

*Every single moment
is the seed of your awakening!*

LUMINOUS AWARENESS

BARDO PRACTICE PROGRAM

START ANY TIME

100% ONLINE

ALL WELCOME

Join us in a practice-focused program designed to seize the opportunity for liberation and awakening present within every moment. In Tibetan Buddhism, a *bardo* is an intermediate state or transitional period between death and rebirth, but is also the gap or interval between each thought, and between sleep, dreams and waking.

This Bardo Practice program focuses on Dream Yoga, Rainbow Yoga (Illusory Form) and practices for the Bardo of Dying. The program involves applying the teachings in Lama Pema Düddul's book *Luminous Awareness: A Guidebook to Natural Awakening in Life and in Death*. This is a self-guided program with no attendance requirements. The program is wholly online, can be started at any time and completed at your own pace.

The program is taught by Lama Pema Düddul (PhD). Lama Pema is a Dharma teacher, poet, academic and the author of *Luminous Awareness*, *Here We Settle*, and *Natural Presence*. He is also Co-Director of *Pristine Awareness: Foundation for Buddhist Practice*.

Click [HERE](#) for more information and to register.

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