

What is Nyung-ne?

Nyungne is a practice of the eleven-faced, thousand-armed form of Chenrezig, who is the embodiment of all the love and compassion of all the Buddhas of the past, present, and future.

The Nyungne retreat involves one or two days of intensive practice. Because of the special and unique qualities of the Nyungne practice it is very beneficial for people who can only spare a day or two for intensive retreat. The benefits of this practice are extensive. The practice can overcome the obscurations and wrongdoings accumulated throughout forty thousand eons of continuous Samsara. Specifically, the fasting of body (food and drink) purifies the obscurations of body; the fasting of speech (silence) purifies the obscurations of speech. And the fasting of mind (meditation etc.) purifies the obscurations of mind.

Nyungne and the eight vows:

1. Not to kill (human nor animal)
2. Not to steal (whether of value or not)
3. Not to engage in sexual activity
4. Not to lie (even in jest)
5. Abstain from intoxicants (alcohol etc.)
6. Abstain from coquettish behaviour (dancing, singing, playing musical instruments, jewellery, makeup, perfume)
7. Abstain from inappropriate nourishment: the first day you can drink all day, but only eat once in the middle of the day (pure vegetarian); the second day there is no food or drink and silence is kept (except for chanting and mantras)
8. Avoid high seats or beds.

Weekend Meditation Retreat

Lama Paljor will offer a wonderful opportunity during this weekend retreat for novices to embark on the journey of meditation and for experienced practitioners to enhance their practice.

June 3rd to 6th, 2011
Registration Fee: \$65.00

Friday, June 3, 2011

6:30 P.M. -- Registration

7:00 P.M. -- Teaching & Briefing

Saturday, June 4, 2011

5:00 A.M. -- Must be in the shrine room to take Vows.

8:30 A.M. -- Breakfast followed by Nyungne practice

12:30 P.M. -- Lunch

* Lunch is eaten sitting in the shrine room.

* As soon as one stands up, eating must stop.

* Food is not to be eaten from now until Monday.

* Water/juice is allowed until Saturday mid-night.

3:00 P.M. -- Practice session begins

5:00 P.M. -- Mahakala Practice

12:00 A.M. -- No drink or food until Monday A.M.

Sunday, June 5, 2011

5:00 A.M. -- Shrine room for all day practice

* SILENCE MUST BE KEPT ALL DAY

* NO WATER, BEVERAGE OR FOOD OF ANY KIND IS TO BE CONSUMED UNTIL MONDAY (A.M)

Monday, June 6, 2011

4:00 A.M. -- Must be in the shrine room ready to practice

4:15 A.M. -- Practice session begins. During the Puja porridge will be served;

Following the Puja a light breakfast will be available.

7:00 A.M. -- End ~ Tashi Delek!