



Khenpo Ngawang Dorjee will offer 2 Nyung Ney retreats at Tashi Chöeling Buddhist Center on May 19–22. These retreats are being held during the auspicious month of Saga Dawa.

Saga Dawa celebrates Buddha Sakyamuni's conception, enlightenment, and passage to nirvana and is held every year on the 15th day of the 4th lunar month of the Tibetan calendar (this year May 21, 2016).

\*\* No Registration FEE – Donations gratefully accepted. \*\*Questions or to register: Email: [tc21@gmail.com](mailto:tc21@gmail.com)

Nyung Ney is a powerful two-day fasting retreat based on Avalokiteshvara (Chenrezig), the Buddha of compassion. This intensive practice involves an ordination of the Mahāyāna tradition normally accepted for twenty hours during special occasions in the presence of a master or an image of the Buddha, taken by both lay and ordained Buddhists. This entails generating the mind of enlightenment and pledging to follow the footsteps of Buddhas and Bodhisattvas of the past in accordance with the ritual text of this ordination. On top of not eating meat, there are eight precepts to be observed conjoined with the motive of enlightenment:

The eight precepts of Vows to be observed by a one day vow holder are:

1 not killing

2 not stealing

3 not indulging in sexual activity

4 not telling a lie

5 not taking intoxicants

6 not singing and dancing

7 not taking a meal after noon

8 not using high and luxurious seat or bed

## **Retreat Schedule**

### **First Nyung Ney**

Thursday, May 19, 2016 at TCBC

6:00 am (first light) \* Sojung taking vows (8 precepts)

8:00 am Breakfast only tea

9:00 am Chanting Nyung Ney Ritual

1:00 – 3:00 pm Lunch – Vegetarian Pot Luck

Eat a hearty lunch prior to fasting

4:00 – 5:00 pm Chanting

Consume only tea or a little yogurt

You may go home or stay the night at TCBC in the temple or on the outdoor porch. Upon waking Friday morning, there is no speaking or eating & drinking for the entire day.

Friday, May 20, 2016 at TCBC

10:00 am – Noon Chanting

2:00 – 4:00 pm Chanting

You may go home or stay the night at TCBC, fasting and silence must be observed at all times, even at home. Friday evening a strong tea is prepared for Saturday morning.

Saturday May 21, 2016

5:30 am Drink tea which opens speech and ends fasting

## **Second Nyung Ney**

Saturday, May 21, 2016 at TCBC

6:00 am (first light) \* Sojung taking vows

8:00 am Breakfast only tea

9:00 am Chanting Nyung Nä Ritual

1:00 – 3:00 pm Lunch – Vegetarian Pot Luck

Eat a hearty lunch prior to fasting

4:00 – 5:00 pm Chanting

Consume only tea or a little yogurt

You may go home or stay the night at TCBC in the temple or on the outdoor porch. Upon waking Sunday morning, there is no speaking or eating & drinking for the entire day.

Sunday, May 22, 2016 at TCBC

10:00 am – Noon Chanting

2:00 – 4:00 pm Chanting

You may go home or stay the night at TCBC, fasting and silence must be observed at all times, even at home. Friday evening a strong tea is prepared for Monday morning.

Monday May 23, 2016

5:30 am Drink tea which opens speech and ends fasting

Those participating in just 1 Nyung Ney may leave at this point.

The 2nd Nyung Ney begins at 6:00 am Saturday, May 21, 2016.

\*Tibetans consider that the day begins at first light. The moment is determined by the ability to see the lines on the palm of your hand.