

# *Phakyab Rinpoche*

## **Public Talk**

March 22, 2019

Life Science Building U Miami  
1951 NW 7th Ave, Miami, FL

## **White Tara Retreat**

*Empowerment and Practice*

March 23 & 24, 2019

Open Awareness Buddhist Center  
60 NW 86th Street, El Portal, FL 33150



### *Public Talk*

**Friday, March 22, 7:00 PM**

Meditation Saved My Life: A Tibetan Lama and the Healing Power of the Mind

### *White Tara Empowerment in the morning; Retreat and Practice in the afternoon*

**Saturday, March 23 10:00 AM - 12:00 PM and 2:00 PM - 5:00 PM**

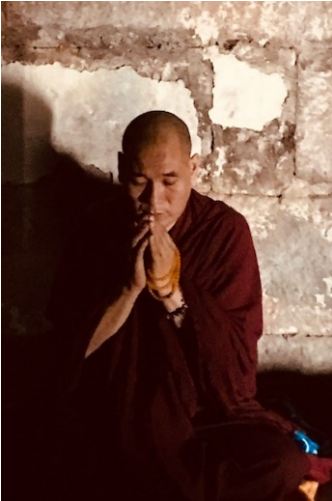
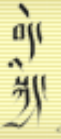
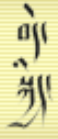
White Tara grants long life and wisdom to us sentient beings. Due to Tara's compassion and power, the practices of taking refuge in Tara, generating faith, meditation, and visualization, all have the power to stop life obstacles and prolong life. She teaches the meaning of life.

### *Meditation Retreat and Practice*

**Sunday, March 24, 10:00 AM - 4:00 PM**

Rinpoche will teach a meditation that combines tranquility (shamatha) and emptiness (shunyata), a profound technique that promotes healing, balance and realization. Rinpoche will clarify any questions and share his experience on how meditation saved his life. Rinpoche draws on White Tara's power to increase long life, merit, wisdom and blessings.

For Information: Please contact Barbara at [barbara@illuminations.org](mailto:barbara@illuminations.org)  
Suggested Donation: For 3 Day Retreat \$150, Friday only \$25 for the Dharma Talk  
Saturday & Sunday \$125.00 for Retreat, \$75 for individual days  
Please bring your favorite cushion to sit on  
Registration available at [www.illuminations.org](http://www.illuminations.org)  
A light lunch will be served on the weekend



**Phakyab Rinpoche (Ngawang Sungrab)**, is a renowned Buddhist scholar, practitioner, and healer. He was born in Kham, Tibet in 1966, ordained at the age of thirteen, and began his monastic training at Ashi Monastery. After leaving Tibet, he entered Sera Mey Monastery in southern India, where he was tutored by Ven. Khenpo Lobsang Jamyang and Ven. Khensur Tinle Topgye.

In 1994, he was recognized by his Holiness the Dalai Lama as the eighth rebirth of the Phakyab Rinpoche, a beloved Lama from Kham. After this recognition, the Dalai Lama requested that Rinpoche return to Tibet in order to assume leadership of Ashi and Lithang Monasteries, the traditional seats of the Phakyab Rinpoche. While in Tibet, Rinpoche became known for his ability to perform Tantric obstacle-clearing rituals to assist individuals in their physical and emotional healing. While in Tibet, Rinpoche faced severe health challenges, and in 2003 was granted full political asylum by the United States Government. Rinpoche spent many months in a New York hospital dealing with these health issues. At a critical moment in his healing, he consulted with the Dalai Lama, and made the decision to rely on spiritual practices and

faith to heal himself. After six months, to the astonishment of his doctors, Rinpoche was on the path of regaining radiant health. In 2009, after being granted his green card, he was able to return to India, reunite with his family, and received his Geshe degree.

Rinpoche is a powerful example of the potential we all have to cultivate the life of the Bodhisattva or spiritual hero. He is a steadfast advocate of non-violent conflict resolution and he brings humility, cheer and boundless compassion to his teachings. His personal story of self-healing vividly demonstrates our inherent potential to heal ourselves physically, mentally and emotionally. Rinpoche also serves as a reminder that obstacles can be transformed into resources for spiritual awakening.

Rinpoche currently resides in Jackson Heights, New York, where he has established a Buddhist educational and healing center. He teaches both locally and throughout the world. He aspires to teach Buddhism, fostering ecumenical dialogue between practitioners of Buddhism and other spiritual and healing traditions. Rinpoche welcomes questions and requests from students of all faiths and backgrounds.



*In the Buddhist spirit of generosity and inclusiveness, Dharma teachings are offered free of charge. However, voluntary donations for the teacher and translator, or Dana, are welcome and your generosity is gratefully accepted and encouraged.*

**Sponsored by the Helen Graham Park Foundation, a non-profit dedicated to promoting dialogue between the modern science and the ancient wisdom traditions of the world. The Helen Graham Park Foundation may be reached at: 305-751-8765, and [www.illuminations.org](http://www.illuminations.org)**