

Rubín Museum of Art
and the Harmonic Presence Foundation
present

Resonance and Radiance: Sacred Music, Sacred Mind

Concerts, Seminars and a Film,
Rubín Museum of Art, New York City, June 1-3, 2007

THE NAGI GOMPA NUNS DAVID HYKES/HARMONIC CHOIR THE NANGCHEN NUNS (FILM)



Rubín Museum of Art, www.rmanyc.org
150 West 17th Street, New York, NY 10011, Tel. 212.620.5000 x344

CONCERTS:

Friday, June 1, 7 pm: The Nagí Gompa Nuns. Admission: \$25
Sat., June 2, 6 pm: The Nagí Gompa Nuns/David Hykes/Harmonic Choir &
Harmonic Meeting (group + audience chant) Admission: \$35

SEMINARS:

Saturday, June 2, 1-4 pm, Seminar 1: The Nagí Gompa Nuns
Sunday, June 3, 11:30 am-2:30 pm, Seminar 2: The Nagí Gompa Nuns
Sunday, June 3, 3-6pm, Closing/Seminar 3: David Hykes/Harmonic
Chant & "The Nangchen Nuns," a film with Tsoknyi Rinpoché.
Admission: 1 Seminar, \$45; 2 Seminars, \$80; 3 Seminars, \$108

THE NAGI GOMPA NUNS

Chant, Dance, and Wisdom Teachings of Tibet



Gyan Tara

Deki Chodron

Yeshe Sangmo

To offer opportunities for spiritual study with experienced practitioners, three exceptional female Lamas from Nagi Gompa Nunnery in Nepal accepted invitations to visit Dharma and Cultural Centers in Europe and the USA at the request of their Abbot, Tulku Chökyi Nyima Rinpoche.

The Nuns have completed the traditional three-year retreat and have practiced meditation for most of their lives. They are well-versed in the practices of the Chokling Tersar tradition, a special lineage in Tibetan Buddhism, and in particular in the esoteric vajrayana practice of "Chöd (pronounced "cheuh"), a Tibetan word meaning "cutting through" or "severing." Utilizing the special techniques of Chöd, the practitioner cuts through his or her personal demons-- neurotic self-cherishing and its accompanying painful negative emotions. The tradition of Chöd, which includes beautiful chanting and meditative dances, was established in 11th century Tibet by the revered tantric saint, the female yogi Machik Labdrön. Carefully handed down through the centuries

from master to initiates (male and female), Chöd has a threefold purpose: to quickly transform all harmful mental states, including fear and hatred, into states of courage and selfless love; to actualize the perfection of wisdom; and, ultimately, to evoke realization of the practitioner's own intrinsic buddha nature.

The esoteric viewpoint of Chöd is expressed through ritual circular dance, performed collectively and accompanied by small hand-held damaru drums, the sounding of ceremonial thigh-bone trumpets, and the chanting of melodious devotional songs. The dances are considered a form of meditation, and are normally practiced only in Nagi Gompa's secluded environs, not in public. But with the special permission from their Abbot, the sacred Chöd Dance of the Chokling Tersar Lineage is being performed at a few select venues in the West. For non-Buddhists, the beautiful Chöd Dance serves as a unique, ethereal cultural experience; for Buddhists, the mesmerizing ritual represents a celebration of the tantric aspect of the Buddha's profound message.



Perched high on the emerald slopes of Kathmandu Valley, Nagi Gumpa Nunnery, a branch of Ka-Nying Shedrub Ling Monastery in Boudhanath, gives motivated women a full range of liturgical training and religious education. Built in 1962, Nagi Gumpa was under the care of its founding abbot, the eminent Dzogchen master H.E. Tulku Urgyen Rinpoche, until his parinirvana (death) in 1996. With profound clarity and conviction, Tulku Urgyen recognized the inherent equality of men and women and their innate potential for awakening to their own enlightened nature. At Nagi Gumpa many women of high spiritual caliber unfolded their spiritual wings under his guidance. To perpetuate the Buddhist teachings, Tulku Urgyen placed a strong phasis on combining meditation practice with philosophical study. After completing their daily sacramental rituals and meditation practices in both the Kagyu and Nyingma traditions, the nuns at Nagi Gumpa methodically engage in a guided study of the classic Buddhist scriptures.

Today, more than 100 nuns, ranging in age from 9 to 90, occupy clusters of simple one-room living quarters. The continued authenticity of the precious Buddhist Doctrine rests with ordained practitioners, such as these nuns. The long-range objective of Nagi Gumpa is not only to accord female practitioners the opportunity to develop to their fullest potential, but to prepare them to enter the mainstream of Dharma activity now flourishing in all parts of the world. It is sincerely hoped that one day the most gifted nuns will serve the global community as instructors of the Buddhist Path.



"It is with great pleasure that I offer my blessings and best wishes for the Festival "Resonance and Radiance: Sacred Music, Sacred Mind," which features traditional and modern approaches to sacred music, and how it can help harmony and healing.

I am happy that the Rubin Museum of Art and David Hykes's Harmonic Presence Foundation are taking this initiative to explore connections between mind, music, meditation and medicine. Our 3 Nuns from Nagi Gumpa are visiting the West for the first time, sharing the time-honored teachings and perspectives of Tibetan Buddhism through their experiences as distinguished female spiritual practitioners, particularly of the Chö tradition.

Their interactions with the musicians of the Harmonic Presence Foundation, as well as neuroscientists, artists, and Western audiences, will surely help deepen awareness about the rôle sacred music can play in bringing harmony to life."

--Chokyi Nyima Rinpoché (pictured above),
www.shedrub.org



The Harmonic Presence Foundation (www.harmonicpresence.org) has been exploring for over 30 years how traditional and contemporary sacred music helps the search for essential harmony in mind, body and spirit. Their research studying relationships between mind, music, meditation and medicine, brings together practitioners of musical spirituality with health care practitioners, neuroscientists, artists and the general public. Through the development of Harmonic Chant in the west, the Foundation has encouraged new possibilities for global sacred music, in collaborations with His Holiness the Dalai Lama, the Gyuto and Gyume Monks, and musicians from India, Tuva and Mongolia. The Foundation sponsors retreats, seminars and workshops dedicated to musical spirituality, health and well-being.

The film “Journey to Nangchen,” with Tsoknyi Rinpoche (pictured above), about another group of extraordinary female practitioners, will be screened as part of the closing seminar on Sunday, June 3 from 3-6pm. In Nangchen, an isolated corner of Tibet, 3000 Buddhist nuns carry on a thousand-year old unbroken chain of spiritual practice. When meet-



ing these remarkable women, one is immediately touched by their love and compassion—the heart of all Buddhist practice. “Journey to Nangchen” is a 28-minute film that offers a rare glimpse into the lives and faith of these extraordinary women.



David Hykes

Harmonic Presence Foundation
www.harmonicpresence.org