

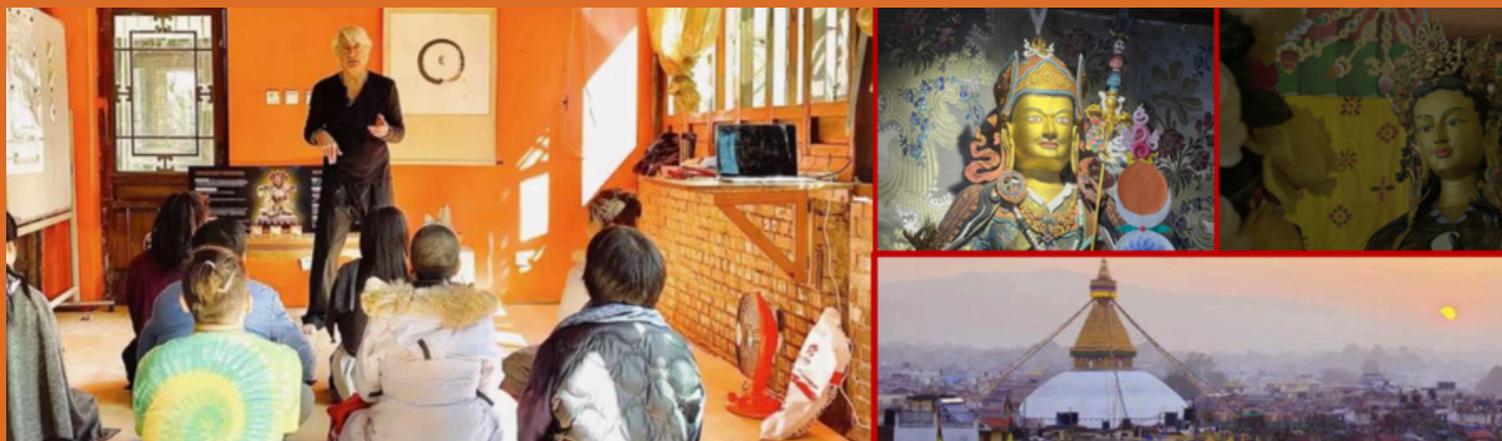


SHAMBHALA STUDIOS

HIMALAYAN EXTREME EXPEDITIONS

**LOTUS BORN
MASTER:
DECODING THE
DAKINI CODE**

**Laurence Brahm
Bone Lhamokyap**



Laurence Brahm, film director of Shambhala Studio, is offering a four day intensive program on the **Lotus Born Master's Eight Manifestations and Five Wisdom Dakini**.

In this interactive workshop he will share previously unexplained insights into their **history, practices and the quantum energy fields** that these represent.

Specific meditation, breathing, and visualization practices of the **Lotus Born Master and his Dakini Yeshe Tsogyal** will be shared and imparted so that participants can have a set of daily practices.

The program will be enhanced with music interludes by **Bone Lhamokyap**.

Sound frequency enhances receptivity in cultivating positive energy that will be an important aspect of of the workshop.



DAY 1

Course Curriculum:

Includes deep explanatory information of the first four of Lotus Born Master's Eight Manifestations as eight practices, eight entry points into the mandala, and eight quantum energy fields as well as actual practices connected with each.

8:00am-9:00am

Breakfast



9:00am-10:00am

Lecture on the first two of the Lotus Born Master's Eight Manifestations including the mantra access codes and power of understanding impermanence



10:00am-11:00am

Teaching Guru Mantra and Internal breath control practice to open energy channels and manage frequencies



11:00am-11:40am

Meditative mantra frequency transmission through Himalayan flute solo & mantra singing by Bone Lhamokyap



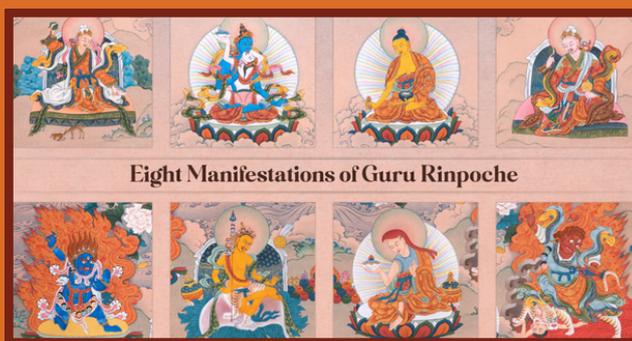
11:40am-12:30pm

Meditation reflections on morning program and application

12:30pm-2:30pm

Lunch and relaxation

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2:30pm-3:30pm

Lecture on the second two of the Lotus Born Master's Eight Manifestations for chakra cleansing and opening together with Rainbow Body light frequency absorption

3:30pm-4:15pm

Acoustic chakra opening and radiant light music by Bone Lhamokyap

4:30pm-6:00pm

Qigong practice to open central Chakras

6:30pm-7:30pm

Dinner

8:00pm-10:30pm

Optional Film Screening and Discussion: We are pleased to offer an optional screening of any film from the Shambhala Studio collection, followed by a live Q&A session with Laurence Brahm.



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DAY 2

Course Curriculum:

Includes deep explanatory information of the second four of Lotus Born Master's Eight Manifestations as eight practices, eight entry points into the mandala, and eight quantum energy fields as well as actual practices connected with each.



8:00am-9:00am

Breakfast



9:00am-10:00am

Lecture on the third two of the Lotus Born Master's Eight Manifestations that includes warding off negativity and the conducting of energy frequencies



10:00am-11:00am

Teaching Guru Seven Line Prayer and invocation for Guru practice



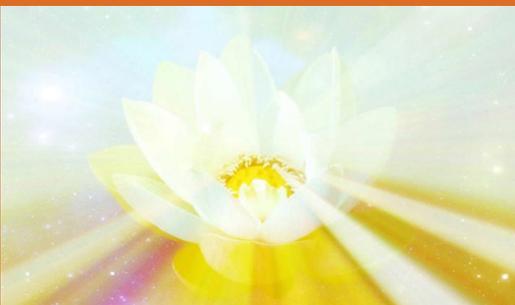
11:00am-12:30pm

Full Guru meditation practice and application



12:30pm-2:30pm

Lunch and relaxation





2:30pm-3:30pm

Lecture on the last two of the Lotus Born Master's Eight Manifestations including tantric Yin-Yang yoga concept and crazy wisdom

3:30pm-4:15pm

Acoustic Tribal music by Bone Lhamokyap

4:30pm-6:30pm

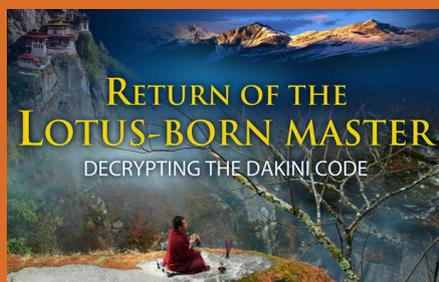
Qigong practice to open central Chakras together with full Guru meditation practice completion and transmission

6:30pm-7:30pm

Dinner

8:00pm-10:30pm

Optional Film Screening and Discussion: We are pleased to offer an optional screening of any film from the Shambhala Studio collection, followed by a live Q&A session with Laurence Brahm.



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DAY 3

Course Curriculum:

Explanatory insight of the Five Wisdom Dakini of Lotus Born Master and the quantum fields of the Five Elements, their own practices, and how these can be applied to daily life and healthy living.



8:00am-9:00am

Breakfast



9:00am-10:30am

Five Wisdom Dakini as Five Energy Fields Explained



10:30am-11:15am

Dakini full practice with mantras and yogic meditation breathing and mind transfer visualization



11:15am-11:45am

Sounds of Shambhala by Bone Lhamokyap



12:00pm-1:00pm

Lunch

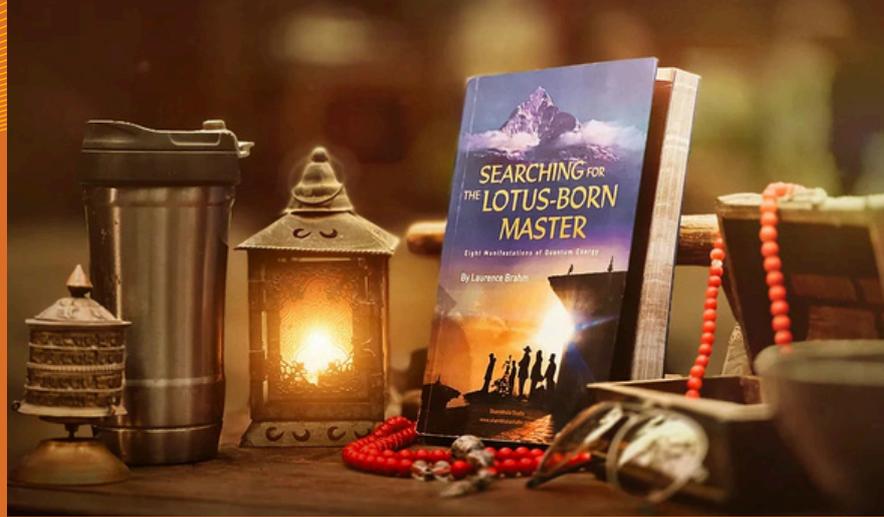


1:00pm-6:30pm

*** (depends on the facilities available)**

Participants have free time for excursions around the area, hot springs, or enjoying the venue's peaceful spaces.



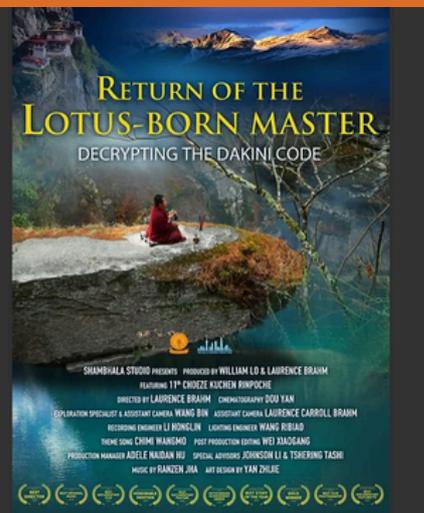
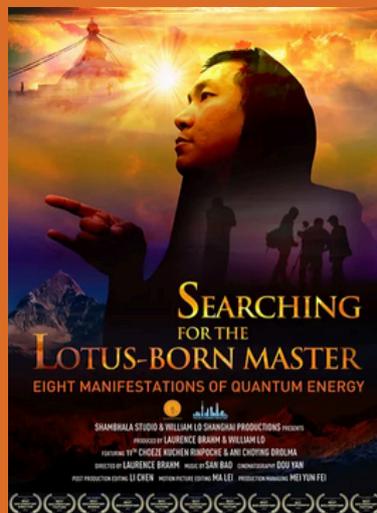


6:30pm-7:30pm

Dinner

8:00pm-10:30pm

Optional Film Screening and Discussion:
screening of any film from the Shambhala Studio collection,
followed by a live Q&A session with Laurence Brahm.

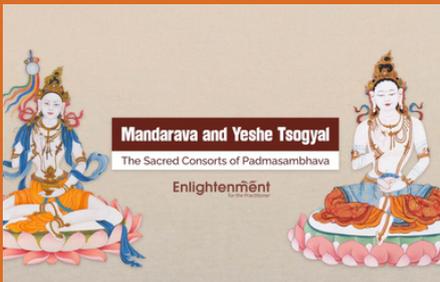


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DAY 4

Course Curriculum:

Empowerment and Closing with Tribal fusion Electronic music Celebration



8:00am-9:00am

Breakfast

9:00am-10:45am

Full empowerment for Guru Lotus Born Master and Dakini Yeshe Tsogyal practice



10:45am-11:30am

Reflection and discussion

12:00pm-1:00pm

Lunch



1:00pm-3:00pm

Guru and Dakini practice followed by Yeshe Tsogyal sadhana, mantra, and practice followed by review of the Five Protector Dakini practice



3:00pm-6:30pm

Reflection and meditation time.

*Private consultations with workshop coaches upon appointment.

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6:30pm-7:30pm

Dinner

8:00pm-late

Final Party Concert by Bone Lhamokyap:

A high-energy performance blending traditional tribal music with electronic harmonies, featuring uplifting beats and transformative soundscapes. Dance under the stars...or the sun? :)

DAY 5: Departure Day

By 12:00 PM: Check-out and departure

*****All timings are approximate and may be adjusted to align with the natural flow of the retreat, participant needs, and external factors such as weather conditions.***

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SREINA - Bone Lhamokyap



Roots and endlessness. The original music of Bone Lhamokyap is from the soul of the Shongomah (Sangemao) people, a minority tribe of Tibetan descent, whose existence is on the verge of extinction.

His music reflects a deep admiration for nature, peace, and the beauty of life. Bone blends ethnic sounds with electronic harmonies, playing instruments like the guitar, flute, and keyboard. He is also skilled in Kundalini meditation and chanting as well as crafting some of his tribal music instruments.

Bone has performed at numerous stages across Asia, Europe, and the USA, including the Shanghai World Music Festival. In 2016, he collaborated with Grammy-recognized producer Michael Starita at Fantasy Studios in California, producing singles like “Mother Earth is Crying.”

He has continued to tour internationally, including a notable summer Europe Tour in 2024, which concluded with a performance at Finland's Kosmos Festival.

In October 2024 Bone has released his new EP which serves as the soundtrack for the upcoming movie by Laurence J. Brahm under the Shambhala Studio records, the new chapter of the ‘Searching for the Lotus Born Master’ series. Bone also received the ‘Best New Age’ award at Beijing’s Gate of Nine Dragons festival in 2024.

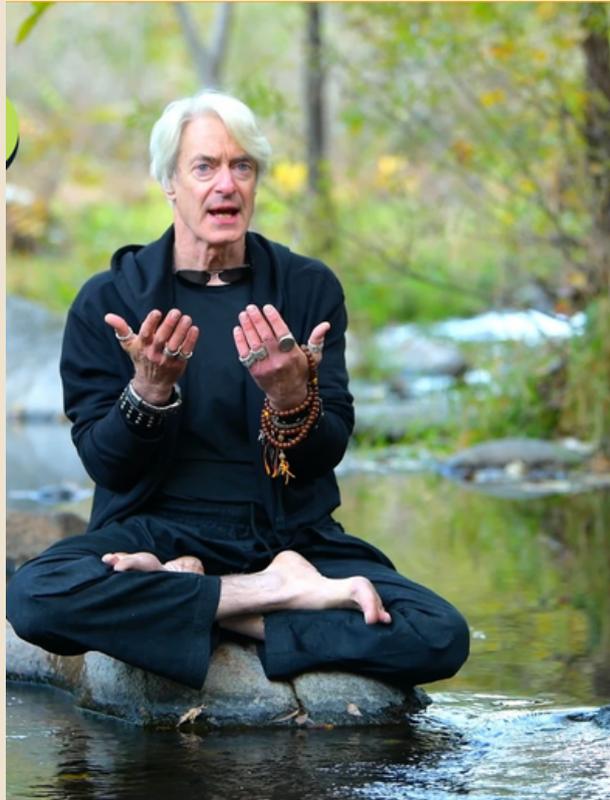
Website: <http://www.sreina-bonelhamokyap.com>



Laurence Brahm

Laurence Brahm is an explorer, author, and international award-winning film director and producer. He is the founder of Shambhala Studio, specializing in films related to Himalayan culture and Asian martial arts.

Between 2017-2024, he has produced and directed three documentaries on the life of the Lotus Born Master, the founder of Tibetan Buddhism, together with three science fiction films on the Shambhala prophecies.



He has also directed and produced films on Kung Fu, including the award winning “Searching for Kung Fu” documentary. He is a martial arts instructor, deep practitioner of Tibetan Secret Yoga, and an authorized meditation instructor of Bhutan’s Pemai Rangdang Dharma Center.

In 2016, he received the National Geographic Air and Water Conservation Award for raising environmental awareness through his Himalayan documentary films. In 2015, he was elected as International Fellow of the Explorer Club in New York. In 2015, Icelandic President Olav Ragnar Grimsson invited him to join the Himalayan Third Pole Circle, a group formulating policies to address glacier melting caused by climate change. During that time he served as advisor to Bhutan’s Environmental Commission. From 2014 to 2019, he served as the spokesperson and chairman of the Himalayan Consensus Summit. In 2012, as the spokesperson for the non-governmental organization at the 2012 United Nations Earth Summit (Rio+20), he was selected by ScenaRio as one of the 100 opinion leaders advising Rio+20. In 2010, he was awarded the United Nations Development Programme China Biodiversity and Cultural Conservation Award by Jane Goodall.

Website: <https://www.shambhalastudiofilms.com/>