

May all be auspicious!

Parnashavari Practice for the pandemic

Sat. 24/4 kl. 13 – 14 CET

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

Skype-link: [Click here](#)

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

Most Ven. Khenchen Konchog Gyaltshen Rinpoche teaches

**How to Transform Individualism into Altruism &
How to Maintain a Positive Mind in Difficult Times
Saturday, 24/4 kl. 16 – 19 CEST**

Zoom Link [here](#) Meeting ID: 871 4804 4442 Passcode: 108

[Donation](#) [Organized by Drikung Tara Choling of Chile](#)

Drubpon Tsering Rinpoche leads

**Chenrezig and Jangchog Puja for the livings Sat. 24/4 kl. 10 –
12 CEST**

Texts: Chenrezig [Click here](#) Jangchog [Click here](#)

White Tara Longevity Practice Sun. 25/4 kl. 10:00 CEST

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

Yamantaka Practice Wed. 28/4 kl. 19 CEST

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

Shamata and Avalokiteshvara Practice Fri. 30/4 kl. 18 CEST

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

Khenchen Pema Sherab Rinpoche teaches

***Wheel of Analytical Meditation that Thoroughly Purifies
Mental Activity by Mipham Rinpoche***

Sat. – Sun. May 1 – 2 part 1, kl. 9 – 11 CEST

More information, text, and registration [Click here](#)

Sat. – Sun. May 8 – 9 part 2, kl. 9 – 11 CEST

More information, text, and registration [Click here](#)

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

More info [here](#)

Organized by [Drikung Garchen Institute, Germany](#)

Drubpon Rinchen Dorjee Rinpoche leads

The Four Dharmas of Gampopa, Sat. 24/4 kl. 17 CET

Download Text: [Click here](#)

Zoom-link: [Click here](#)

**Medicine Buddha Practice – The Heart of Benefit and Well
Being Sun. 25/4, 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.

H.E. Garchen Rinpoche leads White Tara Practice
Sun. 25/4 kl. 19 CEST

Texts can be found [here](#).

Livestream YouTube: [Click here](#)

White Tara Practice for H.E. Garchen Rinpoche's Long Life
led by Garchen Institute Lamas,
every Thur. 29/4 kl. 17 CEST

Texts can be found [here](#).

Livestream YouTube: [Click here](#)

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

Venerable Khenpo Tenzin leads and bestows

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

Tuesdays 19 - 21 CEST Teachings

Thursdays alternate between 19 – 21 CEST (April 29) and 02:30 - 4:30

CEST (May 6)- Questions/

Discussion / Meditation

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

Password: 37PATH108

Dates:

April 27,29 May 4,6,11,13,18,20

Livestream YouTube: [Click here](#)

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

His Holiness the 14th Dalai Lama offers us:

Teaching: *Heart Sutra*

Sat. 1/5 kl. 05:30 – 07:00 CEST

Dialogue: *How to Study Meditation by Scientific Methods?*

Wed. 5/5 kl. 05:30 – 06:30 CEST

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

Drubpon Kunsang bestows

Milarepa Empowerment, transmission, and teaching on

Milarepa Guru Yoga &

Milarepa's vajra song: the Eight Bardos

Sat. 1/5, kl. 10 - 18 CEST

More information, texts, and registration: [Click here](#).

Organized by [Milarepa Retreat Zentrum, Germany](#)

Dorje Lopön Dr. Lye clarifies and guides

Meditation according to Shantideva's *Engaging in the Conduct of Bodhisattvas (ch. 8)*

Sat. 1/5 and 8/5, kl. 15 - 17 CEST

This chapter offers various meditation methods to purify with our deeply-rooted afflictions;

Complete the free registration before you get a Zoom-link: [Click here](#)

Organized by [Drikung Kagyu Dharma Circle of Madison](#) and [Urban Dharma North Carolina](#)

His Eminence Togdan Rinpoche bestows via Zoom

Dzambhala Empowerment and Teaching from *Padma Gyalpo Hidden Treasure Cycle*

Sat. – Sun. May 15- 16, in the afternoon CEST

Free registration opens on Monday via Eventbrite

This is a rare event. Dzambhala is a deity of wealth and prosperity. Padma Gyalpo means Guru Padmasambhava in the form of “The Lotus King”. Rinpoche will give empowerment and explain how to practice the sadhana. After the event, the organizer Drikung Dharma Chakra in Singapore will organize a group practice according to Rinpoche’s instructions once a month via Zoom.

H.E. Togden Rinpoche is a treasure king himself who revealed and transcribed the Exceedingly Profound Ati-Yoga Mind Terma Practice of Padma Gyalpo, Guru Padmasambhava in the form of The Lotus King, accompanied by the Four Dakinis. Rinpoche’s biography can be read at <http://togdanrinpoche.com/> , <http://lotuskingtrust.com/> and [Facebook](#)

The program will be translated into English by Lama Nyandak. The English translation will then be simultaneously translated from English to Chinese and Vietnamese. The organizer invites translators from different countries to translate the program into various languages. Translators who are interested to translate, please email to chenrezigmantra .

Organized by [Drikung Dharma Chakra in Singapore](#)

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 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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