

# Rising Inner Peace: Shiva Garuda Dharma

with Lama Norbu and Yuan Miao

Saturday, October 2<sup>nd</sup>, 1pm-3pm

\$ 45 in adv. / \$ 55 at the door

The great Padmasambhava made a prophecy in the 8th Century: "When an iron horse flies up into the sky, tantric teachings will spread widely in the land of red-faced people." The precious Shiva Garuda practice provides an expedient and beneficial dharma path to help us overcome worry and fear while balancing body, speech and mind. It is an essential and powerful transmission for modern times.

Originating from Divine Mother Guan Yin, Shiva Garuda was transmitted in secret by advanced Tibetan yogis. Lama Norbu received this transmission to help people master our increasingly turbulent times with peace and clarity.

Through a potent combination of breathwork, visualization, intention, mantra and mudra, Shiva Garuda enables us to hold a higher frequency of vibrational energy while elevating our consciousness. Also known as the Phoenix-Agape practice, Shiva Garuda leads us to a state of deep, meditative focus while attuning us to our own rising, self-healing energy.

This profound, esoteric teaching increases our joy and inner peace while helping to heal the collective suffering of humankind. Shiva Garuda teaches us to release limiting concepts, return to our Inner Nature and discover ultimate freedom.

In this workshop (suitable for all levels), we will learn the Shiva Garuda practice and rediscover the reservoir of peace that resides within!



Lama Norbu, is a master of Vajrayana and an adept in Supreme Yoga Tantra. His father, who was also a lama, taught him the Buddha-dharma. After fourteen years in monastic studies in India, he earned his Geshe "degree" (equal to a PhD) in Tibetan Buddhism. Spiritual Director of the **New Century Foundation**, he recently authored, **Love Sutra Lama**, to highlight feminine spiritual awakening and its importance for our times.

**Dakini Yuan Miao** is a half-Tibetan, half-Chinese woman raised largely by her Tibetan grandmother, Yeshe Tsoumou, a spiritual master whose father was a rinpoche in the Nyingma lineage of Tibetan Buddhism. She is a renowned mantric singer, author, painter and founder of the **New Century Foundation**.

**Call 310.559.7200 to reserve your space!!**

