

Voice of Clear Light

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Lishu Institute Opens in March with Two Residential Retreats **Retreats Offer Opportunity to Deepen One's Practice**



Lishu Institute is offering two retreats starting in March at its campus near Dehradun, India. A two-week guided phowa retreat begins March 5, 2015, followed by a six-week intensive Tibetan language retreat starting March 20.

Lishu Institute was founded by Tenzin Wangyal Rinpoche to help preserve the ancient spiritual tradition and culture of Bon. Lishu will offer a three-year, full-time residential program starting in September 2015. The two spring courses will be the first ones offered at the new Institute.

The retreats are a great opportunity for deepening one's practice. Anyone considering the three-year residential program is encouraged to attend, and everyone is welcome. The two-week phowa retreat will be taught by the Venerable Shedrup Lopon Geshe Gelek Gyatso Rinpoche from Menri Monastery. The Tibetan language retreat will be taught by Sangmo Yanagri, Ph.D., author of a book on the life of Tibetan Bon master Palden Tsultrim, sought-after conference speaker and the first Tibetan woman to receive a Ph.D. in Bon Philosophy.

Phowa: The Transference of Consciousness, March 5–19, 2015

For a dedicated practitioner on the spiritual path, nearly any moment of transition provides a potent opportunity for positive transformation, and never more so than at the great moment of death. Engaging in the phowa practice of the Bon Buddhist tradition of Tibet enables one to transfer one's consciousness directly into a pure realm at the time of death, thus increasing one's chances for liberation in a single lifetime. These teachings, from the Bon Mother Tantra, or Ma Gyud, are known to be particularly detailed, powerful and in-depth. Cost: US \$500.

Tibetan Language Retreat, March 20–April 30, 2015

Classes will focus on teaching students Tibetan language to guide them on the path to reading Tibetan mantras, prayers and texts. Students of all levels will be accommodated, and beginners are welcome. Cost: US \$1,500 (work exchange fee: US \$1,200).

All fees include a shared room on campus and vegetarian meals. Students are responsible for their own travel expenses.

Registration will open soon. Please check the Lishu website for updates.

[Learn more and register](#) (registration opens soon)
[Lishu website](#)