

**Happy Saga Dawa!**

---

**His Eminence Nubpa Rinpoche bestows  
Teaching: Guru Yoga called “Light Amassment of Blessings”**

**15-17/5, kl. 5:15 – 05:45 CEST**

This precious online teaching on the Guru Yoga sadhana called "Light Amassment of Blessings" 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.

Text: [Click here](#).

YouTube stream: [Click here](#)

Donation to organizer: [Click here](#); Organized by [Drikung Seattle](#).

---

**Drubpon Tsering Rinpoche leads**

**Avalokiteshvara Practice Sat. 15/5, kl. 9 CEST**

Text: [Click here](#)

**White Tara Longevity Practice for H.E. Garchen Rinpoche  
Sun, 16/5, 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

**Green Tara Practice and Extolling the King of Shakya on  
account of the Twelve Deeds with Drubpon Tsering  
Rinpoche**

**Wed. 19/5, kl. 19 CEST**

Information and registration: [Click here](#);

## **Shamata and Avalokiteshvara Practice Fri. 14/5, 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

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

More info [here](#)

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

---

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

**Teaching: The Healing Pureland and Essence of Buddha  
Activities**

**Sat. 15/5 kl. 16 – 19 CEST**

Zoom Link [Click here](#) Meeting ID: 841 4998 6762 Passcode: 108

---

## **Drubpon Rinchen Dorjee Rinpoche leads**

**Teaching: Clarifying the Natural Mind by Takpo Tashi  
Namgyal,**

**Sat. on May 15, kl. 17 CEST and May 22-23 kl. 17 – 19 & 21-  
23 CEST**

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. Text can be purchased [here](#).

Zoom-link: [Click here](#)

## **Medicine Buddha Practice – The Heart of Benefit and Well Being** **Sun. 26/5, 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**

Program detail: [Click here](#)

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

---

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

### **Saga Dawa Events**

#### **Four Yogas of Mahamudra Teachings by H.E. Garchen Rinpoche**

**15 -16/5 kl. 01:00-02:30 CEST**

#### **Questions and Answers**

**23/5 kl. 00-02 CEST**

#### **2 Nyung Ne Fasting Retreats with Garchen Institute Lamas** **24 -26/5 and 26 -28/5 kl. 15-02 CEST**

Livestream YouTube: [Click here](#)

More information can be found [here](#)

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

#### **White Tara Practice for H.E. Garchen Rinpoche's Long Life** **led by Garchen Institute Lamas** **every Thur. 20/5 kl. 17 CEST**

Texts can be found [here](#).

Livestream YouTube: [Click here](#)

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

## **Lama Chöpa Puja in honor of Bardo Tulku Rinpoche's 49<sup>th</sup> Day**

**Thur. 20/5 kl. 18:30 - 21 CEST**

Texts can be found [here](#).

Livestream YouTube: [Click here](#)

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

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

### **8th Annual Drikung Kagyu Ngo Choe Monlam**

**Fri. June 4**

More information comes later

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

### **Kurukulle Empowerment and Teachings on the Six Bardos**

**Sat. June 5, kl. 19:30 – 21:30 CEST Kurukulle**

### **Empowerment**

**Sun. June 6, kl. 18 - 21 CEST Teachings on the Six Bardos**

Livestream YouTube: [Click here](#)

Organized by Drikung Garchen Institute, Germany. More information and registration [here](#).

## **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](mailto:info@drikungseattle.org) to obtain the Zoom-link.

---

## Venerable Khenpo Tenzin leads and bestows

### Buddhist Path to Awakening 18, 20/5

Tuesday 19 - 21 CEST Teaching  
Thursday 02:30 - 4:30 CEST (May 20)- Questions/  
Discussion / Meditation

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

Livestream YouTube: [Click here](#)

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

---

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

### Conversation with author Pico Lyer

**Wed. 19/5 kl. 05:30 – 06:30 CEST**

**Teaching: Je Tsongkhapa's *Three Principal Aspects of the Path* and**

**confer the Ceremony for Generating Bodhicitta**  
**Wed. 26/5 on Saka Dawa**

**Teaching: Je Tsongkhapa's Destiny fulfilled**  
**Tue.-Wed. 1-2/6 kl. 05:30 – 06:30 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 latest update on all online programs can be found at  
[www.ratnashri.se](http://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](mailto: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

To unsubscribe, please send email to [tounsubscribe@ratnashri.se](mailto:tounsubscribe@ratnashri.se)