

May all be auspicious!

Parnashavari Practice for the pandemic

Sat. 1/5 kl. 13 – 14 CEST

Text: [here](#);

Skype-link: [Click here](#)

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

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](#)

Drubpon Rinchen Dorjee Rinpoche leads

Teaching: Clarifying the Natural Mind by Takpo Tashi Namgyal,

Sat. on May 1, 8, 15, kl. 17 CEST and May 22-23 full day

Using practical examples from Takpo Tashi Namgyal's own experience, this wonderful text instructs on the path from mindfulness to the complete enlightenment of Mahamudra, simply and methodically. Sorry, text will not be available.

Zoom-link: [Click here](#)

Medicine Buddha Practice – The Heart of Benefit and Well

Being Sun. 2/5, kl. 17 CEST

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](#)

Nyungne Retreat Mon. – Thur. 24-27/5

To join online, please send email sent to ratnachi@hotmail.com

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

H.E. Garchen Rinpoche bestows Medicine Buddha Empowerment and Teachings

Sat. May 1, kl. 23 CEST Empowerment

Sun. May 2, kl. 18 – 21 CEST Teachings

"Medicine Buddha's form has the color of space, so as you recite, think: "He is there, pervading space. Medicinal nectar falls down like rain and benefits the entire world." by H.E. Garchen Rinpoche

Texts: Sadhana [here](#). Yellow Prayer Book: [here](#) Blue Prayer Book [here](#)

Livestream YouTube: [Click here](#)

Program requested by Drikung Mediation Center, Boston [Donation](#)

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](#)

H.E. Garchen Rinpoche bestows Empowerment and Teachings

Embodiment of the Precious Ones

from the Yangzab Terma Dzogchen Cycle of the Yangzab Konchok Chidu

Sat. June 19, kl. 18 - 21 CEST **Teachings by Garchen Rinpoche**

Sat. June 19, kl. 23 - 02 CEST **Teachings by Abao Lama**

Sun. June 20, kl. 18 - 21 CEST **Teachings by Khenpo Tenzin**

Sat. June 20, kl. 23 - 02 CEST **Empowerment by Garchen Rinpoche**

In the terma root text, it says, “Emaho! The Embodiment of the Precious Ones is the very heart-essence of the holy Dharma and the confluence of the enlightened mind of all the buddhas of the three times. It is the great Ati-the undisputed peak of all vehicles. It is the Dharma, which liberates sentient beings from the six samsaric states.”

Livestream YouTube: [Click here](#)

Please write to info@drikungseattle.org to obtain the Zoom-link.

Most Ven. Khenchen Konchog Gyaltshen Rinpoche teaches

Public Talk: How to Calm the Mind

Wed., 5/5 kl. 18:30 – 19 CEST

Zoom Link [here](#) Meeting ID: 820 7058 5104 Passcode: 108

Drubpon Tsering Rinpoche leads

Medicine Buddha Practice Wed. 5/5, kl. 19 CEST

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

Shamata and Avalokiteshvara Practice Fri. 7/5 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 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](#)

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 (May 13) 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:

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:

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

Wed. 5/5 kl. 05:30 – 06:30 CEST

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

His Eminence Nubpa Rinpoche bestows

One-week teaching: Guru Yoga called “Light Amassment of Blessings”

Tue. – Sun. 11-17/5, kl. 5:15 – 05:45 CEST

One week very precious online teaching on the Guru Yoga sadhana called "Light Amassment of Blessings" that was written and offered by His Eminence Nubpa Rinpoche himself during Garchen Rinpoche's retreat in the holy Drag Lapchi snow range. This teaching will be translated into English.

Please write to info@drikungseattle.org to obtain the Zoom-link.

Organized by [Drikung Seattle](#).

His Eminence Togdan Rinpoche bestows via Zoom

Padma Gyalpo Yidam Deity (Guru Rinpoche) Empowerment, Teaching and Practice

from *Padma Gyalpo Hidden Treasure Cycle*

Sat. – Sun. May 15- 16, kl. 14 – 17:00 CEST

Free registration starts Sun. May 2, kl. 14 CEST [here](#)

It is such great blessings that His Eminence Togdan Rinpoche intends to His Eminence pass down the whole Padma Gyalpo Terma Cycle via a series of online weekends programs. We will first receive Padma Gyalpo Yidam Deity (Guru Rinpoche) on May 15 – 16. Then subsequently, Rinpoche will bestow Padma Gyalpo Dzambhala, Long Life, Phowa and

other programs. More information will come in the future. Please note that to participate in these future Padma Gyalpo programs, you must first participate in the Padma Gyalpo Yidam Deity Empowerment! Please observe the regulations and commitments before registration.

After the event, the organizer Drikung Dharma Chakra in Singapore will organize regular group practice according to Rinpoche's instructions once a month via Zoom.

H.E. Togden Rinpoche is a Dharma treasure revealer 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 Chinese, English, German, Spanish, Russian, and Vietnamese.

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.

Ratnashri Meditation Center, Sweden
Friggavägen 11
181 32 Lidingö
Sweden

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

Email: info@ratnashri.se

Facebook: [fb.me/ratnashri.sweden](https://www.facebook.com/ratnashri.sweden)

YouTube Channel: Ratnashri Sweden

Phone: +46 (0) 8 765 5878

PG-konto: 128 78 06-2

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