



Sakya Monastery of Tibetan Buddhism



*In Honor of Saka Dawa*

# 1,000 ARMED CHENREZI RETREAT & NYEN NAY VOWS



**Thursday, May 27, 2010**

**RSVP by May 17th** by emailing [monastery@sakya.org](mailto:monastery@sakya.org)

**Time:** (see schedule below)

**Location:** Shrine Room 9:00 am to 5:00 pm

**Suggested Contribution:** \$25 Public, \$20 Members

**All participants should plan to be vegetarian for the entire day, regardless of whether vows have been taken or not.**

The fourth month of the Tibetan Buddhist calendar is called “Saka Dawa.” “Dawa” means “month” in Tibetan. Of the 28 major stars tracked in Tibetan astrology, “Saka” is the name of the star which is closest to the earth and thus most prominent at that time.

Saka Dawa is the special month in which the Buddha’s conception, birth, enlightenment, and parinirvana all occur. In particular, the full moon day, or 15<sup>th</sup> day, of the fourth month marks the holiest day in Tibetan Buddhism. It is the day of the Buddha’s Conception, Enlightenment, and parting into Nirvana. It is auspicious to perform meritorious activities on this specific day. The merit generated from these virtuous activities increases 100,000-fold on this day in Saka Dawa. This year, that day comes on Thursday, May 27, 2010.

On that auspicious occasion and for the benefit of all sentient beings and world peace, H.E. Dagmo Kusho Sakya will lead a One-Thousand Armed Chenrezi Prayer service at Sakya Monastery. Students can participate in the prayer service for as long as they wish between 9 am and 5 pm.

**The day’s schedule:**

**9:00 am** - Nyen Nay (fasting) vows will be given by Dagmo Kusho. These vows may be taken by those who wish to do so. These are taken for 24 hours to purify oneself. The vows mainly include: no killing, no indulging in sex, no lying, no intoxicants, no singing or dancing and no meals except for lunch. Liquids (no alcohol) can be consumed all day.

**10:00 am** - Any individuals who do not wish to take the Nyen Nay vows may join in the One-Thousand Armed Chenrezi mantra recitation and practice at this time.

**Noon** - Lunch. The main meal will be provided by Dagmo Kusho and participants are welcome to bring a vegetarian\* dish to share. Sakya Monastery will provide beverages.

**\*Vegetarian dishes must not have meat, eggs, alcohol, garlic, onions, nor ginger.**

**1:30 pm - 5:00 pm** - Prayers (there will be a break at 3 pm)



**Her Eminence Dagmo Kusho Sakya** is one of the teachers at Sakya Monastery and wife of H.H. Jigdal Dagchen Sakya of the Khön lineage, the Head Lama of the Sakya order of Tibetan Buddhism. Dagmo Kusho specializes in Tara empowerments, practices, and teachings, and has many students throughout the world. She has received extensive teachings and empowerments from many great lamas of all four schools of Tibetan Buddhism throughout her lifetime.

*Sakya Monastery of Tibetan Buddhism*

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