

KHYUNGZONG WODSEL LING PRESENTS
A WEEKEND WITH TEMPA DUKTE LAMA



Bön Chöd Retreat

The Laughter of the Dakinis

Friday Evening, July 26, 2013
7:30 to 9:30 pm
Saturday, July 27, &
Sunday, July 28, each day
From 10:00 am to 5:00 pm
Los Angeles



JOIN US FOR THIS SPECIAL RETREAT

Tempa Lama will teach the Chöd practice, Laughter of the Dakinis. This version of Chöd was composed by the great Bön Dzogchen Master Shardza Tashi Gyaltsen who achieved the rainbow body in 1934.

Chöd is an ancient and powerful Tibetan practice. Chöd means to *cut through*. This practice helps us develop the wisdom that ultimately cuts through the four fears, or four demons, that afflict individuals and cause suffering:

- our grasping of the ego;
- our attachment to our physical body and the five aggregates of form, feelings, perception, mental formations, and consciousness;
- our afflicted emotions and habits;
- and our fear of mortality and attachment to our continuation as a permanent and independently existing entity.

Tempa Lama's Chöd text and other books will be available for purchase at the weekend teaching.

TEMPA DUKTE LAMA is an ordained Tibetan Bön lama and is the founder and spiritual director of OLMO LING BÖN CENTER in Pittsburgh, Pennsylvania. Tempa Lama is an artist and poet and author of two books with OLMO LING PUBLICATIONS, the first Bön publishing house, which he founded in 2011. He trained at Menri Monastery from the age of six under the close guidance of His Holiness 33rd Menri Trizin, the spiritual head of the Bön tradition. Tempa Lama is dedicated to making the ancient teachings of Bön accessible to the West, helping to bring the practice of compassion, healing, and happiness into daily life. **OLMO LING** is a religious educational non-profit organization dedicated to preserving the ancient teachings of the Bön tradition of Tibet. The center offers teachings and practice with Tempa Lama and visiting Bön lamas. Read more at www.olmoling.org. ♪

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EVENT LOCATION:
1977 N. New Hampshire Ave.
Los Angeles, CA 90027
Corner of Finley & New Hampshire,
one block west of N. Vermont Ave.
<http://g.co/maps/dhwfm>



For video scan this code or click link below.
www.youtube.com/watch?v=1D5q3Xe8nUM

CONTACT INFORMATION:
Dika Ryan (323) 913-0584
dikaryan@sbcglobal.net

Please bring your own cushions; some chairs will be available.
Please register by July 22nd as seating is limited.

Make checks payable to **Khyungdzong Wodsel Ling** and mail to:

Dika Ryan
1977 N. New Hampshire Ave.
Los Angeles, CA 90027-1818

KHYUNGZONG WODSEL LING is a 501(c)(3) public charity dedicated to the preservation of the Bön and Zhang Zhung religion and culture. We place special emphasis on the support of the Menri Monastery Dialectic School, the main educational center for Bön monks, through various fund-raising and educational projects. We provide sponsorships and other support for both the monks and their teachers.

Full Weekend: \$100 Friday, July 26 Only: \$20

Name _____

Address _____

Email _____

Best phone number _____

Please add me to your mailing list!

Don't let finances be an obstacle - work study is available.