

## HAPPY LOSAR, Happy Tibetan New Iron-Ox Year 2148!



Tashi Delek.

In this world constituted by positive and negative karma,  
Sentient beings are experiencing alternate happiness and suffering.  
Time proceeds, the deceptive human life is passing away.  
On this occasion of sending away the past year and welcoming the new year,  
Even though words of auspiciousness and aspirations are as many as ripples on the water,  
But they can be put into one single point:  
May our kind and compassionate mind that we all possess do not degenerate; but increase as a waxing moon.  
If we possess love and compassion, we ourselves and our families will be happy.  
If we possess love and compassion, there will be world peace and happiness.  
Having perfected love and compassion, we become bodhisattvas.  
Because it is difficult to attain the fruition by merely saying aspiration prayer,  
Therefore, it is very important to be diligent in creating the cause.  
May the excellent bodhicitta field  
Ripen the excellent fruition of higher rebirths and liberation.  
Mendicant ratné so  
on the new year day of the Iron-bull year



**H.H. Chetsang Rinpoche's Losar Message to Tibetans which is also very relevant for us**

Losar Message: [here](#)



**H.E. Garchen Rinpoche leads and bestows**

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

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

Text for Refuge Vows [Click here](#)

Take refuge for the FIRST time, join Zoom go to <https://zoom.us/join>  
Zoom ID 218 378 3697 and password 3KAYAS981 (only for those who  
have never taken refuge before)

Livestream YouTube: [Click here](#)

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

**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](#)

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

## **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 receive Zoom-link [info@milareparetreat.de](mailto: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](#)

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**Drubpon Tsering Rinpoche leads**

**Medicine Buddha Practice Wed. 17/2, kl. 19 CET**

Text: [Click here](#) Picture [Click here](#)

**Shamata and Avalokiteshvara Practice Fri. 19/2, kl. 18 CET**

Text: Sadhana [Click here](#) Ganges Mahamudra [Click here](#)

**Avalokiteshvara Practice Sat. 20/2, kl. 9 CET**

Text: [Click here](#)

## **White Tara Longevity Practice for H.E. Garchen Rinpoche** **Sun, 21/2, 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

**Teaching: 37 Practices of a Bodhisattva**  
**part 3 Sat. 27/2, kl. 9- 12 CET** [Click here for information](#)

**Teaching: 37 Practices of a Bodhisattva**  
**part 4 Sat. 6/3, kl. 9- 12 CET** [Click here for information](#)

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## **Drubpon Rinchen Dorjee Rinpoche leads**

### **Medicine Buddha Practice – The Heart of Benefit and Well Being** **Sun. 14/2, 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.

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## **Most Ven. Khenchen Konchog Gyaltshen Rinpoche teaches**

### ***Opening the Treasure of the Profound***

**Saturdays Feb. 13; kl. 16 – 19 CET**

February 13: The Eight Bardos by Milarepa

Zoom Link [here](#) 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](#)

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**His Holiness the 14<sup>th</sup> Dalai Lama offers us:**

**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>

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**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](#)

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**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](#)

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**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>

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**Siddhartha's Intent and Khyentse Foundation 2021  
Auspicious Dates Calendar**

Free Download in various languages and Donation: [here](#)

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Stay healthy, happy, and enjoy your Dharma practice.  
OM MANI PADME HUNG.

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