

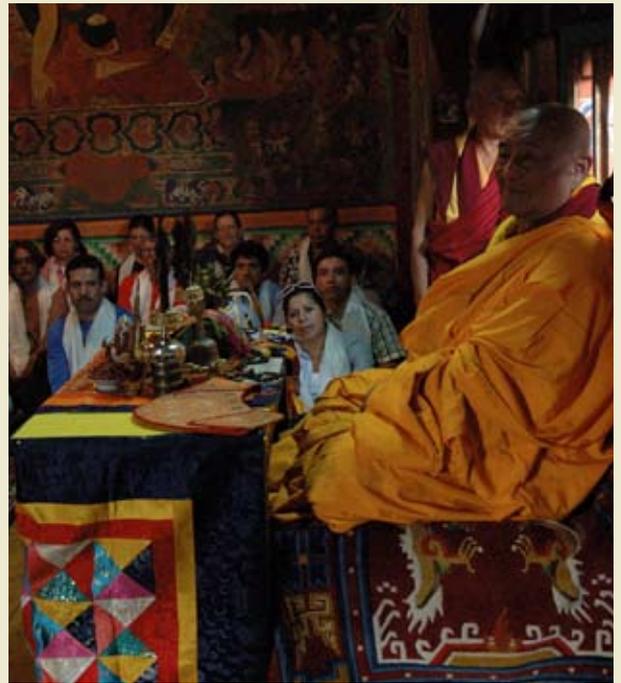


BHUTAN- AT A LHAKHANG IN PARO

AN EMPOWERMENT CEREMONY

Our special ceremony will be at one of the smaller, more private and intimate Lhakhang (temples) that has been in the charge of one family for many generations.

Empowerment is a kind of spiritual authorization one would seek from an accomplished teacher to be able to practice dharma for the benefit of all sentient beings. The empowerment that you will experience is called **“Tse Bar-me Lung”** meaning clearing of obstacles for longevity or long life. The empowerment ceremony begins with prayers offered by a group of monks with religious musical instruments. Once that is done, then the teacher through oral recitation and blessings to deliver the power conducts the actual empowerment ceremony.





Our Personal Guest

BHUTAN- AT A LHAKHANG IN PARO



THE BUTTER LAMP CEREMONY

The Butter Lamp Ceremony is visually very beautiful as it involves several containers to be filled with butter or vegetable oils and a cotton wick placed at the center. The lamps are lit and prayers are offered which are believed to be of two-fold benefit. It is believed that the benefits from the butter lamp helps the dead soul lost in darkness find its way to his root guru for refuge and assistance. In other words, it equips the soul with an ability to find the correct path despite the darkness or the ignorance that surrounds him or her.



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MANDALA (SANSKRIT FOR “CIRCLE”)

In Buddhism, Hinduism and Christianity is a diagram used as a focus and guide for meditation by practitioners and constructed as a blessing and for the benefit of the local area and populace. Each Mandala represents the universe pictorially. At the Lakhang you will see a Sand Mandala being constructed in staggering detail and beauty, using dyed sand or crushed semi-precious stones. After completion, sand Mandalas are ceremonially dismantled to demonstrate the impermanence of life. The sand, which is blessed in the process of creating the Mandala, is swept into a jar to the deep sounds of tonal chanting. The jar is then emptied in a nearby body of water to symbolize the cycle of life. The blessed sand is also seen to benefit the water and the land it comes into contact with. As we watch and become involved in the creative process, our attention is diverted from the external to the internal.

