## Upcoming Special Events at Deer Park

## Nyung Nay Avalokiteshvara Fasting Ritual

**May 23(Saturday) – May 25 (Monday) 2026**

Deer Park will host the Nyung Nay Avalokiteshvara fasting ritual led by Geshe Tenzin Sherab la starting

Saturday, May 23 at 4:30 a.m.
to Monday morning, May 25

**Prerequisites:** For those planning to attend, there is a prerequisite of having had either a Chenrezig empowerment or a highest yoga tantra initiation.

**Registration:** Starting in early May, there will be a sign-up sheet for this in the temple. Anyone intending to participate in this ritual should sign up in advance in the temple (preferred) or email Drolma at **liane.nakamura@yahoo.com** with your name and phone number as we need a count for meals and texts. Please bring your own copy of the text if you have one.

**Description of practice:** This practice, based on the Buddha of compassion, involves fasting and multiple daily sessions of prostration and recitation of the sadhana, praises, and mantras. This is an intensive spiritual practice to purify obscurations and negativities and accumulate merit. The practice involves taking only one pre-noon vegetarian meal on Saturday provided by Deer Park and then fasting until the Monday morning breakfast provided by Deer Park.

**Schedule:** The schedule for Saturday and Sunday involves taking the Eight Mahayana Precepts (24 hour vows) at 4:30 a.m. at Deer Park. Please plan to be in the temple BEFORE 4:30 a.m. so that we can start promptly. Sunday is a day of silence with no food or liquid to be taken. Participants should plan to attend the entire ritual.

**Details:** Please bring some padding to place on the floor to protect your knees during prostrations. Also you may want to bring two small towels for your hands.

Lunch on Saturday will be offered by several Tibetan families.

**Cost:** Contributions are welcome.

## Tangyur Reading or Reading of the Collection of Commentaries to the Buddha's Speech

**May 26 (Tuesday) – May 31 (Sunday)**
**8:00 a.m. to 5:30 p.m.**

Deer Park will host a reading of the Tangyur, or the Collection of Commentaries to the Buddha's speech. The Tangyur will be read in Tibetan. For those who do not read Tibetan, there are a few sutras available in English. These include: *Vajra Cutter Sutra*, the *Sutra of Golden Light*, and the *Sanghata Sutra*. Deer Park has a limited number of these sutras in English. If you have your own copies to read, please bring them.

The purpose for this reading is for the long life and good health of His Holiness the Dalai Lama. The reading is also for the speedy reincarnation of H.E. Ganden Trisur Rinpoche Lobsang Tenzin and Lama Zopa Rinpoche and for the fulfillment of their wishes to benefit sentient beings. Further, the reading is for the long life and good health of Tenzin Nawang Rinpoche. As well, the reading is for the long lives and good health of Geshe Tenzin Dorje, Geshe Tenzin Sherab, Geshe Lhundup Jinpa, and all our precious teachers. The reading is dedicated to world peace.

If any Tibetan families or any other students would like to or are able to sponsor morning or afternoon tea with bread or lunch or dinner during one of the 6 days of Tangyur reading, please contact **Trinley Namgyal at 608-332-8272**.

In order to plan for meals during this time, we request that anyone planning to attend any days of the Tangyur reading, contact **Sherab at 608-332-7080** or email **lsherab@hotmail.com** to inform him of the specific dates you plan to attend.

Anyone is welcome to make a donation to this virtuous activity by sending a check to Deer Park at 4548 Schneider Drive, Oregon, WI 53575, and by noting in the memo "for Tangyur reading".

## Essence of Saka Dawa

## Saka Dawa Guru Puja

**May 31 (Sunday) at 6:00 p.m.**

Sunday, May 31 is the 15th day of the Tibetan month of Saka Dawa. This day is the "essence of Saka Dawa" because it commemorates Shakyamuni Buddha's birth, enlightenment, and parinirvana. On this day, the merit of virtuous activities is multiplied exponentially. Deer Park will host a Guru Puja with tsok at 6:00 p.m. this day. You are welcome to bring cookies, fruit, etc. to offer as tsok. All are welcome to attend. As part of the puja, you are welcome to bring a canned food item which Deer Park will donate to an area food pantry.