

*Hjärtligt välkomna till Lamrim och Ushnishavijaya retreat
med Drubpon Tsering Rinpoche
15 – 20 april, 2020 på Ratnashri Meditation Center*



Lamrim—The Three Principal Aspects of the Path by Je Tsongkhapa

Je Tsongkhapa (1357 - 1419) was born in Amdo, Tibet. At young age, he studied with Dondrub Rinchen from whom he received numerous tantric empowerments. At seven, he had visions of Atisa Dipamkara and Vajrapani and could communicate with historical masters and deities. At the age of sixteen, he traveled to Ü-Tsang where he studied with more than fifty scholars and numerous tantric masters. He extensively studied both sutra and tantra, then did intensive retreats and became fully realized. Later, he devoted his life to practice, teach, compose and establish monasteries. He wrote eighteen volumes of teachings with sources from various Indian texts and commentaries. It was his emphasis on philosophical study and logic that became some of the defining characteristics of the Gelug tradition.

The Three Principal Aspects of the Path though short, contains the very essence of the Buddha's teaching. All sutras and tantras have their foundation based on these three: renunciation, strong bodhicitta and a correct view on emptiness as taught by Nagarjuna. Attaining liberation from samsara depends on our strong renunciation which can be cultivated through reflecting on precious human life, impermanence, infallibility of cause and effect, and the pervasive suffering nature in samsara. The stronger our renunciation is, the stronger our compassion is to others and the stronger our bodhicitta becomes. Emptiness is realized by attaining the Middle Way view, which asserts that things exist merely by the way of designation, and do not exist the way they appear. Things, despite their appearances, are empty as they do not have any intrinsic existence. Such view of emptiness if it is held by someone who yearns for self-liberation, it brings liberation from samsara by removing afflictive obscurations. If it is held by a mind of bodhicitta it eliminates cognitive obscurations that prevent omniscience, that is, the habitual grasping at inherent existence. Thus, to attend perfect enlightenment, all three aspects are necessary. After gaining conviction, one should stay in solitude and meditate single-mindedly to realize them.

Ushnishavijaya (Buddha of Longevity and Purification)

Ushnishavijaya (ushnisha means crown hair bun; vijaya means victory) is a female Nirmanakaya Buddha of longevity and purification who emanated from the Buddha's ushnisha. The historical account follows: Once when Devaputra Susthita was enjoying a blissful heavenly life, he suddenly heard a voice foretelling his death in seven days and that he would be reborn as an animal for seven consecutive lives and then fall into hells and so on. Upon hearing that, he rushed to Lord Sakra in Heavenly Palace who in turn sought help from the Buddha. From Buddha's ushnisha, light radiated illuminating all the world in all ten directions and returned; a mantra emerged. Buddha imparted it to Lord Sakra, "This mantra, known as the Purifying All Evil Path Ushnishavijaya Dharani, can remove all karmic hindrances, eliminate suffering of all evil paths and transfer sentient beings onto the virtuous path. It should be widely proclaimed to all beings. They should receive, uphold, recite, contemplate, memorize and preserve it." Then Lord Sakra returned to his heavenly palace and conveyed it to Devaputra who then practiced as instructed for six days and six nights, after which all his wishes were totally fulfilled.

Ushnishavijaya has three faces and eight arms. Her middle face and 8 arms are white, symbolizing the elimination of disasters. The yellow face on the left side symbolizes benefit and longevity. The blue face on the right side symbolizes the defeat of devils. It is said that as soon as her Dharani mantra is uttered, all the Buddhas will guard and protect our lifespan from being exhausted or shortened, the abode of the lower realms will be emptied and the door of the pure realm Sukhavati will be opened. All will be born there. Negative karma and obscurations are purified. There are limitless benefits. However, the power and blessings of the Dharani comes not only from the deity but from our own practice. The more we practice the deity, the more powerful the deity becomes, thus greater the blessings that we will receive. When we practice, we mingle the mind with the deity, visualize and habituate the form and chant the mantra, the mind really becomes a deity. Through habituation to the deity, the grasping of the ordinary sounds and forms, the habitual tendencies will be purified, what remains is our buddha nature, the deity. It belongs to the Tathagata family of the Kriya tantra. This Dharani practice is easy to practice. All four Tibetan Buddhist Schools regard this deity practice as very precious.

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 2003 and is appointed by His Eminence Garchen Rinpoche as his representative in Europe.

When he was eight, he took refuge from H.E. Garchen Rinpoche. He received the novice ordination three years later from the great Siddha Karma Norbu who bestowed Bodhisattva vow and Mahamudra instructions as well to Drubpon. He trained and studied under the guidance of H.E. Garchen Rinpoche at Gar Monastery in Nangchen, in eastern Tibet and served as the shrine master for five years, and later as a chant master and performed many ceremonies, rituals and Drubchens. He received countless empowerments, teachings and transmissions from H.E. Garchen Rinpoche and various masters such as Khenpo Jigme Phuntshok, Payül Khenpo Tenzin, Khenpo Yeshe, Khenpo Urgyen Rinpoche, Khenpo Münsel, Lho Bongtrul Tenzin Nyinma, His Holiness the Dalai Lama and His Holiness Drikung Kyabgön Chetsang Rinpoche. Drubpon completed many retreats during his training. In addition, he completed the traditional three-year retreat comprising the Fivefold path of Mahamudra and the Six Yogas of Naropa. In 2004, H.H. Chetsang Rinpoche and H.E. 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 15 – 20, 2020

15 – 17/4 (Wed. – Fri.)	Lamrim (Three Principal Aspects of the Path) Wed. kl. 18 – 20:30 Abandonment (turn the mind away from samsara) Thur. kl. 18 – 20:30 Generate Bodhicitta Fri. kl. 18 – 20:30 Correct View on Emptiness
18/4 (Sat.)	Ushnishavijaya—Longevity and Purification kl. 10:00 – 12:00 Ushnishavijaya Empowerment kl. 14:00 – 15:45 Ushnishavijaya Teaching Ushnishavijaya Puja with 1000 Offerings kl. 16:00 – 18:30 Ushnishavijaya offering puja, part 1
19/4 (Sun.)	Ushnishavijaya Puja with 1000 Offerings [continued] kl. 9:00 – 12:00 Ushnishavijaya offering puja, part 2 kl. 14:00 – 15:45 Ushnishavijaya offering puja, part 3 kl. 16:00 – 18:30 Ushnishavijaya offering puja, part 4
20/4 (Mon.)	kl. 18:00 – 20:30 Ushnishavijaya puja (Dharana Recitation)

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 statue of one's mind and benefits all mother sentient beings wherever one is.

Ushnishavijaya Puja with 1000 Offerings

We accumulate merits and purify karma by offering 1000 Dharani, tormas, water, flower, incense, lamps, scented water, food and music and circumambulate the mandala. We then dedicate merits to good health, longevity for all sentient beings, particularly our lineage masters; as well as peace, prosperity, virtuousness, auspiciousness, vitality, growth in bodhicitta and wisdom, swift Dharma progress and perfect buddhahood for all sentient beings.

Sponsoring Puja Offerings

It is very meritorious to sponsor the offering substances for this grand offering puja ceremony both for those who can and those who cannot attend the ceremony. Please write to info@ratnashri.se for details if you are interested.

Retreat Fee

Fee for the whole retreat (all days)	1 600 kr. (includes texts and vegetarian lunches)
Fee per individual day: 15/4	200 kr; 16/4 200 kr; 17/4 200 kr; 18/4 700 kr; 19/4 600 kr; 20/4 100kr.
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 on Odenvägen (on the left) down to Friggavägen, then turn left. Friggavägen 11 is straight ahead on your right.

Practical Information

- Please bring khata and an optional offering to Drubpon Tsering Rinpoche right after empowerment.
- If you have, please bring your Ratnashri Prayer Book and Drikung Prayer Book every day.
- Please bring your own vajra, bell and damaru for practice (on April 18, 19, 20).
- Please bring some food offering for the offering puja (on April 18 and 19).
- To accumulate merits, throughout the retreat, avoid idle talk, consume only vegetarian food (no garlic, no radish).

Registration

To reserve a place and lunch, please email to info@ratnashri.se and deposit fee to pg. 1287806-2 latest on Apr.10.