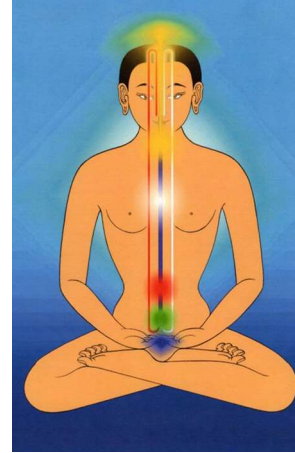


*Hjärtligt välkomna till Lojong, Vajrayogini, Tsa-lung Tingle & Chöd
retreat med Drubpon Tsering Rinpoche
17 – 22 april, 2019 på Ratnashri Meditation Center*



Lojong (Seven Points of Mind Training)

Lojong or mind training is a training for cultivating bodhicitta, the mind of attaining enlightenment for the benefit of all beings. It aims at radically transforming our habitual tendencies of self-centeredness to altruism. Due to the wrong view, we grasp at the believed-to-be intrinsically existing, real, "self" and we cherish "me" at the expense of all others. Thus, we feel hurt when someone insults us, betrays us, disparages us, but all because of our deep-rooted self-cherishing. Mind training challenges us to reverse this and leads us to realize the nonduality of self and other or the indivisibility of appearances and emptiness. We come to understand how others are more precious than a wish-fulfilling jewel, and the recognition that our true enemy lies inside ourselves, not outside. Thus, toward all being, contemplate their kindness. On the path of transformation, the principle of transforming all adversities into the path is applied. Then extend the principle to all possible situations - taking both success and misfortune onto the path. Early Lojong masters compare this teaching to an indestructible diamond, to all-powerful sun, and to the mythological wish-granting tree. Seven Points of Mind Training was composed by Geshe Chekawa as text and arranged into seven points by his disciple Sechilphuwa Özer Shyönnu and was brought to Tibet by Lord Atisha.

Vajrayogini, Tsa Lung Tingle and Chöd

The dwelling place of Vajrayogini is at the navel chakra. Her essence nature is warmth abiding at the navel chakra. On the outer level is the fire element. The quality of fire is that it can burn away everything. Within our body, fire is the warmth. The experience of warmth/heat relates to our life force and physical well-being, health etc. The essence of warmth is bliss. On the secret level, when we give rise to wisdom awareness, all afflictive emotions are burned away. Actually, the nature of all these afflictive emotions is emptiness. When we realize that, it gives rise to awareness. This awareness is like fire that burns away afflictive emotions. Then we reach the ultimate fruition of Vajrayana.

Tsa lung tingle (channel-wind-essence) according to the Heruka Tantra system: this teaching covers the knowledge of the formation of our physical body, the knowledge and yoga exercises of channels (tsa), chakras, winds (lung), elements and essences (tingle). On the outer level, the knowledge and yoga exercises of channel-wind-essence help us to understand our body. On the inner level, it helps to cure disease, improve well-being. On the secret level, after receiving the empowerment of Vajrayogini, we generate ourselves as Vajrayogini, visualize the inner channels, chakras, winds etc., and perform yoga exercises to purify this impure body to pure illusory body. By realizing the nature of this illusory body as the form of the deity, we will eventually realize the pure illusory body of the deity and attain the blissful state. Thus, the knowledge and yoga exercises of channel-wind-essence expediate the attainment of the ultimate fruition—the attainment of Buddhahood and the carrying out of various Buddha activities for the benefit of all sentient beings.

Chöd means cutting through; is a powerful mind training method according to Machig Labdron aiming at cutting ego-clinging through wisdom that realizes emptiness-compassion. We generate ourselves as Vajrayogini. The delusive self-grasping attitude of identifying ourselves as our body is cut when the skull cup is taken out of you and your body is offered boundlessly to the guests. Where is 'I' then? You are not the skull cup or the body. This body that you identify yourself so much with will someday perish and turn into a heap of ashes. When you realize the emptiness of self, that is, self does not exist inherently as we perceive but depends solely on causes and conditions, mind becomes like space.

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

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 Kagyu 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.

Retreat Schedule at Ratnashri Meditation Center April 17 – 22, 2019		
17 – 18/4 (Wed. – Thurs.)	kl. 18 – 20:30	Lojong (Seven Points of Mind Training)
19/4 (Fri.)	kl. 10:00 – 12:00	Vajrayogini Empowerment
	kl. 14:00 – 16:00	Vajrayogini teaching and practice
	kl. 16:15 – 17:15	Teaching and yoga exercises of Tsa Lung Tigle according to the Heruka Tantra system
	kl. 17.30 – 18:30	Chöd transmission and practice
20 – 21/4 (Sat. – Sun.)	kl. 09:00 – 09:30	Vajrayogini practice
	kl. 09:30 – 12:00	Tsa Lung Tigle (continued)
	kl. 14:00 – 17:00	Tsa Lung Tigle (continued)
	kl. 17:15 – 18:30	Chöd teaching and practice
22/4 (Mon.)	kl. 09:00 – 09:30	Vajrayogini practice
	kl. 09:30 – 12:00	Tsa Lung Tigle (continued)
	kl. 14:00 – 17:00	Lama Chöpa with Tsog and concluding practices

The **prerequisite** for receiving the Vajrayogini Empowerment is that one has taken refuge in the 3 Jewels (Buddha, Dharma and Sangha). Rinpoche will give the **refuge ceremony** on 18/4 (Thurs.) kl. 16 – 17. The **samaya** for the empowerment is bodhicitta and refraining from non-virtues of body, speech and mind, i.e., according to Buddha's teaching: *Perform all virtues, avoid all non-virtues, and purify the mind.* Bodhicitta is the essence of all Dharma practice. To maintain bodhicitta means with full mindfulness-awareness, one constantly observes the status of the mind and benefits all mother sentient beings no matter where one is.

Retreat Fee	
Fee for the whole retreat (all days)	1 800 kr. (includes texts and vegetarian lunches)
Fee per individual day: 17/4	200 kr.; 18/4 200 kr.; 19/4 600 kr.; 20/4 500 kr.; 21/4 500 kr.; 22/4 400kr.
You are welcome to join the whole or part of the retreat; no discount on partial participation within a day.	

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 Friday as they will be offered to Drubpon Tsering Rinpoche right after receiving the empowerment.
- If you have, please bring your Ratnashri Prayer Book and Drikung Prayer Book every day.
- Please bring your own vajra, bell and damaru and chöd-drum for practice.
- 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 (including the refuge ceremony on Thurs. kl. 16), please send an email to info@ratnashri.se no later than April 12, 2019. For those who want to pre-pay, the account is pg. 1287806-2 (Ratnashri Meditation Center). Otherwise, you can pay at the retreat.