

May all be auspicious!

H.E. Garchen Rinpoche leads and bestows

White Tara Empowerment, Sat. 3/4 kl. 23:30 CEST

This White Tara Empowerment is rarely given, and it comes from the previous Garchen Rinpoche, Gar Trinley Yongkyab. It's a very short ritual empowerment and sadhana. At Gar Monastery in Tibet, they recite this practice continually.

Here is the story of how we can receive this special empowerment and sadhana of White Tara.

Lama Drubnye Tengye was a disciple of the previous Garchen Rinpoche. Lama Drubnye Tengye was a mahasiddha who spent most of his life in retreat and conferred most of the Drikung Kagyu empowerments and transmissions at Gar Monastery. He passed away in retreat and was considered a very precious lama. Lama Drubnye Tengye was the first to recognize Garchen Rinpoche when he was young as the incarnation of Gar Trinley Yongkhyab. Gar Trinley Yongkhab had a dream of Tara giving him a crystal mala, vase, and other auspicious objects. Tara merged with him directly. These dreams happened numerous times. Gar Trinley Yongkhab shared these experiences with the lamas at the monastery. Drubnye Tengye then requested Gar Trinley Yongkyab to compose a short White Tara Sadhana, and he agreed since he had so many dreams and direct experiences with Tara. Thus, Gar Trinley Yongkhab composed a short sadhana and short empowerment ritual of White Tara. ..

Garchen Rinpoche recalls when he was young, he did not know how to give all sorts of different empowerments. This White Tara empowerment was the only one he was giving when he was requested to give an empowerment. It's concise and simple, and extremely precious. .

YouTube link [Click here](#)

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

BODHISATTVA VOW & Birthday Celebration, Tue. 6/4 kl. 18 - 21 CEST

Important Message from H.E. Garchen Rinpoche:

Out of Garchen Rinpoche's limitless compassion, on his birthday, his wish is to bestow online the Bodhisattva Vow. This is a special occasion for those who have never received this vow before and also helps give his disciples a chance to renew their vow.

The Bodhisattva Vow can only be taken after you have taken the Refuge Vow. This vow represents our commitment to the altruistic intent; to the courageous heart which places others before self and seeks enlightenment to benefit all sentient beings. In taking this vow, we commit to love and compassion as our path.

Afterwards share in the Celebration of H.E. Garchen Rinpoche's 85th Birthday.

Once the zoom room is full we ask that people watch on our Youtube channel.

Zoom link: <https://zoom.us/> ID: 218 378 3697 Password: Birthday85

Bodhisattva Vow Text [Click here](#)

YouTube link: [Click here](#)

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

VAJRAPANI EMPOWERMENT, ACHI CHOKYI DROLMA & MAHAKALA TEACHINGS AND BLESSINGS

Sat.- Sun. 17 – 18/4 kl. 18 - 21 CEST

Registration: [Click here](#)

YouTube link to: [Click here](#)

Hosted by [Garchen Meditation Centre Foundation](#)

White Tara Longevity Practice for all spiritual masters

Sat. 3/4 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](#)

Drubpon Tsering Rinpoche leads

Medicine Buddha Practice Wed. 7/4 kl. 19 CEST

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

Shamata and Avalokiteshvara Practice Fri. 9/4 kl. 18 CEST

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

White Tara Longevity Practice Sun. 11/4 kl. 10:00 CEST

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

Teachings on Seven Protectress Sat. 10/4

More info [here](#)

Medicine Buddha Retreat Sat. - Sun. 17-18/4

More info [here](#)

Manjushri Retreat Wed. - Sun. 2-6/6

More info [here](#)

Most Ven. Khenchen Konchog Gyaltshen Rinpoche teaches

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

Saturday 3/4 kl. 15 – 17 CEST

Download Text: [Click here](#)

Zoom Link [here](#) ID: 896 6830 9102 Password: 123154

Please make a donation [here](#).

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

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

Wednesdays, 7/4, 14/7 kl. 16 – 19 CEST

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](#)

Public Talk: What the Buddha Taught **Saturday, 10/4 kl. 16 – 17 CEST**

Zoom Link [here](#) Meeting ID: 963 4165 3512 No password needed.

Drubpon Rinchen Dorjee Rinpoche leads

Tsewang Dzinpa (The Guru Who Holds Power Over Life) Practice Retreat Sat.-Sun. 3–4/4 kl.16-19 & 21-01 CEST

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.

Venerable Khenpo Tenzin leads and bestows

Buddhist Path to Awakening every Tue. and Thur. from 18/2-20/5

Tuesdays 19 - 21 CEST Teachings (Note: kl. 23 – 01 on April 6)
Thursdays alternate between 19 – 21 CEST (April 8) and 02:30 - 4:30 CEST (April 15)- Questions/ Discussion / Meditation

Zoom-link on Thursdays: <https://zoom.us/> ZOOM ID: 218 378 3697
Password: 37PATH108

Dates:

April 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](#)

His Holiness the 14th Dalai Lama offers us:

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

Wed. 7/4 kl. 05:30 – 07:00 CEST

Dialogue on humanity, hope, compassion, and climate change

Mon. 12/4 kl. 05:30 – 06:30 CEST

Teaching: *Heart Sutra*

Sat. 1/5 kl. 05:30 – 07:00 CEST

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>

**The Multilingual Long Life Prayer Book for H.E. Garchen
Rinpoche is now updated**

Download prayer book : [Click here](#)

The latest update on all online programs can be found at
www.ratnashri.se under News

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

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