

May All Be Auspicious!

H.E. Garchen Rinpoche leads and bestows

Yamantaka Retreat .Sat.–Thur. 6–11/2

Livestream YouTube: [Click here](#)

Organized by [Garchen Buddhist Institute, Arizona](#)

**Refuge Vows and commentary Fri. 12/2 (LOSAR), kl. 17–20
CET**

More information about taking refuge from afar [Click here](#)

Livestream YouTube: [Click here](#)

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**White Tara Practice and Burning Away Afflictions for
Deceased Sun. 14/2 kl.18-20 CET**

Texts can be found [here](#).

Livestream YouTube: [Click here](#)

Donation [Click here](#) Organized by [Garchen Buddhist Institute, Arizona](#)

**Buddhist Path to Awakening by Ven. Khenpo Tenzin every
Tue. and Thur. from 18/2-20/5**

This concise and comprehensive overview of the Buddha's teachings is perfect for beginners or more experienced practitioners. Starting with an introduction to the Buddhist view and all the essential teachings of the path for transformation. An interactive format with discussion groups on zoom will give each you access to meaningful conversation fostering connection. It is an excellent opportunity to learn for the first time and to refine your understanding of Dharma.

The subjects include: Refuge, Ten Virtues, Ten Non Virtues, Preliminary Practices, Vows, View of Karma, Four Noble Truths, Four Thoughts, Sutra Paths and Bhumis, New Tantric Paths and Bhumis, Old Tantric Paths and Bhumis, Generation Stage, Completion Stage and the Fruition of Dharma Practice.

Tuesdays 18 - 20 CET Teachings

Thursdays 01:30 - 3:30 CET - Questions/ Discussion / Meditation

Dates:

February 16,18,23,25

March 2,4,9,11,16,18,23,25,30

April 1,6,8,13,15,20,22,27,29

May 4,6,11,13,18,20

(You will be notified of any date changes)

Livestream YouTube: [Click here](#)

Donation [Click here](#) Organized by [Garchen Buddhist Institute, Arizona](#)

Tsewang Dzinpa Commentary (continuation) Sat. 20/2, kl. 17-20 CET

Text: [Picture](#), [Description](#), [Sadhana](#) (only those who have received empowerment) [Yellow Prayer Bk](#)

Livestream YouTube: [Click here](#)

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White Tara Practice and Burning Away Afflictions for Living Sun. 21/2 kl.18-20 CET

Texts can be found [here](#).

Livestream YouTube: [Click here](#)

Donation [Click here](#) Organized by [Garchen Buddhist Institute, Arizona](#)

Teaching on Lord Jigten Sumgön's Practical Instructions to Mountain Retreatants called *Mountain Dharma* Sat.-Sun. 27-28/2, kl. 17-20 CET

More information [here](#). Register to info@milareparetreat.de until 25/2

Livestream YouTube: [Click here](#)

Donation [Click here](#). Hosted by [Milarepa Retreat Center in Germany](#)

Dream Bardo Teaching by Khenpo Samdup Rinpoche Sat.

6/3, kl. 17-19 CET

Shitro Empowerment Sat. 6/3, kl. 22 – 01 CET

**Phowa Transmission and Phowa/Bardo Teaching Sun. 7/3,
kl. 17 -20 CET**

Phowa text [here](#)

Program information [here](#).

Livestream YouTube: [Click here](#)

Donation [Click here](#). Hosted by [Gar Drolma](#)

Drubpon Tsering Rinpoche leads

Teaching: 37 Practices of a Bodhisattva

part 2 Sat. 6/2, kl. 9- 12 CET [Click here for information](#)

White Tara Longevity Practice for H.E. Garchen Rinpoche

Sun., 7/2, kl. 10:00 CET

Text: [Click here](#) Picture [Click here](#) Prayer to 7 Taras [Click here](#)

Zoom-link for events above: Meeting-ID: 737 3762 3305 / Password:
Tara21?

[Donate](#) to the Garchen Dharma Institute in Munich

Vajrakilaya Retreat Wed.-Sun. 10-14/2

Vajrakilaya Empowerment on Wed. 10/2, kl. 18 – 20 CET. Retreat
information and registration: [Click here](#)

Teaching: 37 Practices of a Bodhisattva

part 3 Sat. 27/2, kl. 9- 12 CET [Click here for information](#)

Drubpon Rinchen Dorjee Rinpoche leads

Medicine Buddha Practice – The Heart of Benefit and Well

Being Sun. 7/2, kl. 17 CET

The Heart of Benefit and Well Being is a concise practice composed by the tantric master, Nuden Dorje, which purifies and removes the underlying causes of disease to benefit the health of ourselves or others.

Download Text: [Click here](#)

Zoom-link: [Click here](#)

[Donate](#) to Chicago Ratna Shri Sangha.

Most Ven. Khenchen Konchog Gyaltshen Rinpoche teaches

Opening the Treasure of the Profound

Saturdays Feb. 6, 13; kl. 16 – 19 CET

February 6: Song that Clarifies recollection by Lord Jigten Sumgon

February 13: The Eight Bardos by Milarepa

Zoom Meeting ID: 815 7675 1954 Passcode: Mila21

Please make a donation [here](#).

The program is organized by [Milarepa Buddhist Center of Iowa](#) and [Drikung Dharma Circle of Wisconsin](#)

His Holiness the 14th Dalai Lama offers us:

Teaching: Recognizing the Mother: A Song of Experience of the Madhyamaka View by Jangkya Rolpai Dorje

Mon. 8/2, kl. 04:30 – 06:00 CET

Text: [Click here](#)

Talk: Empathy and Compassion in Policing

Wed. 17/2, kl. 04:30 – 05:30 CET

Short Teaching will be given on the Day of Offering (chotrul

duechen)

Sat. 27/2, kl. 04:30 – 05:30 CET

Teaching: Buddhism and Science

Thur. - Sat. 11-13/3, kl. 04:30 – 06:00 CET

Livestream page: <https://www.dalailama.com/live>

Drubpon Drubpön Rachel leads

Losar Vajrasattva and Achi Practice

Fri. 12/2, kl. 19-21 CET

Download Text: [Vajrasattva](#) [Achi](#)

Zoom-link: [Click here](#) Meeting ID: 852 9373 9587 Passcode: Milarepa

[Donate](#) to [Milarepa Retreat Center, Germany](#).

Venerable Drubpon Kunsang leads Online

Tsa Lung in the Framework of the Fivefold Path of Mahamudra (continuation course)

Sat. February 20, kl. 9-12 and 14-17 CET

Program information: [click here](#)

Organized by [Ratnashri Meditation Center, Sweden](#)

Venerable Khenpo Tamphel teaches online

Arya Nagarjuna's *Bodhicittavivarana* (Exposition of the Awakening Mind)

Sat. March 20, kl. 10-13 CET

Program information: [click here](#).

Organized by [Ratnashri Meditation Center, Sweden](#)

**His Eminence Nubpa Rinpoche bestows commentary on
Khunu Rinpoche's *Jewel Lamp: A Praise of Bodhicitta*
(one verse each day)**

Download commentary : <https://ratnashri.se/Verses.pdf>

Stay healthy, happy, and enjoy your Dharma practice.

OM MANI PADME HUNG.

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