

Guru Yoga and Mandala Offerings Retreat

25 - 31 / 03 / 2014

Guru yoga helps us to develop a strong conviction that our Spiritual Guide is a Buddha. By making prostrations, offerings, and sincere requests to him or her, we receive his or her profound blessings. According to the Guru yoga of Offering to the Spiritual Guide, we develop conviction that our Spiritual Guide is the same nature as Je Tsongkhapa, who is an emanation of the Wisdom Buddha Manjushri.

The practice of **Mandala offering** is to visualize the entire universe as a Pure Land, with all its inhabitants as pure beings, and offer to the Spiritual Guide.

Through this special practice, we can strengthen the connection with our Spiritual Guide and accumulate vast amount of merit.

Prayers will be in English. No booking, everyone is welcome. Participants please bring your own Mandala kit. (Mandala kits are available for purchase in Dharma Shop at the Centre)

Commentary on the Retreat

Gen Kelsang Rabten will give a commentary to this practice on March 17th (Monday) 7:30 - 9:00pm.

Everyone welcome and no booking.

Venue : KMC HK - 1/F, Causeway Tower, 16-22 Causeway Road, Causeway Bay, HK

Retreat Schedules :

March 25 - 28, 30, 31

1st Session 7:00am - 8:30am

2nd Session 10:30am - 12:00pm

3rd Session 4:00pm - 5:30pm

4th Session 7:30pm - 9:00pm

*** March 25 (7:30pm - 9:00pm) session will change to "Offering to Spiritual Guide" Puja**

March 29

1st Session 7:00am - 8:30am

2nd Session 10:30am - 12:00pm

3rd Session 4:00pm - 5:00pm

*** Will have "Melodious Drum" Puja at 6:00pm - 9:30pm**

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