

May all be auspicious!

Venerable Khenpo Tamphel teaches via Zoom
Arya Nagarjuna's *Bodhicittavivarana* (Exposition of the Awakening Mind)

Sat. 20/3, kl. 10-13 CET

Program information: [click here](#).

Register before 17/3 by writing to info@ratnashri.se

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

White Tara Longevity Practice for all spiritual masters

Sat., 6/3 kl. 13 – 14 CET

Please join us tomorrow!

Text: [here](#); Picture: [here](#); Seven Taras Prayer: [here](#) World Peace Prayer; [here](#)

Skype-link: [Click here](#)

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

H.E. Garchen Rinpoche leads and bestows

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](#)

Question and Answer, Sat. 13/3, kl. 18:30 - 20 CET

Questions have already been submitted for this session.

Meditation, Sat. 20/3, kl. 18:30 - 20 CET

"Whenever you Meditate, Our Minds Are One." ~ H.E. Garchen Rinpoche

Blessing Consecration of Mexico's New Enlightenment

Stupa, Sun. 21/3, kl. 17 CET

Annual Guru Rinpoche Retreat, Fri. – Sun. March 26 -28/3, kl. 17 - 01 CET

More Information Coming Soon

White Tara Empowerment, Fri. 2/4, kl. 22 CET

More Information Coming Soon

For all the above programs with H.E. Garchen Rinpoche have the same livestream YouTube link [here](#)

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

Drubpon Tsering Rinpoche leads

Teaching: 37 Practices of a Bodhisattva

part 4 Sat. 6/3, kl. 9- 12 CET Read more [here](#)

White Tara Longevity Practice for H.E. Garchen Rinpoche

Sun, 7/3, kl. 10:00 CET

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

Yamantaka Practice Wed. 10/3, kl. 19 CET

Text: [Click here](#); Empowerment: [Click here](#); Short Mantra: [Click here](#);
Picture: [Click here](#)

Shamata and Avalokiteshvara Practice Fri. 12/3, kl. 18 CET

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

Zoom-link for events above: <https://zoom.us/> Meeting-ID: 737 3762 3305 / Password: Tara21?

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

Yamantaka Retreat

Thur.–Sun. 11–14/3 Read more [here](#)

Venerable Khenpo Tenzin leads and bestows

Buddhist Path to Awakening 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. 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:

March 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](#)

Introduction to Preliminary Practices (Ngöndro) Sat. 13/3, kl. 22 - 24 CET

Venerable Khenpo Tenzin will give an introductory talk on what the preliminary practices are and why it's the foundation of all practice and realization. Khenpo will also describe what each online retreat will entail and require from students who want to join in this unique opportunity.

Livestream YouTube: [Click here](#)

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

NEW Online Ngöndro Retreat Program, 20/3 – 11/12

Register for one to four Ngondro Retreats. More information and registration [here](#)

Drubpon Rinchen Dorjee Rinpoche leads

Medicine Buddha Practice, Sun. 7/3, kl. 17 CET

Download Text: [Click here](#)

Zoom-link: [Click here](#)

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

Most Ven. Khenchen Konchog Gyaltshen Rinpoche teaches

Heartfelt Advice: Opening the Eyes to Acceptance and Rejection

Saturdays 6/3; kl. 16 – 19 CET

Text: [Click here](#)

Zoom Link [here](#) ID: 882 4150 8028 Passcode: 108

Please make a donation [here](#).

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

Shantideva's Bodhisattva's Way of Life: Chapter 8 Meditation

Wednesdays, 10/3, 17/3, 24/3, 31/3; kl. 16 – 19 CET

Zoom Link [here](#) ID: 828 2028 0511 Passcode: 453003

Please make a donation [here](#).

The program is organized by [Buddhismus in Berlin e.V.](#), [Milarepa Buddhist Center of Iowa](#) and [Drikung Dharma Circle of Wisconsin](#)

His Holiness the 14th Dalai Lama offers us:

Teaching: Buddhism and Science

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

Teaching: *The Four Noble Truths and The Two Truths*

Wed. 7/4, kl. 04:30 – 06:00 CET

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

**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.

Ratnashri Meditation Center, Sweden
Friggavägen 11
181 32 Lidingö
Sweden

Web: <http://www.ratnashri.se>

Email: info@ratnashri.se

Facebook: fb.me/ratnashri.sweden

YouTube Channel: Ratnashri Sweden

Phone: +46 (0) 8 765 5878

PG-konto: 128 78 06-2