

May all be auspicious!



H.E. Garchen Rinpoche offers

Annual Winter Event

Jan. 6 – 9 kl. 18 – 21

Fivefold Path of Mahamudra Supplication Prayer Teachings

Text: [Click here](#)

Livestream YouTube: [Click here](#)

Our most kind and glorious guru Garchen Rinpoche has chosen to teach on the Fivefold Path of Mahamudra Supplication Prayer for the first time! This is a rare opportunity to receive the transmission of the true heart essence of the fivefold gradual path of mahamudra of definitive meaning.

Mahamudra supplication prayer was written by Rigdzin Chökyi Drakpa (1595–1659) – His Holiness Gyalwa Drikungpa – the first Chungtsang, emanation of Manjushri, co-head of Drikung Kagyu lineage. The five “folds” are: (1) bodhicitta, (2) yidam — practicing the generation and completion stages of the highest yoga tantra, (3) guru-yoga — seeking union with the wisdom-mind of the Teacher (guru) for the recognition of the nature of mind, (4) actual engagement of Mahamudra, (5) dedication of virtues.

Practice of the first “fold” assumes the prior completion of what is known as the preliminaries — “foundational practices” (Tib. ngondro) both outer and inner. The OUTER preliminaries refer to the “Four Thoughts that Turn the Mind” taught by Gampopa: (1) precious human life, (2) impermanence, (3) karma, (4) nature of samsara as dissatisfaction.

INNER preliminaries include: (1) going for refuge in Buddha, Dharma and Sangha, (2) Vajrasattva purification practice, (3) mandala-offering, (4) guru-yoga for the inspiration-blessings of the root and lineage teachers.

More details on Fivefold mahamudra (in English): [Click here](#)

Text of Garchen Rinpoche’s Mahamudra teachings (in English): [Click here](#)

Source: [Drikung Friends Group](#)

Donation [Click here](#)

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

Venerable Khenpo Tenzin Offers

Meditation Series on the 37 Bodhisattva Practices

Mon. 10/1, kl. 00 - 01 CET

Livestream YouTube: [Click here](#)

Donation [Click here](#)

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

Drubpon Tsering Rinpoche leads

Yamantaka Puja Wed. 5/1 kl. 19 CET

Shamata & Avalokiteshvara Practice Fri. 7/1 kl. 18 CET

Avalokiteshvara Practice Sat. 8/1, kl. 9 CEST

White Tara Longevity Practice Sun. 9/1 kl. 10:00 CET

All puja texts can be downloaded [here](#)

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

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

Khenpo Rangdol bestows

Gongchig (Buddha's Single Intention) by Lord Jigten Sumgön

Every Friday Jan.7, kl. 13:30 CET.

Zoom id: 848 2294 5265 Passcode 555888

Text: [here](#)

Gongchig by Lord Jigten Sumgön conveys clearly the essence of the Buddha's teachings. It delineates the causal law of the universe, Nagarjuna's philosophy of interdependence, and opens one's mind to principles of ethics that help to guard oneself against confusion and deceit. Thus the Gongchig is a guide for every Dharma practitioner - for both study and application in daily life.

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

Khenchen Nyima Gyaltzen Rinpoche bestows.

The King of Samadhis Sutra – that reveals the equality of the nature of all phenomena

Jan. 8, 9, 15, 16, 22, 23 kl. 14:30 – 16:30 CET.

Registration is required. Register to info@milareparetreat.de

More information [here](#)

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

Khenpo Samdup Rinpoche leads

Milarepa Songs of Realization

Sat. – Sun. 8/1 - 9/1 kl. 17 – 19 CEST

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

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

Drubpon Kunsang leads New Year Program

Achi and Mahakala Practice

Sat. 8/1 kl. 15 CEST

Zoom Meeting ID: 872 4041 5475 Passcode: 141451

Organized by [Drubpon Kunsang](#)

Teachings on Yamantaka Practice with Drubpon Tsering Rinpoche

Tuesdays kl. 15 Jan. 11, 25 and Feb. 8, 15

Registrater to the event [here](#)

Join the class only if you received Empowerment directly from Drikung Kagyu Rinpoche, Drubpon and Lama.

If you are interested in joining the YAMANTAKA program with DRUPON TSERING RINPOCHE, please send an email to zoombodetam@gmail.com confirming that you have already received the Yamanataka empowerment, including the name of the Master from whom you received it, when and where, and we will send you the ZOOM ID with PASSWORD.

Organized by [Zoom Bo De Tam](#)

His Holiness the 14th Dalai Lama bestows:

Talk: the Application of Religion and Science to Ecology & Sustainability

Sat. 15/1, kl. 04:30 – 05:30 CET

Talk: Finding Happiness in Troubled Times

Tue. 25/1, kl. 04:30 – 05:30 CET

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

Future Online Retreats at Ratnashri Meditation Center

Shravasti Meditation Retreat with Khenmo Drolma

Feb. 25 – 27, 2022.

More information comes later.

Yamantaka Empowerment, Teaching, and Practice for Yamantaka Drubchen with Drubpon Tsering Rinpoche

March 18 – 20, 2022.

More information comes later.

Teaching by Drupon Rinchen Dorje Rinpoche

GURU DEVOTION AND THE RESOUNDING SOUND OF EMPTINESS: Meeting Garchen Rinpoche, his activities and qualities and Q&A on Vajrayana Practice

Read: [here](#) Download: [here](#)

Stay healthy, happy, and enjoy your Dharma practice.

OM MANI PADME HUNG.

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