

MEDICINE BUDDHA

Retreat and Empowerment
with ZaChoeje Rinpoche

MAY 21-23, 2010

Dairy Springs Campground • Mormon Lake • Flagstaff, Arizona

**NOTE NEW START DATE:
Friday May 21**

**Registration
Deadline May 15**

Online registration at
emahofoundation.org

Please sign up by May 15 to allow
the retreat organizers to prepare
food for all participants.

**See next page for
schedule, map,
directions, and final
details for attendance.**



www.emahofoundation.org

Emaho Center is just south of McDowell
Road, on the west side of Miller, in the Los
Arcos Medical Plaza.



Venerable ZaChoeje Rinpoche, founder and spiritual
director of Emaho Foundation, is a heart student of
His Holiness the 14th Dalai Lama. This summer,
Rinpoche will offer a retreat that will include
empowerment in the Tibetan Buddhist Medicine
Buddha meditation practice.

Medicine Buddha is considered an enlightened
emanation of the healing Buddha, who applies active
wisdom in alleviating the suffering of all sentient
beings. By identifying with the healing and
compassionate aspect of Medicine Buddha we are able to create beneficial
results that allow us to bring happiness into our lives and the lives of others.

For those who do not wish to take the empowerment, the initiation can be
taken as a blessing. For everyone involved, regardless of level of
participation, the Medicine Buddha teaching serves as a universal tool to
cultivate compassion and courage in oneself.

EVENT: Rinpoche will confer the Empowerment on Saturday May 22 at
9 AM. You may come on Saturday for the Empowerment only. The full retreat
begins on Friday and ends Sunday (see next page for schedule).

REGISTRATION: The cost for this special event will be \$150 for the entire
weekend. The cost for the one-day Empowerment and teaching on Saturday
is \$108; however, no one will be turned away from the one-day event for
lack of funds. Payment is non-refundable unless Emaho cancels the event. If
you are unable to attend, you may count the payment as a tax-deductible
donation to Emaho Foundation.

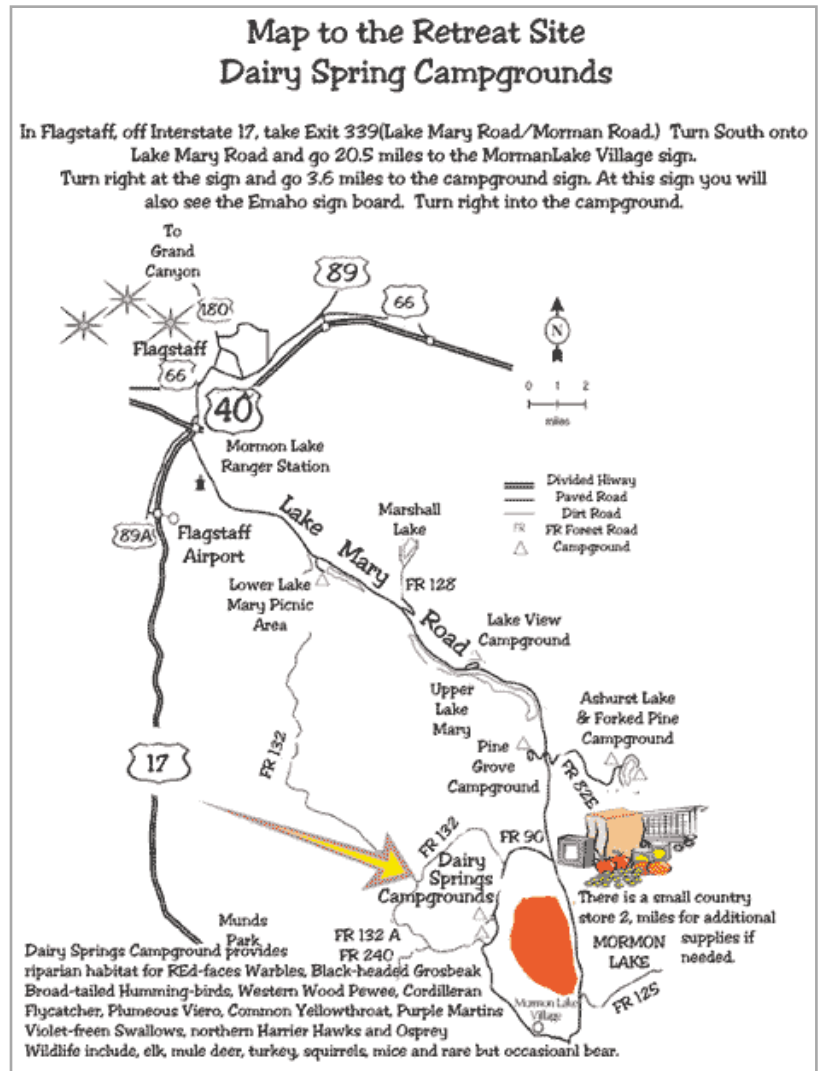
Registration by May 15 is required so that we may plan meals for all who
attend. Sign up online at www.emahofoundation.org or email us at
mail@emahofoundation.org to RSVP. Payment on site can be arranged;
however, credit card transactions at the retreat site will not be available.

CARPPOOLING IS STRONGLY SUGGESTED!

Here are some final details. Please feel free to contact us with any questions or concerns.

- Please consider carpooling if at all possible!
- The group campsite has space for individual tents. The campsite is reserved for us Friday starting at 3 PM.
- If you would like more privacy, you can reserve a spot across the gully by calling 1-888-448-1474 in advance or by reserving a spot upon arrival.
- If you prefer not to camp, you can rent a room at Mormon Lake Lodge by calling 928-354-2227. Availability is limited so please reserve your room soon.
- There are no showers at the campsite. Coin showers are available at Mormon Lake Lodge, 10 min away.
- No cell phone reception on site, but 10 min away.
- Stores are about 40 min away in Flagstaff. Mormon Lake Lodge has a very small country store for necessities
- There is drinking water on site.
- The nights are still cold. If you are camping please bring a warm sweater, sleeping bag, blankets and a mat or cot to lift you off the cold ground at night.
- The lake has small bugs that bite: bring what you may need for protection.
- If you have special food needs, bring that in your own cooler.
- If possible bring a large cooler for public use (with your name on it).
- In addition to everything you need for camping, bring: a mala, a lantern or good flashlight, sun protection, good shoes and a yoga mat if you want to participate in Tibetan Yoga.

We are looking forward to sharing this auspicious event with you.



SCHEDULE: FULL RETREAT

FRIDAY

7 PM Tibetan dinner (veg & non-veg)

SATURDAY

6 AM Tibetan Yoga & meditation

7 AM breakfast

9-12 Empowerment

12:30 veg Tibetan lunch

2-3 Instruction in how to practice

Evening Light veg Tibetan dinner followed by Palden Lhamo ceremony by the campfire

SUNDAY

6 AM Tibetan Yoga & meditation

7 AM breakfast

9-11 Medicine Buddha meditation

12 Tibetan veg lunch

2-4 Medicine Buddha practice

5 close

SCHEDULE: FOR THOSE ATTENDING ONLY THE EMPOWERMENT

SATURDAY

9-12 Empowerment

12:30 Tibetan veg lunch

2-3 how to practice