

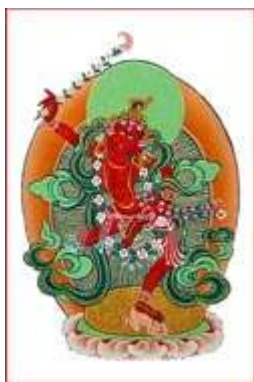
"The Foundational Practice of Guru Yoga" & "Dakini Heart Essence Kurukulle"

Boise ID, March 14-19, 2006

"The Foundational Practice of Guru Yoga" Tuesday & Wednesday, March 14-15, 7PM-9PM

Vajrayana masters have often taught that the foundational practices (*ngondro*) have the greatest transformational power of all methods. Specifically, this is due to the practice of "guru yoga", which simply put, generates the conditions in which realization can arise naturally from within the meditator. These teachings will draw from the life story of Yeshe Tsogyal and her practice of "guru yoga" and will also offer an experiential approach to understanding the principles of this practice.

Each evening session: \$20. Pre-registration requested. Please see below.



"Dakini Heart Essence" Kurukulle Saturday & Sunday, March 18-19

The "Dakini Heart Essence" is one of the major mind treasures of His Holiness Dudjom Rinpoche. It is a complete path to enlightenment and contains the quintessential transmissions of the female buddhas, in their outer, inner, secret, and innermost secret aspects. Kurukulle is the inner dakini and performs the "magnetizing" activity that benefits all beings. She is also the source of fierce inner heat or "tummo". In Tibetan, her name is pronounced *drik-jay-ma* which means, the female buddha that awakens nondual awareness. A 60-hour Kurukulle practice commitment (*samaya*) completed within one year is requested with the empowerment. Our weekend will close with a Kurukulle burnt generosity offering for magnetizing activity.

WEEKEND PROGRAM:

Entire weekend: sliding scale \$140 - \$120; without empowerment: sliding scale \$105-\$90

WEEKEND SCHEDULE:

AM Session: 10AM-12:30PM; PM session: 2:00PM-5:30PM

REGISTRATION:

Pre-registration is requested by **MARCH 12 FOR ALL SESSIONS** (Mar. 14, 15, 18 & 19).

You will receive the location address upon registration.

TO REGISTER:

Contact Lianne Hunt at: <mailto:info@eclipseweb.org>; or call her at (208) 229-1201. Please provide your name, contact information and the sessions you will be attending. Your check is payable to "Jnanasukha Foundation" and can be mailed to: Jnanasukha Retreat, c/o Hunt Family, 6009 N. Duxbury Pier Ave., Garden City, ID 83714. To use a credit card, please request a PayPal invoice when registering.

Dechen Yeshe Wangmo is a teacher in the Nyingma lineage of Tibetan Vajrayana Buddhism and a practitioner of Hakomi, a mindfulness-based and body-centered psychotherapy. Her Buddhist training began in 1978 when she met the 16th Karmapa and the Venerable Kalu Rinpoche. She completed the traditional three-year retreat in 1985 and was authorized to teach by the Dzogchen master, Lama Tharchin Rinpoche in 1992. Yeshe is an accomplished translator and served on Kalu Rinpoche's International Translation Committee. She is the founder of Jnanasukha Foundation, a nonprofit serving His Holiness Dudjom Rinpoche's treasure lineage of "The Dakini Heart Essence", the teachings of the female buddhas. She is the director of Vajrayana Hawai'i and Lotus Gate Sanctuary on the Big Island of Hawai'i. <http://www.yeshewangmo.net>.



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