because of the auspicious coincidence of Amitabha Buddha's immeasurable compassionate vow to allow any sentient being who has faith in Him to go to His buddhfield, our faith in Amitabha and compassionate resolve to be reborn in His pure land, our accumulation of merit through practice, and dedication of that merit for all sentient beings to be born in Amitabha's Western Pure Land of Great Bliss. In this *Phowa* practice when we first transfer our consciousness into Avalokiteshvara's heart and then from there into Amitabha's heart, what we are doing is not only to be reborn in pure land but also to merge our heart essence inseparably with the enlightened mind of Avalokiteshvara and Amitabha Buddha.

This *Phowa* practice is especially meaningful because it was originally bestowed by Padmasambhava for the sake of practitioners of this age of degenerations who have no time to practice the profound sacred dharma. The teaching was then concealed and subsequently revealed by the Great Treasure Revealer Chokgyur Dechen Zhikpo

Lingpa (1829-70). There are only three realized masters between Guru Rinpoche and H.E. 4th Tsikey Chokling Rinpoche, the fourth reincarnation of Chokgyur Lingpa. Hence, this particular practice is from a truly pure, short, profound, and blessed lineage untainted by broken commitments and degenerations.

In this retreat, Kyabgön 7th Phakchok Rinpoche who has a unique rapport with H.E. Chokling Rinpoche will be helping us as the Tibetan-English interpreter. Therefore, we are most fortunate indeed to have both accomplished masters here in Malaysia to train us in this special *Phowa* practice. The retreat will also have Mandarin Chinese translation. Other languages may be available should there be sufficient demand for them.

Cost of the retreat is Malaysian Ringgit (MYR) 1680 for single, MYR 1180 for double, and MYR 980 for triple sharing. This is inclusive of accommodation for five days/ four nights, three meals and one coffee break per day, practice manual, and commemorative t-shirt. Participants who register before 31 December 2010 will enjoy a 5% discount off the retreat cost. For more information, please visit our website or contact us by phone or e-mail as shown below.

Wednesday 15th – Sunday 19th June 2011

The Puteri Pacific Hotel, Johor Bahru, Malaysia

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