

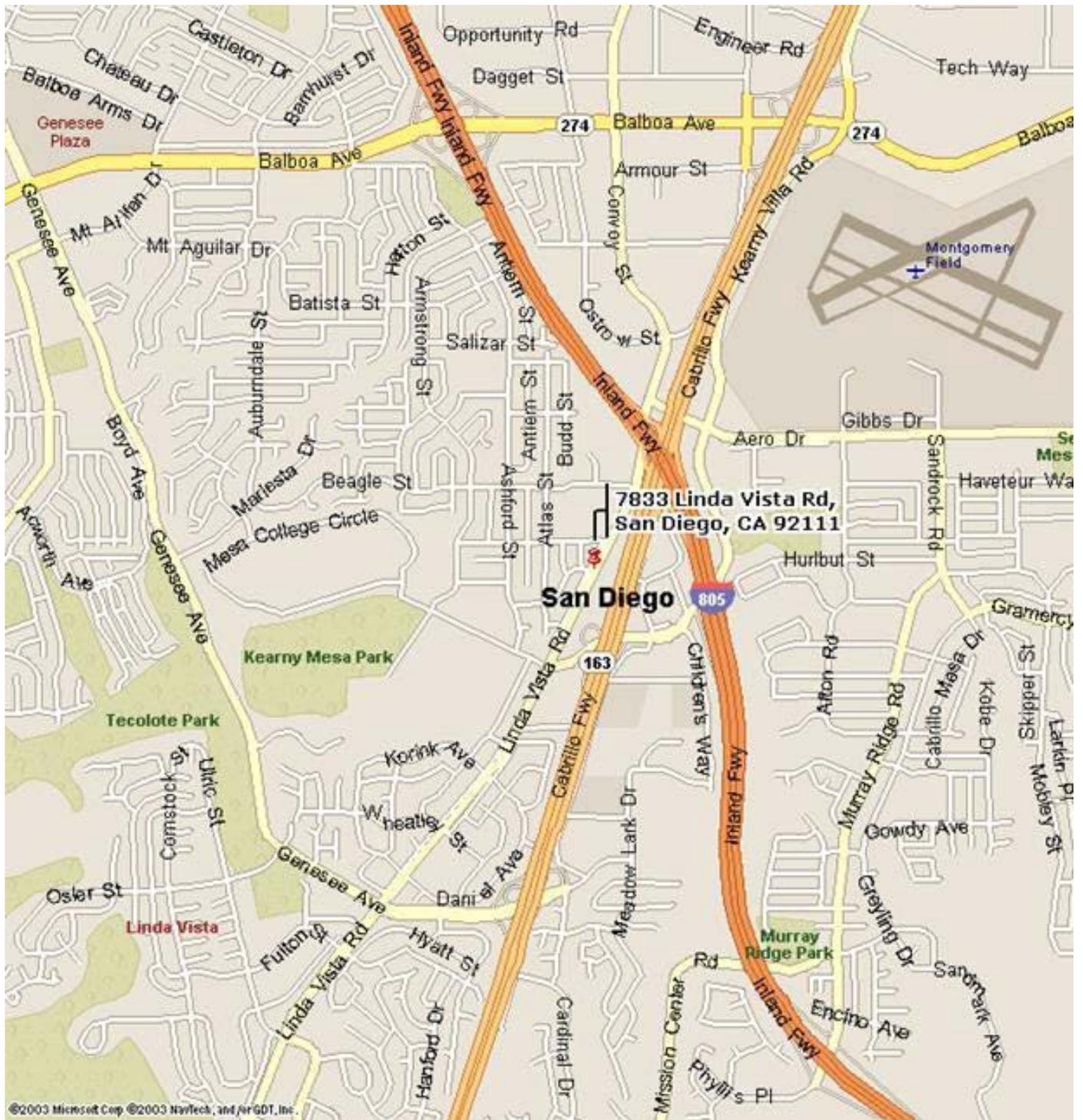
# Bardo Teaching Retreat

*By Hungkar Dorje Rinpoche*

**Saturday, Oct 29th, 2016 — Wednesday, Nov 2nd, 2016**  
**San Diego**

- Retreat** The annual Retreat for World Peace has been established by HH Kusum Lingpa (Lama Sang as affectionately called by his students) after the 911 incident. To continue the tradition, Hungkar Dorje Rinpoche, the lineage holder of Lama Sang, will come to preside the retreat this year.
- Teaching** In this retreat, Hungkar Rinpoche will give the bardo teaching in five days. The bardo teaching refers to six intermediate states that constitute a human life cycle, which are the bardo of this life, the bardo of dream, the bardo of deep meditation, the bardo of dying, the bardo of dharmata and the bardo of becoming. In the six bardos of life cycle, humans also have three kinds of body: physical body, mental body and after-death body. The bardo teaching explains the nature of each bardo, the “should” and “should not”, and points out opportunities for liberation. The teaching this time will emphasize on the bardo of dying, of dharmata and of becoming; especially, images of 100 deities after death will be shown. This teaching would help practitioners passing through the death process smoothly and having a good rebirth.
- Practice** Beside the day time teaching, there will be two practice sessions every night from 8:00 PM to 11:00 PM to practice the sadhana of Vajrakilaya and Orgyen Dzambhala according to the yearly tradition.
- Activities** This is a residential retreat, so all activities will be “in house.”
- When** **From: 8:00 AM, Saturday, Oct 29th, 2016**      **To: 12:00 PM, Wednesday, Nov 2nd, 2016**
- Where** **7833 Linda Vista Rd., San Diego, CA 92111 (See map)**
- Cost** **\$300** with vegetarian meals included.
- Registration** Please contact Dat Duong at **(858) 229-5200** or [KDL@san.rr.com](mailto:KDL@san.rr.com) to register.
- Contact** Tommy at (858) 380-6832  
Dat Duong at (858) 229-5200 or [KDL@san.rr.com](mailto:KDL@san.rr.com)

- Notes**
1. **Be prepared. No shower available.**
  2. Sleeping will be on hard floor. Bring your own bedding like camping sleeping pad or foldable cot, sleeping bag, and a good pillow.
  3. Bring your favorite cushion for meditation sessions.
  4. **Participants are requested to attend the retreat full time, so, no part-time bargain, please!**



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San Diego, CA 92111

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