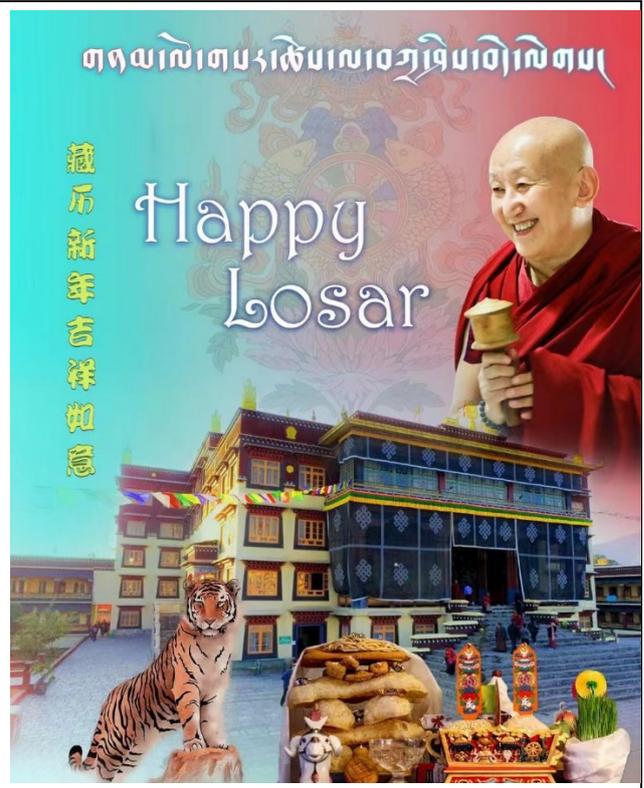


HAPPY LOSAR 2149 of the Water Tiger!



May peace and happiness prevail!
Within the protected sphere of all the buddhas and bodhisattvas, may all mother sentient beings be fully fed by the food of Dharma, nurtured by the water of compassionate bodhicitta, and totally filled with the air of primordial wisdom, which fully develop and satisfy them; thereafter may they abide in the state of Mahamudra. May all reach the state of buddhahood, the ultimate state of peace and happiness. ❤️ 🙏 🙏 🙏

Below comes the weekly update of online teachings and news which otherwise are only posted on our Center's website at <https://ratnashri.se/news.htm>

News and Message from Most Venerable Khenchen Konchog Gyaltshen Rinpoche

I am now at Drigung Kagyu Institute in Dehradun. I have completed teachings on Tsindamani. All the participants both monks and nuns are happy. I will be here until end of March. Now they are saying there will be Gongchig seminar between March and April. So future is always uncertain. But i am relax.

Please send my Losar greetings to our friends and dharma practitioners. I would like to take this precious opportunity during this Tibetan Losar wish and pray peace and happiness in everywhere. Dharma is always source of wisdom, peace and courage.

Khenchen.

Bodhicitta is always handy.

Message from His Eminence Garchen Rinpoche

All my disciples should recite the Prayer to Tara Who Protects from the Eight Fears and the World Peace Prayer in support of Ukraine. Make good prayers for both countries; pray for peace and happiness for them both. Do not be angry with Russia. Only a few people are responsible for this, but not everyone wants to fight. Encourage others to recite the World Peace Prayer repeatedly. We are currently practicing Yamantaka, as are many practitioners around the world. When you practice Yamantaka, this is how you should reflect: Pray for well-being and peace in the world. Summon the hatred and jealousy of those with evil intentions and offer it all to Manjushri Yamantaka. Not everyone wants to fight. Please pray fervently! Mainly recite the Prayer to Tara Who Protects from the Eight Fears.

Many Tashi Delek! I love you!



OM! Homage to she who protects from the eight fears!
Homage to she who blazes in auspicious glory!
Homage to she who blocks the gate to the lower realms!
Homage to she who leads on the path to the higher realms!
You are my constant companion.
I pray you will eternally protect me with compassion.

Words of Pandita Jowo Je Atisha

H.E. Garchen Rinpoche on February 24th, 2022.

Programs organized by Ratnashri Meditation Center, Sweden

*** Tsa Lung Introduction Course begins on March 12**

*** Three Wrathful Deities Retreat with Drubpon Tsering Mar. 19-20
Empowerment, teaching, transmission, and practice based on the
sadhana composed by the 7th Garchen Rinpoche**

*** Shravasti Meditation Retreats with Khenmo Drolma (introductory
level) Apr. 9-10 and May 7-8**

*** Shravasti Meditation Retreats with Khenmo Drolma (advanced
level) May 27-29**

*** Advanced Tsa Lung Course with Drubpon Kunsang, Aug. 6-7**

H.E. Garchen Rinpoche offers Losar Program:

Zarling Music from Gar Nyangchen Jangchub Choling

Thur. 3/3 kl. 15:30 – 14:00 CET

Lama Chopa Puja with Smoke Offering and Dzambala

Thur. 3/3 kl. 14:00 – 15:30 CET

Medicine Buddha empowerment

Fri. 4/3, kl. 00:00 – 02:00 CET

Livestream YouTube: [Click here](#)

Donation [Click here](#)

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

White Tara Practice and Dharmapalas (Dharma

Protectors)

Sun. 6/3, kl.19-21 CET

White Tara Practice and Jangchok for Living

Sun. 13/3, kl.19-21 CET

Texts can be found [here](#).

Livestream YouTube: [Click here](#)

Donation [Click here](#)

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

Annual Guru Rinpoche Mantra Accumulation Retreat

Fri. - Sun. 25-27/3

More information coming soon.

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

Khenpo Rangdol bestows

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

Fridays 4/3 (cancelled), 11/3, 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 practitioner - for both study and application in daily life.

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

Khenpo Samdup Rinpoche leads

Medicine Buddha Puja & Smoke Offerings

Thur. and Fri. 3-4/3 kl. 15:30 – 17:30 CET

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

Organized by [Drikung Dharma Surya Center](#)

His Holiness Drikung Kyabgon Chetsang leads

**Medicine Buddha Blessings, Prayer Flag Raising, and
Prayer for World Peace**

Sat. 5/3 kl. 15:30 – 17:30 CET

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

Organized by [Drikung Dharma Surya Center](#)

Venerable Khenpo Tenzin Offers

Online Ngöndro Refuge/Prostration Retreat

March 5 – May 28, kl. 18 - 20

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

Organized by Garchen Buddhist Institute, Arizona

Meditation on the 37 Bodhisattva Practices

Mon. 7/3, kl. 00 - 01 CET

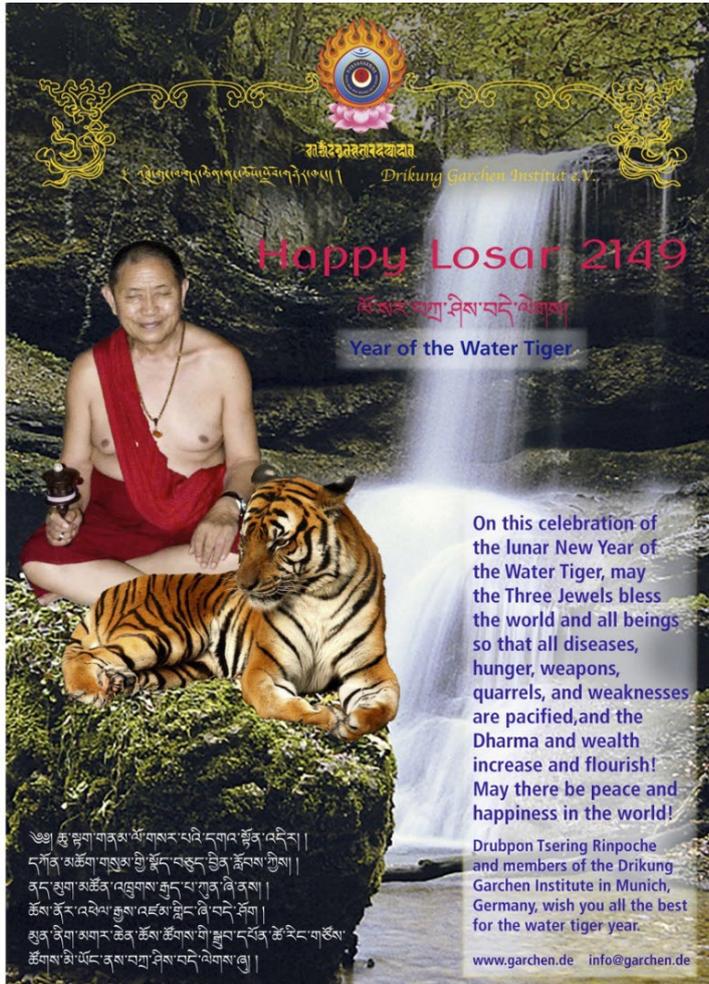
Jewel Ornament of Liberation

Tues. 8/3, kl. 19 - 21 CET

Livestream YouTube: [Click here](#)

Donation [Click here](#)

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



Drubpon Tsering Rinpoche leads

Shamata & Avalokiteshvara Practice Fri. 4/3 kl. 18 CET

Avalokiteshvara Practice Sat. 5/3, kl. 9 CET

White Tara Longevity Practice Sun. 6/3 kl. 10 CET

Medicine Buddha Puja or Yamantaka Puja Wed. 9/3 kl. 19 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

Drubpon Rinchen Dorjee Rinpoche leads

Medicine Buddha Practice – The Heart of Benefit and Well Being Sun. 7/3, kl. 17 – 19 CET

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.

Vajrayogini Retreat

Wed. - Sun. 16-20/3

Registration is required. More information [here](#).

Organized by Chicago Ratna Shri Sangha.

His Eminence Lho Ontul Rinpoche gives commentary on The Two Truths

Saturdays: 19/3 and 26/3 kl. 13:30 CET

In Nagarjuna's *Mulamadhyamakakarika*, the two truths doctrine is used to defend the identification of dependent origination with emptiness (sunyata): The Buddha's teaching of the Dharma is based on Two Truths, a truth of worldly convention and an ultimate truth. Those who do not understand the distinction drawn between these Two Truths do not understand the Buddha's profound truth. Without a foundation in the conventional truth, the significance of the ultimate truth cannot be taught. Without understanding the significance of the ultimate, liberation is not achieved.

Creation and Completion Stages of Deity Yoga

Saturdays: April: 9, 16, 23, 30; May 7, 14, 21, 28 kl. 14:30 CEST

The generation stage or creation phrase, also known as the phase of imagination and the yoga of fabrications is the first phase of tantric deity yoga in the

Unsurpassed Yoga Tantra. Ju Mipham defines the generation stage as follows:
"accessing the purity and equality of appearance and existence through conceptual creations and training in accord with the view that ascertains the meaning of the natural continuum of the ground. The completion stage, also known as perfection or fulfilment stage or the yoga of the natural state is the second stage of Unsurpassed Yoga Tantra. Ju Mipham writes that in the completion stage or path of the innate or path of direct perception, the profound methodical pith instructions actualize the tantra of the ground, the great purity and equality that dwells within as the mandala of spontaneous presence.

ZOOM ID: 93492976047 Passcode: 123456

Donation to the Monastery and Rinpoches, please email to wtsl1971@gmail.com
phone: +91 85809 99659

Organized by [WOGMIN THUPTEN SHEDUP LING](#)

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

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