



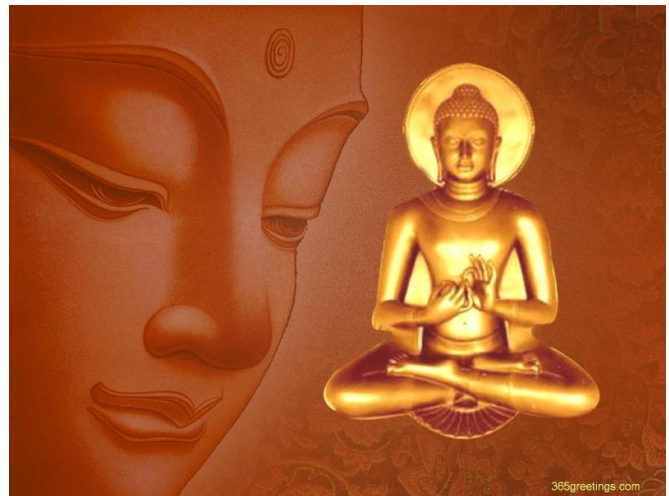
*Palyul Changchub Dhargyayling  
Puerto Rico*



Palyul Cihangchub Dhargheyrling Puerto Rico Dharma Study and Practice Center

**Khenpo Tenzin Norgay PR Teaching, 2011**

Empowerment is special ceremony in Tibetan Buddhism, to grant us deity's powerful blessings and all Buddha blessings! In the same time, to purify our body, speech, and mind negative karma, to make us to be the right vessel, to receive the teachings and to do practice! It's just like to pour the pristine nectar into us, so our mind can be ripened, and pristine qualities can be increased and our life- expectancy is surely prolonged!



Even one didn't do practice for some reason, this person can still get some spiritual attainment due to the power of empowerments!

Sat, June 4, 9 am- 11 am	Avalokiteshevara Empowerments and Oral Transmission
2 pm - 4 pm	Explanation of Ngondro - the Preliminary Practices
Sun, June 5, 9 am- 11 am	Vajrasattva Empowerment
2 pm - 4 pm	Vajrasattva Teaching
Mon, June 6, 6 pm- 8 pm	Teaching on " The Way of The Bodhisattva "
Tues, June 7, 6 pm- 8 pm	Amitabha Empowerment
Wen, June 8, 9 am- 11am	Meditation Technique and Practice with Khenpo

**Saturday, June 4, 9am - 11am**



Avalokiteshevara empowerment and oral transmission of "AVALOKITESHEVARA IN THE SIX REALMS" practice (dissolve our mind into compassion and emptiness)

Avalokiteshevara is one of the most love and compassion Bodhisattva, he cares all of us just like a mother cares her only child, with Great Compassion, he promised to empty six realms of beings' sufferings! Anyone who prays for him, will get all Buddha's blessings, and tame our afflicted mind, and anyone who chant with pure heart 108 times of "OM MA-NI-PADME-HUNG" per day, will not drop to the three lower

realms. and with only one chanting of "Om- Ma- Ni- Padme- Hung", the merit is immeasurable, just like Ocean of Merit!

**Saturday, June 4, 2pm - 4pm**

Explanation of Ngondro, the foundation of Namcho "Space Treasure" and teach how to do the practice!

**Sunday, June 5, 9am - 11am**

Vajrasattva Empowerment (to Purify our negative karma of body, speech and mind, and to accumulate merit and remove obstacles)

**Sunday, June 5, 2pm - 4pm**

Oral transmission of 100-syllable mantra and Vajrasattva mantra (the King of the purification) and teach how to do Vajrasattva purification practice

**Monday, June 6, 6pm - 8pm**

Teaching on "The Way of The Bodhisattva" by SHANTIDEVA, and refuge ceremony

**Tuesday, June 7, 6pm - 8pm**

Amitabha Buddha empowerment and teach to do practice to be reborn in Dewachen (the great bliss pureland)

## Wednesday, June 8, 9am- 11am

Meditation technique and practice with Khenpo.  
Panderosa lunch party with Khenpo by who wishes after teaching.

### Kind Remarks:

1. With pure motivation to benefit parentally sentient beings, to come and to get "Wishing Fulfilling Jewel" teachings!
2. Please come prior 5-10 minutes, and bring your own cushion if you have! You can also bring some flowers or fruits to share with Khenpo.

### Suggested Donation:

\$10 / each session. **However, no one will be turned away for lack of funds.**  
\*Suggested donations help to cover teaching expenses. Any amount is appreciated. \*

If you would like to make any donation to Khenpo, please put it into a white envelop, and offer it after your receive blessings, you are accumulating the merit through your practice of generosity as Tradition.

### Place :

Alturas de Mayaguez  
1978 Calle Laliza  
Mayaguez, PR 00682

### Contact :

Nicole Xu, Cell: 787- 313-3082  
Email: nicole\_xww@hotmail.com

### Direction:

The opposite of Holiday Inn (Carre No.2) is Alturas,  
The 2nd Entry, turn right,  
Then 1st Entry turn left  
Then 3rd Entry in Calle Laliza, turn left, keep going,  
then the end , it's 1978 !

You will see many praying Flags.

