

# Phowa Jagurma – 14 & 15 juni 2025

## onderricht van Geshe Sherab Lodoe en dr Sangmo Yangri

Many of us have been touched by the warmth and heartfelt teaching of Geshe Sherab Lodoe and dr Sangmo Yangri - either in Lishu, where they were the main teachers, during their visit in Europe six years ago, or in an online teaching. We are very happy and honoured that they are willing to come to the Netherlands in their new European journey.

On June 14 and 15, Geshe Sherab Lodoe will teach on the practice of 'Phowa Jagurma'.

Phowa means 'transformation' and is about transferring consciousness during the process of dying. By practicing this in your life, it becomes easier to do it at the time of death. There are different Phowa practices. This one is called 'the Phowa of the rainbowlight'.

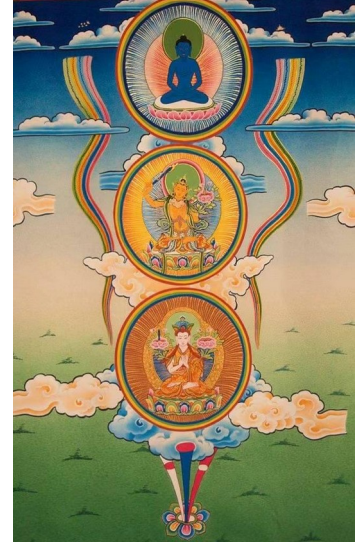
Practicing this Phowa brings about the confidence to face the visions of the process of dying and greatly supports our practice of meditation in the natural state. It also helps us to realize the value and essence of our present life and through it, we can support our loved ones when they die.

The Phowa Jagurma practice was directly transmitted from Tulku Nyamed Sherab Gyaltsen to Kudun Sherab Gongyal, the 22nd abbot of Menri monastery. This sacred practice continues to be performed by most Bon Masters to this day when assisting a dying person.

Tulku Nyamed Sherab Gyaltsen was the founder of Menri Monastery and the first enthronement holder of the Menri Monastery lineage. He unified all the streams of Bon teachings (Sutra, Tantra, and Dzogchen) in the 14th century. He is revered as the second Buddha in the Bon tradition.

Menri Geshe Sherab Lodoe will teach the Phowa Jagurma practice during the weekend of June. The week-end will include both teaching and practice sessions and guidance from Geshe on how to continue the practice on your own after the teaching.

You are warmly invited to meet Geshe Sherab Lodoe and Sangmo Yangri and receive their inspiring teaching.



### Practical information:

Venue: Meditatie Centrum Tapiritsa, Sporadenlaan 85, Amsterdam

Dates: June 14 and 15, 2025

Time: 10:30 - 16:00; welcome from 10:00

Registration: send an email to [wieger@wiegerdeleur.nl](mailto:wieger@wiegerdeleur.nl)

Costs: €95,- to be transferred through <https://bunq.me/powajagurmajuni2025>

All the proceeds are for Geshe Sherab Lodoe and Sangmo Yangri and their travel expenses

Let us know if the costs are an obstacle for you to receive the teachings

With warm regards,

Tiana Tefy and Wieger de Leur