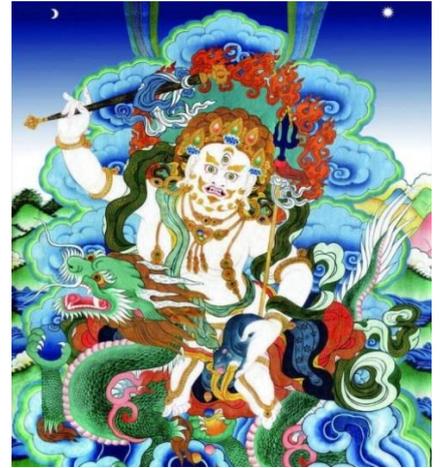


*Hjärtligt välkomna till Milarepa-sånger och Dzambhala retreat
med Drubpon Tsering Rinpoche
29 mars – 2 april, 2018 på Ratnashri Meditation Center*



Milarepa songs of realization

The great Tibetan yogi Jetsun Milarepa (c. 1051 – c. 1135 CE) is by far the most renowned and venerated Tibetan yogi, saint and poet. At early age, he was an ordinary human being who committed grave misdeeds. Then he turned to the dharma and through unwavering devotion to his teacher Marpa, single-pointedness, limitless patience, enthusiastic effort and accumulation of unfathomable wisdom and compassion, he attained the supreme buddhahood in one lifetime. Milarepa was famous for his beautiful voice and his teaching of the dharma through his spontaneous songs of spiritual realization (dohas) which serve as a vibrant source of inspiration, blessings, and a guide for all who seek the Dharma. Through these songs, his tireless, powerful and courageous quest for awakening in the face of tremendous difficulties resonates deeply within our hearts. Also, joys, sorrows, challenges, profound realizations and instructions (for anyone with the compassion and courage to apply them) throughout his journey to enlightenment were shared generously, sincerely with extraordinary clarity and beauty through these songs. Drubpon Tsering Rinpoche will give teaching and lead meditation on Milarepa songs of realization.

White Dzambhala

According to Tibetan legend, a revered high lama Atisha (982-1054) was walking alone when he found a man starving and near death. After looking around and unable to find food for the old man, he cut flesh from his own body and offered it to the starving man. But the man refused to eat his flesh. Being depressed and not knowing how else to help the man nearing death, Lama Atisha sat down next to him. At that point there was a blinding bright white light and the Thousand-armed Chenrezig (Bodhisattva of infinite compassion) appeared before Lama Atisha. Chenrezig told Lama Atisha that he (Chenrezig) was going to manifest himself as the Lord of Wealth, Dzambhala who grants wealth and assures that those in poverty would no longer suffer.

White Dzambhala is the Lord of Wealth of longevity, merit, food and riches, who belongs to the Jewel Family (Ratnasambhava) of the five Buddha families. White Dzambhala is a manifestation of the Bodhisattva of compassion Chenrezig (an embodiment of Amitabha). This wealth granting bodhisattva provides for one's physical needs just so that one can more successfully pursue the spiritual path, can practice generosity to accumulate merits, to transcend material and emotional attachments.

In order to have wealth, the five elements (earth, water, fire, air and space) need to be in balance. Practicing White Dzambhala with bodhicitta re-energizes the elements if they have declined due to various distractions and harmful chemicals. The blessings and benefits from this practice will reach the entire universe, other galaxies, all sentient beings and inanimate objects like rocks, trees. Thus this great compassion deity can avert disasters like wars, earthquakes, fires and floods; dispel poverty and sicknesses around the world and other difficulties, both physical and mental; purify non-virtuous karma and karmic obstacles as well as develop our bodhicitta mind. We welcome you to join this beneficial program to receive the blessings of the White Dzambhala, practice sincerely and dedicate our practice to bring good fortune and prosperity around the world.

Drubpon Tsering Rinpoche will give empowerment, teaching and explanation of the practice on White Dzambhala.

All teachings will be translated from Tibetan to English by Solvej Nielsen.

Retreat Schedule at Ratnashri Meditation Center March 29 – April 2, 2018	
March 29 (Thursday)	kl. 18 – 21 Teaching and meditation on Milarepa songs of realization
Mar. 30 – Apr. 1 (Fri. – Sun)	kl. 9 – 17 Teaching and mediation on Milarepa songs of realization (with lunch break and tea breaks)
April 2 (Monday)	kl. 10.00 – 12.00 Dzambhala Empowerment kl. 13.30 – 15.30 Dzambhala Teaching kl. 16.00 – 18.00 Dzambhala Practice and Tsog

If you have, please bring your Ratnashri Prayer Book and Drikung Prayer Book every day.
You are welcome to join the whole or part of the retreat.

Retreat fee	
Entire retreat	1 400 kr (includes texts and vegetarian lunches)
or for single day on Mar. 29: 200 kr; Mar. 30 – April 1:400 kr per day; Apr. 2: 500 SEK	
There is no discount on partial participation within a day.	

Drubpon Tsering Rinpoche is the resident Lama at the Drikung Garchen Institute, Munich, Germany since 2002 and is appointed by His Eminence Garchen Rinpoche as his representative in Europe. *“As I have passed on all responsibilities to him, I believe that he will become an authentic guide in terms of the true Dharma. As Lama Tsering has been with me from the age of eight until now, [I recognize] his wish and experience to bring benefit to others according to [the diverse kinds of] phenomena and individuals.”*

Ordained as a monk at the age of eight, he received the novice ordination two years later. He completed his studies at the main monastery of the Drikung-Kagyü lineage in Dehra Dun, India. In addition, he completed the traditional three-year retreat comprising the five-fold path of Mahamudra and the Six Yogas of Naropa. Subsequently, His Holiness Chetsang Rinpoche and His Eminence Garchen Rinpoche conferred the title of a Drubpon (retreat master) upon him. Rinpoche leads various retreats and meditation courses almost every month, in Germany or other European countries, suitable for beginners as well as for advanced practitioners.

Venue: Ratnashri Meditation Center (Friggavägen 11, Lidingö, telephone 08-765 5878)

Direction: T-bana: Ropsten. From Ropsten, take bus to Lidingö Centrum (201,204,205,206, 207, 211, 212 and 221). Walk along Odenvägen (on the left) down to Friggavägen. Turn left onto Friggavägen. Friggavägen 11 is on the right hand side. (Web: <http://www.ratnashri.se>)

Practical Information

- Please bring khata and an offering on Monday as they will be offered to Drubpon Tsering Rinpoche right after receiving the empowerment.
- Please bring some food offering for Tsog practice on Monday.
- To accumulate merits, throughout the retreat, participants should remain silent (during breaks) and consume only vegetarian food (no garlic, no radish) throughout the retreat.

Registration

To confirm your participation, please send an email to info@ratnashri.se
For those who want to pre-pay, the account is pg 1287806-2 (Ratnashri Meditation Center).

