

# Tibetan Buddhists coming to DePauw March 15th - 19th

(organized by the Meditation Club & Center for Spiritual Life, co-sponsored by Asian Studies)



## Schedule - 5 days

- Starting Ceremony Sand Mandala at Hoover Foyer (Friday, March 15, 4 PM)
- Art workshop Panda Mask (Fri, March 15, 6 PM) CSL
- Butter sculpture (Saturday, March 16, 2:00 PM) CSL
- Prayer flag workshop (Saturday, March 16, 4 PM) CSL
- Buddhist practices (Saturday, March 16, 6:00 PM) CSL
- Meditation & yoga (Sunday, March 17 2:00 PM) CSL
- Closing Ceremony Sand Mandala at Hoover Foyer & Nature Park (Tuesday, March 19, 4 PM)

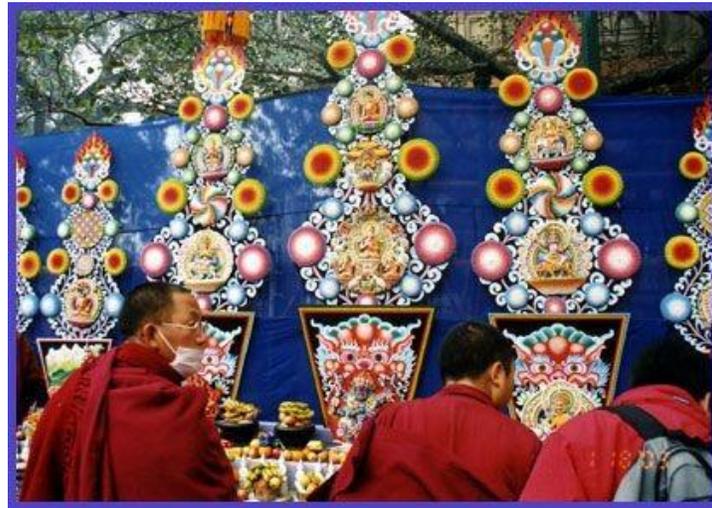
### Art workshop



(panda mask)

In Tibet, the creation and celebration of art are integrated with Buddhism. It is difficult to separate the two. The monks will provide hands-on workshops so that participants can enjoy creating artworks themselves and gain deeper understanding of the significance behind those artworks. The workshop will be open to people from all walks of their lives. During the workshop, the monks perform a traditional panda dance.

### Butter Sculpture Workshop



(butter sculpture)

Butter sculpture is a form of ancient Tibetan Buddhist art. Although it is not as well known as another Tibetan ritual art, the sand mandala, it is still an important aspect of Tibetan Buddhism. Butter sculptures symbolize impermanence (a main tenet of Buddhism) and are usually destroyed anywhere from a day to a few years. Butter Sculptures are traditionally made every Losar, the Tibetan New Year, and for the Butter Sculpture Festival, part of "Monlam Chenmo," which is held soon after Losar. Butter sculptures are displayed on altars and shrines in monasteries or family homes. Butter sculptures are displayed in many different ways; typically, they are made on a paddle, as free standing sculptures, or as a decoration on tsampa cones called tormas. They are usually made in the form of flowers, "metog," or traditional symbols such as the 8 auspicious signs.

They are traditionally made with yak butter. However in exiled Tibetan communities, the sculptures are made with ghee, fat, and wax as the result of warmer weather. During the workshop, the monks will teach participants how to make flowers, the conch shell, and jewels with butter.

## Prayer Flag Workshop



(prayer flags)

On the prayer flag, the windhorse is normally at the center with 4 supernatural creatures at each corner: the dragon, the garuda, the snow lion and the tiger. The horse gallops like the wind carrying the wish-fulfilling jewel. It radiates peace, prosperity, knowledge, success, long life, protection and health. The windhorse symbolizes positive personal power that eliminates all hindrances caused by illness, accidents, malign spirits and astrological auspiciousness, bestowing personal power and good luck. Around the horse are 20-odd mantras—powerful ritual utterances—each dedicated to a particular deity. The mantras on the prayer flags are believed to have the power to cleanse the air. In addition to the mantras, tibetans will do prayers long life and good fortune for the person who erects the flags. Tibetan prayer flags can be seen all over the Tibetan cultural world—from high mountain, rooftops, along the creeks in the mountain, bridges, monasteries.

In this workshop, the monks will teach you how to make Tibetan Prayer Flags. Prayer flags consist of auspicious mantras and prayers which are wood block printed onto squares of cotton cloth in the five colors of Buddha: red, white, blue, green, and yellow. Squares of paper, instead of cloth, will be strung together in the workshop .

## Buddhist Practice Workshop



## (Altar Services)

Tibetans normally have a Buddhist altar in their homes. These altars represent the Three Jewels: The Buddha (is usually represented by a statue or statue); The Dharma (which can be a "pecha" or Dharma sutra); and the Sangya (can be the statues of Bodhisattvas and eminent teachers such as Tsong Khapa). In addition, an altar will have seven offering bowls to represent the offerings of water, flowers, incense, light, sound, and food. An altar will also have a stupa that represents the enlightened mind of a Buddha.

The monks will demonstrate how to set up an altar correctly. Participants can also purchase the set-up tool from the monks if the participants are interested in setting an altar at home. Participants can immerse in the meditative state of setting up the sacred altar and learn more about the rituals and ceremonies through this workshop.

### **Tibetan Yoga Class**

Two monks: Lobsang Jamyang and Tenpa Phuntsok, will give classes in yoga as practiced at Tashi Kyil Monastery. This workshop **does not require** any participants to have any previous experience in yoga. There are some examples down below. Website link: <https://www.tashikyiltour.org/>

