

Bön Tantra: Ma Gyud Teachings in Graz

Bön Lamas **Geshe Gelek Jinpa** and **Lama Sangye Monlam** from Triten Norbutse monastery and Shenten Dargye Ling offer a comprehensive course on the **Ma Gyud** (mother tantra) in Graz, Austria (one week every year), beginning **May 2 – May 8, 2011**.

<http://blah.math.tu-graz.ac.at/bon/MaGyud/>

Ma Gyud (mother tantra) is the most important “higher tantra” of Bön. It is the source of most of the Tsa Lung practices that are used by Dzogchen practitioners; it is the source of **Tummo, Phowa, Chöd, dream yoga** and **Bardo practice**. These practices will be covered in the course. To begin, in 2011, the Lamas will transmit the chapters that lay the foundation of Ma Gyud practice: “thar lam” (way of liberation) and “sgom ’brel nyi ma’i dkyil ’khor” (meditation according to the mandala of the sun). According to Lopon Tenzin Namdak Rinpoche, the latter is “the door through which everybody has to come who wants to practice anything from the Ma Gyud”.

Geshe Gelek Jinpa is a highly regarded teacher of the Bön tradition, known for his authenticity and kindness, and his openness for discussion. He teaches in English, but in the traditional Tibetan way, going through the source text line by line and bringing it to life by detailed instructions and references to his personal experience. Through his lucid teachings, one feels at once intensely connected to the lineage, and enabled to practice today the Tantric techniques that have been handed down through the millennia.

Lama Sangye Monlam is a highly accomplished Dzogchenpa, with decades of experience in the Tantric techniques of the Ma Gyud. While he is sometimes consulted by other Bön Lamas on details of Ma Gyud practices, he rarely teaches westerners for lack of a congenial interpreter of Tibetan. In Graz we will have a superb interpreter in **Dr. Peter Alan Roberts**.

Location: Harrachgasse 32. This is close to Graz University’s main building, 10 minutes walk from center of town. Bus stop Universität (line 63 from the train station).

Accommodation: for hotels and B&B see Graz Tourismus <http://www.graztourism.at/> (phone:+43 316 8075-0). In easy walking distance are Hotel Alter Telegraph, Pension Rückert, Etap hotel (cheap), Dom-Hotel, Parkhotel (more expensive) A few participants can sleep in (very basic) shared rooms onsite.

Cost for 2011 is Euro 280. Nobody will be turned away, however, for not being able to pay. If this is your case, ask about reduction/exemption.

Contact: to register, and for any question, send mail to Sophie tinyflame@rediffmail.com or leave a message: +43 (0)664 733 14422 (english, german or french). There is a limit of 20 participants. Small group size ensures that everybody has time to interact with the lamas informally.