



January 10 – 12, 2014 Friday - Sunday

Mother Tara Empowerment

Lama Migmar Tseten

For everyone.

Seeking healing, abundance, strength, self-confidence, and awakening? The Mother Tara Empowerment ceremony given by Lama Migmar according to the Tibetan tantric tradition has been passed through many generations of Indian yogis and Tibetan lamas. At a deep level, this ceremony is given so you can realize the enlightened wisdom mother already present within you.

During this weekend, Lama Migmar bestows the empowerments of the white, gold, red, and green Taras. You are guided in Sanskrit mantra and sacred Tibetan language recitations with English translations. Lama Migmar also gives instructions in meditation and mudra (gestures) to experience the true nature of body, speech, and mind: enlightened body of light, enlightened speech of mantra and the sound of emptiness, and enlightened mind of wisdom and compassion.

During the empowerments, you may experience inner joy and bliss as you overcome the layers and baggage of afflicted and destructive emotions that have built up over past years and lives. The transmission of Mother Tara mantras, mudras, and meditation practices help you overcome stress, fear, anxiety, and addiction.



Lama Migmar Tseten was born in Tibet in 1956. In 1980, he received the Acharya degree from the Tibetan Institute at Varanasi, where he was recognized for academic achievement by His Holiness the Dalai Lama. In addition to his roles as Buddhist chaplain at Harvard University and director of the Sakya Institute of Buddhist Studies in Cambridge, Massachusetts, Lama Migmar has also served as the head of the Sakya Main Monastery at Puruwala, India, and Sakya Center at Rajpur, India, and directs the Sakya Retreat Center in Barre, Massachusetts. He supervised the editing of many rare volumes of Sakya literature. www.lamamigmar.net



exploring the yoga of life.

Take time away to do what you love. Kripalu Center for Yoga and Health offers hundreds of workshops, retreats, and trainings in yoga, personal growth, creative expression, holistic health, and more.

While you are here... Enjoy yoga classes, healthy food, massage and healing arts, hiking trails, whirlpool and sauna—all in the natural beauty of the Berkshire Mountains of western Massachusetts.

Kripalu is 3 hours north of New York City.

find out more ➔ kripalu.org ▪ **800.741.7353**