

OBS! Vi har precis fått reda på att USA redan har ändrat till sommartid idag medan vi i Europa byter först den 28 mars; därför måste tidsschemat uppdateras enligt nedan.

We just learnt that USA's daylight saving time started already today while the change takes place in Europe on March 28; therefore the time schedule needs to be updated.

**May all be auspicious!**

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## **Venerable Khenpo Tamphel teaches via Zoom**

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

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

Nagarjuna's explanation on the awakening mind:

- its importance of: to accomplish the benefit of self and others, there is no other means in the world apart from the awakening mind
- its merits: the attainment of powers, stages, levels/bhumis, and buddhahood are aspects of the awakening mind
- its characteristics: The awakening mind is free from any concepts such as self, aggregates, mind and so on; it is characterized by emptiness; it is moistened by compassion; one must cultivate it with effort

Nagarjuna taught:

- how such amazing aspiration awakening mind can be generated
- once it is generated, how we can utilize our wisdom awareness to penetrate into emptiness (sunyata) by means of his unprecedented Middle Way approach to perfect the ultimate awakening mind
- how to rid misconceptions that obstruct us and bind us to samsara.

Thus, this comprehensive, yet very short, meditation manual can lead us to perfect enlightenment if we take it to heart and meditate on it diligently. Khenpo Tamphel will guide us to understand these precious instructions in great detail.

Program information: [click here](#).

Register before 17/3 by writing to [info@ratnashri.se](mailto:info@ratnashri.se)

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

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**White Tara Longevity Practice for all spiritual masters**  
**Sat., 13/3 kl. 13 – 14 CET**

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

Skype-link: [Click here](#)

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

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

***The Seven Protectors, a prayer to Tara by Lord Jigten Sumgön***

**Saturdays 20/3 kl. 16 – 18 CET**

Download Text: [Click here](#)

Zoom Link [here](#) ID: 846 2885 0858, Passcode: 430735

Please make a donation [here](#).

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

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

**Wednesdays, 17/3, 24/3 kl. 15 – 18 CET; 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](#)

***Ven. Khenchen Rinpoche's Samsara & Nirvana Two Sides of the Same Hand (bodhicitta section)***

**Saturdays 27/3 kl. 14 – 16 CET; 3/4 kl. 15 – 17 CET**

Download Text: [Click here](#)

Zoom Link: coming soon

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

### **Meditation, Sat. 20/3 kl. 17:30 - 19 CET**

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

### **Blessing Consecration of Mexico's New Enlightenment Stupa, Sun. 21/3 kl. 16 CET**

### **Annual Guru Rinpoche Retreat, Fri.-Sun. 26/3 kl. 16–00 CET; 27-28/3 kl. 17 – 01 CET**

More Information Coming Soon

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

More Information Coming Soon

YouTube link to all programs above: [Click here](#)

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

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## **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 17 - 19 CET (until March 23) Teachings

Thursdays 00:30 - 2:30 CET (until March 25)- Questions/ Discussion / Meditation

Dates:

March 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](#)

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

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

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## **Drubpon Rinchen Dorjee Rinpoche leads**

### **Medicine Buddha Practice, Sun. 14/3 kl. 16 CET**

Download Text: [Click here](#)

Zoom-link: [Click here](#)

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

## **Tsewang Dzinpa (The Guru Who Holds Power Over Life) Practice Retreat Sat. - Sun. 27/3 kl.15-18 & 20-00 CET; 28/3 kl.16-19 & 21-01 CET**

Guru Tsewang Dzinpa from the Yangzab treasure teachings of Gyalwang Rinchen Puntsok is a wrathful long life emanation of Guru Rinpoche. The beloved teacher and master, Lamchen Gyalpo Rinpoche gave the empowerment of Tsewang Dzinpa at Ratnashri Meditation Center in Sweden in 2015. This retreat lead by Drupon Ratna Vajra honors Rinpoche's request that we take up this profound and powerful

practice.

There will not be empowerment available, this is an online practice retreat only. Garchen Rinpoche gave this empowerment recently in January, 2021 along with extensive teachings. Watch the first 17 videos in this playlist [here](#)

A brief explanation of the practice from Garchen Rinpoche: [Click here](#)

Sadhana: [Click here](#); Image: [Click here](#)

Zoom-link: [Click here](#)

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

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## **Drubpon Tsering Rinpoche leads**

### **Medicine Buddha Practice Wed. 17/3 kl. 19 CET**

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

### **Shamata and Avalokiteshvara Practice Fri. 19/3 kl. 18 CET**

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

### **Avalokiteshvara Practice Sat. 20/3 kl. 9 CET**

Text: [Click here](#)

### **White Tara Longevity Practice for H.E. Garchen Rinpoche Sun, 21/3 kl. 10:00 CET**

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

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

**Teaching: *The Four Noble Truths* and *The Two Truths***  
**Wed. 7/4 kl. 05:30 – 07:00 CET**

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

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

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