



GYALSHEN INSTITUTE

for the Study of Zhang Zhung and Tibetan Culture, Inc.

རྒྱལ་གཤེན་ཞུང་ལོ་ལོ་ལོ་སྒོ་བ་སྒྲིང་།

MAIN TEACHING EVENTS SCHEDULE FOR 2014

In 2014 the Gyalshen Institute will present in-depth teachings from two of Bon's most important traditions: the Ma Gyu and the Aural Tradition of Zhang Zhung. From the Ma Gyu we will begin to explore the Six Methods as taught in the commentaries on the root tantras of the Ma Gyu. These Six Methods of the Ma Gyu, often compared with the Six Yogas of Naropa, present sophisticated methods for bringing all aspects of life into the path. In particular techniques are taught for developing the subtle body, employing dreams, employing fear through the chod practice, engaging in the ejection (*'pho ba*) practice at the time of death, bringing death and *bardo* into the path, and employing sleep practices

Chaphur Rinpoche will also continue his teachings from Drugyalwa's Practice Manual of the Aural Tradition of Zhang Zhung. In particular he will continue with supplemental teachings on the View and Practices of Dzogchen. While making these precious teachings available in a convenient weekend format, Chaphur Rinpoche will emphasize a tradition presentation of these teachings.

Further teaching events, including with visiting lamas, Tibetan cultural celebration events will be announced during upcoming months.

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Commentary from the Ma Gyu on the Path of Method
January 25-26, 2014
Geshe Chaphur Rinpoche

Commentary from the Ma Gyu on the Path of Method (January 25-26, 2014)

The first of the Ma Gyu's Six Methods is itself called "that Path of Method." This path contains the teachings relating to the elements, winds, spheres, and channels of the body. This weekend will teach the Ma Gyu's general framework for purifying the developing to the gross and subtle bodies. The practices of the five elements, the "tsa lung", and *tummo* all have their basis in this portion of the Ma Gyu.



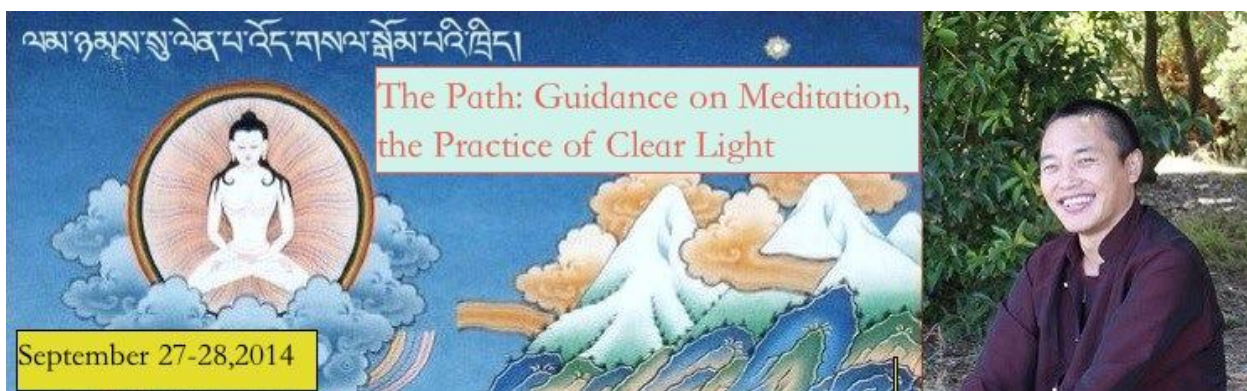
The Base: Guidance on the View of Seeing Directly, Pointing Out Your Self Nature (March 29-30, 2014)

This weekend will focus on the pithy instructions for pointing-out your own self-nature as they are presented in Drugyalwa's Practice manual for the Aural Tradition of Zhang Zhung. Such direct teachings include pointing-out the mother base-of-all, the son *rigpa*, the display of dynamic energy, and the inseparability of all of these.



Commentary from the Ma Gyü on Taking Dreams into the Path (June 28-29, 2014)

This weekend will teach both the theory and practice of dream yoga according to the Ma Gyü.



The Path: Guidance on Meditation, the Practice of Clear Light (September 27-28, 2014)

This weekend will focus on meditation as it is presented in Drugyalwa's Practice manual for the Aural Tradition of Zhang Zhung. These teachings include the methods of meditation and a step-by-step explanation of the thogal visions that occur on the path of Dzogchen.