

Sacred Arts of Tibet Tour

*Hosted by: Sierra Friends of Tibet Auburn at
the General Gomez Arts
808 Lincoln Way
February 13 - 23*

Wed February 12th

Ayama Yoga and Movement Arts Studio

- ❖ 6:30 pm - Dharma Talk: Lojong Mind Training and Meditation
- ❖ For more info: 530-559-7554

Thursday, February 13th

- ❖ 9:00 am - Set up and decorate hall
- ❖ 6:30 pm - Opening Ceremony: Solitary Yamantaka Sand Mandala

Friday, February 14th

- ❖ 10:00 am - Hall opens
- ❖ 7:00 pm - Lama Tsongkhapa Healing Ritual

Saturday, February 15th

- ❖ 10:00 am - Hall Opens
- ❖ 10:00 am - Children's Art Program
- ❖ 1:00 pm - Dharma Talk: The Problem with Problems
- ❖ 7:00 pm - Vajrasattva Empowerment

Sunday, February 16th

- ❖ 9:30 am - Hall Opens
- ❖ 10:00 am - Dharma Talk: A Brief Introduction to Tantra - What it is and Isn't
- ❖ 2:00 pm - Prayers for the Sick, Deceased, and Suffering of the World (Jangwa): Bring photos or memorabilia of loved ones.
- ❖ 5:00 pm - Singing Bowl Meditation Workshop: BYOB - Bring your own bowl (to have it blessed)

Monday, February 17th

- ❖ 10:00 am - Hall Opens
- ❖ 3:00 pm - Dharma Talk: Making Peace With Your Past
- ❖ 6:30 pm - Chay Drol: Ritual for Healing and Removing Obstacles

Tuesday, February 18th

- ❖ 10:00 am - Hall Opens

- ❖ 6:30 pm - Dharma Talk- Meditation on Forgiveness: Working with Challenging Relationships

Wednesday, February 19th

- ❖ 9:00 am - Hall Opens
- ❖ 9:00 am - 12:00 pm - Personal Healings and Divinations
- ❖ 2:00 - 5:30 pm - Personal Healings and Divinations
- ❖ 6:30 pm - Vajra Vidaran Healing and Purification Ceremony

Thursday, February 20th

- ❖ 10:00 am - Hall Opens
- ❖ 3:00 pm - Dharma Talk: Practicing Stillness, Simplicity, and Contentment
- ❖ 6:30 pm - Tibetan Monks Debate and Golden Nectar Ceremony

Friday, February 21st

- ❖ 10:00 am: Hall Opens
- ❖ 7:00 pm - Manjushri Empowerment

Saturday, February 22nd

- ❖ 9:30 am - Hall Opens
- ❖ 10:00 am - Dharma Talk: What is a Deity? The Peaceful and the Wrathful.
- ❖ 1:00 pm - An Invitation to Meditate with the Monks of Gaden Shartse, all levels welcome.
- ❖ 7:00 pm - Solitary Hero Yamantaka Sand Mandala: Remarks, Dissolution and Closing Ceremony

Sunday, February 23rd

- ❖ 11:00 am - Water Ceremony and Sacred Sand Release: Auburn School Park Preserve

Event volunteer and meal sponsorship opportunities are available! Please contact Lauren for more information and to schedule.

House, land, and business blessings are available by appointment, as are personal healings and divinations. For more information, or to make an appointment, contact Jesse or Beverley.

For media inquiries, contact Elen.

Jesse: 916-834-8299, Beverley: 530-305-1734
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SFOT Website: sierrafriendsoftibet.net

Tour Website: sacredartsoftibettour.org