

May all be auspicious!

H.E. Lho Ontul Rinpoche bestows commentary on

**Lojong - Seven Points Mind Training by Lord Atisha
Dipankara Srijnana**

Sat. 12/2, 19/2, 26/2 kl. 13:30 – 15:30 CET

Zoom id: 93492976047 Passcode: 123456

Please email to wtsl1971@gmail.com phone +91 85809 99659

Organized by Wogmin International Zoom Committee & Wogmin Thubten Shedrup
Ling Monastery

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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. 12/2 and 15/2 kl. 14 - 16 CET

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

Make a donation [here](#)

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

Khenpo Samdup Rinpoche leads

Preliminary Practices (Ngondro) of The Profound Five-fold Path of Mahamudra composed by Garchen Rinpoche

Sat. 12/2 kl. 17 – 19 CET

Khenpo will give the transmission and instructions for the preliminary practices (ngondro) of the Five-fold Mahamudra composed by Garchen Rinpoche. Engaging in this suite of practices purifies the mind of negativity and gathers the accumulations of merit and wisdom

Text: [here](#)

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

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

Milarepa Songs of Realization

Sun. 13/2 - 6/2 kl. 17 – 19 CET

Text: [here](#)

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

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

H.E. Garchen Rinpoche offers

Fivefold Mahamudra Supplication Prayer

Sat. 12/2, kl.18-21 CET

Our most kind and glorious guru Garchen Rinpoche has chosen to teach on the 5 Fold 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.

Texts can be found [here](#).

Livestream YouTube: [Click here](#)

Donation [Click here](#)

White Tara Practice and Jangchok for the Living

Sun. 13/2, kl.19-21 CET

Texts can be found [here](#).

Livestream YouTube: [Click here](#)

Donation [Click here](#)

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



Manjushri Yamantaka Retreat with HE Garchen Rinpoche

Sat. – Wed. 26/2 – 2/3,

The Yamantaka drubchen, traditionally held near the end of the Tibetan year, is conducted in order to cleanse all obstacles not only for oneself, but for every being in the world. This cleansing is most easily accomplished at this time of the year and helps to decrease suffering and increase peace. The deity practiced in this drubchen is very wrathful and powerful, and thus the practice must be done with great care.

In the past in Tibet this drubchen was only open to those who had taken vows of ordination and who had completed the common preliminary practices as well as the particular preliminary practices of Yamantaka. It is thus asked that those who participate prepare by accumulating refuge and Vajrasattva mantras, taking refuge and purifying one's mindstream as much as possible prior to the retreat. One of the main traditional prerequisites for participating in the Yamantaka Drubchen is to have accumulated 600,000 Peaceful Manjushri mantras (OM WAM GI SHWARI MUM) before attending your first Drubchen.

If you have already done this accumulation for a prior Yamantaka Drubchen, it is not necessary to do it again. If you have not done this accumulation, Garchen Rinpoche asks that you try to complete at least 100,000 mantras before the drubchen starts. If you are unable to accomplish this, Rinpoche asks that you accumulate as many of the mantras prior to the start as possible and then finish the accumulation no later than one year from the date the drubchen ends. The fruition of the Yamantaka drubchen is not attained unless the Manjushri accumulation is completed as Garchen Rinpoche indicates.

* It is not necessary to receive a lung transmission of the Peaceful Manjushri practice before engaging in the mantra accumulation.

The practice sessions will be conducted from 9am – 5pm each day with breaks. Check our website later for the specific schedule that will be posted soon.

Garchen Rinpoche has always said, the more effort you put into the practice, the more results will come.

The following is recommended: No speaking during the retreat other than the mantra recitation and the recitation of the text. The more you can maintain retreat conditions, eliminating distractions, the more benefit there will be.

REGISTRATION

Registration is required to participate in this empowerment and practice at any time. Registration: [Click here](#)

Send any questions regarding this retreat and practice to registration@garchen.net
Once your completed registration checklist is received, we will send you two emails:

- 1) Confirmation of your registration and the Yamantaka empowerment link.
- 2) On February 23 the updated partial Yamantaka sadhana will be emailed.

Garchen Rinpoche has instructed that only the Protection portion of the Yamantaka sadhana will be practiced for this retreat. A video of footage from past drubchens has been created according to Garchen Rinpoche's precise specifications for the online stream. The sessions will be chanted in Tibetan language only. The partial sadhana will be available in three languages – Tibetan, Chinese and English on February 20th for those who have registered.

Garchen Rinpoche is encouraging people to attend the entire retreat but if that is not possible, partial attendance is permitted. If you cannot practice at the same time of the live stream, Rinpoche says that it is possible to tune in when your schedule allows. This is a noticeably different structure compared to past Yamantaka drubchens.

From H.E. Garchen Rinpoche: Tashi Delek to my Dharma friends,

This year whatever we put online on our YouTube channel is available for anyone's participation, even for the Yamantaka retreat. There are no restrictions. Why? For the Buddha, there was no difference between nationality or religions because all sentient beings are really Buddhas, they are only obscured by temporary stains. When these temporary stains are removed then beings are actual Buddhas. It just depends on whether or not we have fixating thoughts in our mind.

Lord Jigten Sumgon had said that whoever grasps at any philosophical school is an ordinary person. Actually any philosophical school is just illusory because whoever has a mind has the Buddha within them. Therefore all sentient beings possess the cause of awakening and if they want to become a Buddha, they can. For this reason whatever is online or on livestream, is not restricted. Anybody can take whatever they want and look at whatever they want and for however long they want. I encourage you to do this. This is the Buddha's instruction."

Donation [Click here](#)

Venerable Khenpo Tenzin Offers

37 Bodhisattva Practices Meditation

Mon. 14/2, 21/2, kl. 00 - 01 CET

Livestream YouTube: [Click here](#)

Donation [Click here](#)

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

Jewel Ornament of Liberation

Tues. 15/2, 22/2, kl. 19 - 21 CET

Livestream YouTube: [Click here](#)

Donation [Click here](#)

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

Questions & Answers on the 37 Bodhisattva Practices

Sun. 20/2, kl. 23 - 24 CET

Livestream YouTube: [Click here](#)

Donation [Click here](#)

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

Drubpon Rinchen Dorjee Rinpoche leads

Medicine Buddha Practice – The Heart of Benefit and Well Being Sun. 13/2, kl. 17 – 19CET

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.

Text: [Click here](#)

Zoom-link: [Donate](#) to the organizer Chicago Ratna Shri Sangha.

Winter Nyungne Retreat with Drupon Rinchen Dorjee and Ani Stanzin Chorol

Fri. – Mon. 18/2 - 21/2

Nyungne is the powerful purification practice of 1000 Arm Chenrezig, supported by temporarily observing the eight Sodjong Vows.

The retreat will be preceded at 3:00 CET on Friday, February 18, by the Chenrezig empowerment for those who need it or wish to have it again. The actual retreat starts at 1:30 CET Saturday, February 19.

The Sodjong Vows which are generally difficult for lay practitioners to keep in daily life, are strictly kept for the manageable, limited time of two days. The vows are given at the beginning of practice on the first day (Saturday), renewed the morning of the second day and relinquished after the final puja on the morning of the third day (Monday). You are strongly encouraged to take the vows to get the most benefit from the practice. If you feel you cannot maintain them, you are welcome to participate in the online practice without taking the vows.

The vows taken in the morning on the first day of the retreat:

1. No killing
2. No stealing
3. No sexual misconduct
4. No lying

5. Avoid intoxicants

6. Fasting* - Nyungne allows one meal the first day and beverages only after the meal until bedtime.

7. Avoid sitting on a high or fancy seat

8. Avoid perfume, ornaments, singing or dancing

With the addition of the following for the second day, until relinquished after completion of a final practice on the morning of the third day:

- No speaking other than to recite practice
- Fasting - No food or water the second day and until the last practice is complete on the last morning.

* Food at lunch on Saturday is restricted: Strictly vegetarian - no meat, fish, eggs, or beans. No food related to onions or radishes, i.e: onions, leeks, chives, horseradish, daikon, etc. "White foods" like fruit, vegetables, wheat, rice, milk, cheese and butter are all good.

Suggested donation is \$50 for those attending on Zoom. Donation [here](#). please enter "Nyungne" in the notes.

As the text will not be streamed, online participants may request the text in printable pdf format from ratnachi@hotmail.com. Please specify the western reading page order or traditional pecha format.

If you would like more information, have specific questions about the retreat, or need suggestions about how to manage the retreat in your own space, please email ratnachi@hotmail.com or call Bill at 312-933-6824.

Drubpon Tsering Rinpoche leads

White Tara Longevity Practice Sun. 13/2 kl. 10 CET

Medicine Buddha Puja Wed. 15/2 kl. 19 CET

Shamata & Avalokiteshvara Practice Fri. 18/2 kl. 18 CET

Avalokiteshvara Practice Sat. 19/2, kl. 9 CET

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

Zoom-link: <https://zoom.us/> Meeting-ID: 737 3762 3305 / Password: Tam108

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

Organized by the Garchen Dharma Institute in Munich

Teachings on Yamantaka Practice with Drubpon Tsering Rinpoche

Tuesdays Feb. 15, 22 kl. 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](#)

Khenpo Kinley Gyaltzen teaches

Life After Death

Thurs. 17/2 kl. 13:30 CET

a 3 sessions teaching covering important topics:

- 1) The 12 Links of Dependant Origination
- 2) The Bardo and
- 3) The Phowa Practice.

Most importantly, Khenpo will ultimately teach on how the 3 topics are interlinked and how we should utilize them to prepare for this important moment of our life!

Zoom id: 891 9815 0549 Passcode: 555888

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

Khenpo Rangdol bestows

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

Fridays 18/2, 25/2, 4/3, 11/8, 18/3, 25/3kl. 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 practioner - for both study and application in daily life.

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

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

YouTube Channel: Ratnashri Sweden

Phone: +46 (0) 8 765 5878

PG-konto: 128 78 06-2

Paypal: paypal@ratnashri.se or paypal.me/ratnashri