

Astrology Readings and Personal Healings with Gaden Shartse Monks at Giving Tree Cafe!

April 2nd and 8th from 2pm – 4:30pm

Scheduled in 30-minute increments.

To book your reading or healing, contact Jennifer Flowers 602.617.3976 or jlflowers08@gmail.com



Astrology Reading by Gaden Shartse Tibetan Monk

Tibetan Astrology is an important part of Tibetan culture. It is interwoven into daily life and provides guidance for major decisions. It is also the complement to Tibetan Medicine; astrology provides the wisdom, while medicine provides the method. Tibetans have used astrology for thousands of years as a tool to better understand both themselves—including their health and fortune—as well as external factors in their lives.

When scheduling your reading, please provide the following information beforehand:

- Date of Birth - Place of Birth - Time of Birth

The Monk will answer 3 inquiries about auspicious or inauspicious choices.

Sessions are 30 minutes. Suggested donation \$75 per person.



Personal Healing (Vajra Vidharan) by Gaden Shartse Tibetan Monk

Vajra Vidharan is a ritual of purification and personal healing. The ritual disperses negative forces giving protection from subtle negative imprints and the adverse influences of stars. The ceremony also restores relationships and removes sickness, mental disturbances, enmities, defilements, misfortunes, bad omens, victimization by others, premature death, obstacles, misguidance and potential animosity with neighbors, spouses, and friends. In essence, it removes negative forces that may ultimately change into adverse conditions or suffering while cultivating the ability to experience and receive the pure light and energy of Buddha.

Healing Sessions are 30 minutes. Suggested Donation: \$75 per person



SCHEDULE

The Monks of the Gaden Shartse Monastery Sacred Earth and Healing Arts of Tibet Tour at the Giving Tree Cafe!

Join us for Extraordinary Events with the Tibetan Monks

Tuesday, April 2, 2024

1 – 4:30 pm

Creating Mini Sand Mandala & Coloring Tibetan Designs

A complimentary fun activity with the Monks where you will get to create a mini sand Mandala! Learn their techniques, work on your breathing, your patience, and your creativity!

2 – 4:30 pm

Astrology Readings and Personal Healings by a Gaden Shartse Tibetan Monk

Sessions are 30 minutes long and must be booked in advance by contacting Jennifer Flowers 602.617.3976 or jlflowers08@gmail.com.

Walk-in guests are welcome, pending open time slots are available.

Suggested Donation: \$75 per reading or healing

6:00 – 7:00 pm

Community Dinner with Special Menu Offered by Chef David

Dine with the Monks! Community Dinner with Special Menu \$25

[Ticket link here](#)

7 – 8:30 pm

An Introduction to Tibetan Astrology with Geshe Chodak

In the Tibetan Buddhist medical and tantric traditions, astrology is not regarded as superstition but rather as a practical tool to understand and heal our body and mind on the gross, subtle and very subtle levels.

\$15

[Ticket link here](#)

The Monk's "Dharma Shop" will also be available offering special and unique Tibetan items for purchase.

Monday, April 8th, 2024

1 – 4:30pm

Creating Mini Sand Mandala & Coloring Tibetan Designs

A complimentary fun activity with the Monks where you will get to create a mini sand Mandala! Learn their techniques, work on your breathing, your patience, and your creativity!

2 – 4:30pm

Astrology Readings and Personal Healings by a Gaden Shartse Tibetan Monk

Sessions are 30 minutes long and must be booked in advance by contacting Jennifer Flowers 602.617.3976 or jlflowers08@gmail.com.

Walk-in guests are welcome, pending open time slots are available.

Suggested Donation: \$75 per reading or healing

6 – 7:30 pm

Exploring the Depths of Tibetan Yoga Tantra: Unveiling the Power of Visualization, Mantras, Mudras, and TSA-LUNG-THINGLE

Join us for an enlightening presentation by Venerable Geshe Chodak, a highly respected monk who received his Geshe Lharam degree (Doctorate in Buddhist Philosophy) from Gaden Shartse Monastic College in Mungod, Inda. With his deep understanding of Tibetan yoga tantra, Geshe Chodak will guide us through the profound teachings of ancient practice.

During the session, Geshe Chodak will unravel the intricate art of visualization, teaching us how to manifest the mandala within our minds from depths of emptiness. Discover the transformative potential of chanting mantras as they harmonize your speech, mind, heart, and connect you to higher realms of consciousness.

Explore the ancient practice of mudras, intricate hand gestures that facilitate energy flow and enhance spiritual connection. Additionally, he will delve into the mastery of TSA-LUNG-THINGLE, a profound yogic technique involving the channels, vital energy, and vital essences. Immerse yourself in the wisdom of Tibetan yoga tantra and unlock the transformative powers within you. Don't miss this opportunity to deepen your spiritual journey with Venerable Geshe Chodak's guidance.

Please bring your own yoga mat, cushion, or blanket.

\$25

[Ticket link here](#)

7:30 – 9 pm

Community Dinner and Farewell Music with the Monks.

Special Menu Offered by Chef David

[Ticket link here](#)

Mystical Arts of Sacred Music

In celebration of the Monks of Gaden Shartse Monastery and the conclusion of their Sacred Earth and Healing Arts of Tibet Tour in the Valley of the Sun, please join us for a special finale with a sampling of multiphonic chanting, music and dance. The pieces are drawn from authentic temple dances, performed for thousands of years in Tibet.

The Monk's "Dharma Shop" will also be available offering special and unique Tibetan items for purchase.