

**May all be auspicious!**

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**Venerable Khenmo Drolma leads**

**A series of online silent Shravasti Meditation retreats**

**Oct. 15–17, Nov. 12–14 and Dec. 3–5, 2021 (Fri. evening thru Sun. morning)**

All are welcome to join. More information can be found [here](#)

Organized by [Ratnashri Meditation Center](#)

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**H.E. Garchen Rinpoche bestows**

**Akshobhya Empowerment**

**Sat. 11/9, kl. 19:30 - 21:00 CEST**

Images for empowerment: Akshobhya Buddha [here](#), Mandala [here](#)

Prayer book [here](#)

DETAILS ABOUT AKSHOBHYA

Sadhana composed by Khenpo Munsel can be found [here](#).

Garchen Rinpoche received this empowerment from his root Guru Khenpo Munsel while in prison.

Akshobhya is practiced in the highest tantra, the anuttarayoga as one of the Five Wisdom (Dhyani) Buddhas. Akshobhya is usually depicted in blue (the color of clear water). [See image](#). He symbolizes a clear mirror-like wisdom, which can transform any anger and clean rigid feelings.

Akshobhya was originally a monk who was advised by Buddha Big-Eyes that the most indispensable quality for enlightenment was imperturbability (non-anger, non-hatred). The monk immediately vowed, "From today onwards, until I attain buddhahood, I will not have any anger towards any sentient being". Since then he became known as Akshobhya (Sanskrit for "Imperturbable One"). More details: [here](#)

HOW TO RECEIVE THE EMPOWERMENT?

Garchen Rinpoche said that an empowerment for visualizing a deity begins

(and one is permitted to embark the path of tantra) after one has practiced three stages of the path including the pratimoksha path of individual liberation (where we refrain from harming others and take the refuge vows) and bodhisattva path (where we care for all sentient beings and engage in bodhisattva conduct). “That is why bodhichitta is the most important” (since 42:40 of Medicine Buddha empowerment, July, 25, 2020 [here](#) ).

Sakya Pandita, great master, often cited by Garchen Rinpoche, has said very clearly, “Without taking vows, there is no empowerment. And to take the vows, we need to know them and consciously accept them”. Quoted from the first page of the publication: [https://cutt.ly/Bodhichitta\\_actions](https://cutt.ly/Bodhichitta_actions) .

#### USEFUL LINKS ON VOWS:

- (1) Garchen Rinpoche summarizing Bodhisattva and Refuge vows [https://cutt.ly/Garchen\\_vows](https://cutt.ly/Garchen_vows) ,
- (2) 18 root Bodhisattva Vows: [here](#),
- (3) 46 secondary Bodhisattva Vows [here](#),
- (4) 14 root tantric vows [here](#).

In the Akshobhya empowerment text it is said: “For the sake of all sentient beings I will fully uphold all vows without exception”.

AKSHOBHYA MANTRA (from Sadhana by Khenpo Munsel):

namo ratna-trayaya  
om kamkani kamkani  
rotsani rotsani  
trotani trotani  
trasani trasani  
pratihana pratihana  
sarva-karma-paramparani me sarva-sattvanantsa svaha

Livestream YouTube: [Click here](#). Register to [info@milareparetreat.de](mailto:info@milareparetreat.de) for Zoom link

More information [here](#)

Organized by [Milarepa Retreat Center in Germany](#)

## **Continuation of Teachings on Lord Jigten Sumgön’s Serkhangma Prayer**

**Sun. 12/9, kl. 18 - 21 CEST**

Prayer book [here](#)      Serkhangma text [here](#)

Livestream YouTube: [Click here](#). Register to [info@milareparetreat.de](mailto:info@milareparetreat.de) for Zoom link

More information [here](#)

Organized by [Milarepa Retreat Center in Germany](#)

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**Dorje Lopön Dr. Hun Lye teaches**  
**Bodhicitta according to Shantideva's *Engaging in the Conduct of Bodhisattvas***

**Every Sat. and Tue. 11/9 and 14/9 kl. 15 - 17 CEST**

Zoom Link: [here](#). Meeting ID: 852 9257 9977 Passcode: bodhicitta

Make a donation [here](#)

Organized by [Urban Dharma Buddhist community, North Carolina](#)

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**Drubpon Rinchen Dorjee Rinpoche bestows**

**Teaching: Clarifying the Natural Mind by Takpo Tashi Namgyal,**  
**Sat. 11/9, kl. 17 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, Achi Smoke Offering, and World Peace Prayer**

**Sun. 12/9, 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](#)

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

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## **Khenpo Samdup Rinpoche leads**

### **Teachings on Stages of Meditation**

**Sat. – Sun. 11 - 12/9 kl. 17 – 19 CEST**

Everything about this course: [here](#)

Zoom-link: [here](#); Meeting ID: 871 0136 3775 Passcode: 620213

Make a donation to Gar Drolma Meditation Center: [here](#)

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## **Drubpon Tsering Rinpoche leads**

### **White Tara Longevity Practice Sun. 12/9 kl. 10:00 CEST**

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

### **Medicine Buddha Practice Wed. 15/9 kl. 19 CEST**

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

### **Shamata and Avalokiteshvara Practice Fri. 17/9 kl. 18 CEST**

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

### **Avalokiteshvara Practice Sat. 18/9, kl. 9 CEST**

Text: [Click here](#)

### **Teachings on the Bardo Prayer Sat. 25/9, kl. 10 – 12, 14 - 16 CEST**

This program requires registration. Information and registration: [Click here](#)

Zoom-link for regular events: <https://zoom.us/> Meeting-ID: 737 3762 3305 / Password: Tara21?

[Donate](#) to the Garchen Dharma Institute in Munich

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

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## **Venerable Khenpo Tenzin Offers**

### **Meditation Series on the 37 Bodhisattva Practices**

**Mon. 13/9, kl. 00 - 01 CEST**

Livestream YouTube: [Click here](#)

Donation [Click here](#)

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

### **Q & A series on Serkhangma (Golden Temple) Prayer**

**Fri.: 17/9, 24/9, 1/10, 8/10, kl. 00 - 02 CEST**

Garchen Rinpoche has requested Khenpo Tenzin to answer any question you may have on the Serkhangma teachings. Please email your concise and clearly worded questions to [registration@garchen](mailto:registration@garchen).

Texts: [here](#). Commentary by H.H. Drikung Kyabgon: [here](#). Recitation by H.E. Garchen Rinpoche: [here](#).

Livestream YouTube: [Click here](#)

Donation [Click here](#)

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

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## **Drubpon Kunsang leads**

### **Milarepa Retreat: Milarepa Guru Yoga & Milarepa's vajra songs**

**Sat. 18/9, kl. 10 - 18 CEST**

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

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

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## **Drubpon Rinchen Dorjee Rinpoche bestows**

**Online Chakrasamvara Empowerment, Teachings, and leads  
Drupcho Retreat together with Garchen Institute Lamas  
Sun. – Wed. 25 - 29/9**

Chakrasamvara is the main yidam of all Kagyu lineages, and the central deity practiced in the Fivefold Path of Mahamudra of the Drikung Kagyu Lineage. Chakrasamvara is centered around using bliss and emptiness to recognize and rest in our true nature or Buddha essence. More information comes soon

Livestream YouTube: [Click here](#)

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

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

**Talk: Our Happiness, Our Health, Our Future: His Holiness  
the Dalai Lama's Reflections and Conversations on Our  
Happy, Healthy, and Sustainable Future**

**Wed. 22/9, kl. 05:30 – 06:30 CEST**

This program is organized by Monmouth University, USA.

**Teachings followed by Q & A**

**Sat. – Sun. 9 – 10/10, kl. 05:30 – 07:00 CEST**

This program is organized by a group of Taiwanese.

**Remarks on Compassion and Q & A**

**Tue. 26/10, kl. 05:30 – 06:30 CEST**

**Teaching: Maitreya's The Ornament of the Sutras**

**Thur. – Fri. 4 – 5/11, kl. 04:30 – 05:30 CET**

**Talk: Cultivating a Good Heart**

**Wed. 22/9, kl. 04:30 – 05:30 CET**

**Dialogue with Father Laurence Freeman and Q & A**

**Wed. 1/12, kl. 04:30 – 05:30 CET**

**Dialogue and Question & Answer**

**Wed. 8/12, kl. 04:30 – 05:30 CET**

This program is organized by the Mind & Life Institute.

Livestream page for all events above: <https://www.dalailama.com/live>

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**H.E. Nubpa Rinpoche bestows  
Bodhicaryavatara by Shantideva**

**Aug. 9 onward, Mon. – Fri. kl. 13:30 – 14:30 CEST**

Live broadcast In Tibetan and Chinese:

<https://www.facebook.com/nubpa.rinpoche> and

<https://www.youtube.com/桑吉佛網>

English translation can be read in [Ratnashri Meditation Center, Sweden](#)  
[Facebook](#).

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

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