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# Palyul Centre UK

Tibetan Buddhist Centre

*Patron: His Holiness Penor Rinpoche*

*Spiritual Director: Khen Rinpoche Pema Choephel*

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## Nyungné Retreat



Nyungné is a traditional fasting practice of Chenrezig, the Bodhisattva of Compassion, one of the most powerful practices in Tibetan Buddhism, and is open to everyone.

Nyungné retreat at Palyul Centre UK will be led by Khen Rinpoche Pema Choephel, Lopon Dawa and Lama Dawa several times each month, for a total of 108 times, starting 15 - 16 November 2008.

The people who cannot join the Nyungné practice can support the practitioners with donations for the retreat.

Providing sponsorship, they will have the same benefits as the participants in the retreat.

Khen Rinpoche, Lopon Dawa, Lama Dawa and all the Sangha will dedicate the merit of the practice to the prosperity of the sponsors and supporters, and will pray for the purification of their negative karma, which is the cause of their suffering, and will pray for a healthy, happy and successful life for them.

## Donations for One Retreat

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### Sang Offering

***Riwo Sangchoe*** (“Smoke Offering”) according to Terton Lhatsun Namkha Jigme’s treasure teaching

From the beginning-less time, we have accumulated a lot of bad karma and karmic debts, because of which we face unavoidable problems in life. If we want to accomplish whatever we wish, we need to cleanse our bad karma and karmic debts. Though there are many methods to purify our karma, smoke offering is one of the best ways to do so.

Participants (£ 5)

1. \_\_\_\_\_ 2. \_\_\_\_\_

### Lamp Offering

The lamp signifies wisdom. Without the lamp of wisdom, we wander in the darkness of ignorance that leads us into delusion and suffering. Offering lamp to the Buddhas and bodhisattvas help us generate the light of wisdom within us and dispel the darkness of confusion bringing peace, happiness and contentment. Lamp offering is a very beneficial practice to clear the negative personal and family karma, to dispel the problems between relatives and friends.

- Individual £ 5
- Family £ 10
- Business £ 10

**Sub-Total for Lamp Offering**      £ \_\_\_\_\_

**Chenrezig Chang Chog Puja (Prayers for people who have died)**

Chenrezig Chang Chog Puja is performed for the benefit of all ancestors or deceased loved ones. The merits accumulated are transferred to the people who have died for their purification and liberation, leading their consciousness to the Pure Land of Buddha Amitabha or a Buddhist paradise.

- Ancestors            (£ 10 per ancestor)

1. \_\_\_\_\_ 2. \_\_\_\_\_

- Deceased Names    (£ 10 per name)

1. \_\_\_\_\_ 4. \_\_\_\_\_

2. \_\_\_\_\_ 5. \_\_\_\_\_

3. \_\_\_\_\_ 6. \_\_\_\_\_

**Sub-Total for Chang Chog Puja**            £ \_\_\_\_\_

**General Donations (Any amount)**

- Flowers, Fruits & Offerings            £ \_\_\_\_\_
- Releasing Lives                            £ \_\_\_\_\_
- Centre Expenses                            £ \_\_\_\_\_
- Vegetarian Food                            £ \_\_\_\_\_

**Total Amount: £**

Sponsor's Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Mobile Number: \_\_\_\_\_