

**May all be auspicious!**

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**Online Shravasti Meditation Curriculum with Venerable  
Khenmo Drolma**



***Coming to Peace with Our Emotions, May 7-8, 2022***

Program and Registration [here](#)

***Retreat for Advanced Meditators, May 27-29, 2022***

Program and Registration [here](#)

Organized by [Ratnashri Meditation Center, Sweden](#)

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**Dorje Lopön Dr. Hun Lye teaches**

***Bodhicitta according to Shantideva's [Engaging in the  
Conduct of Bodhisattvas](#)***

**Sat. 16/4 kl. 14-16 CEST**

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

Make a donation [here](#)

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**His Eminence Lho Ontul Rinpoche gives commentary on  
Creation and Completion Stages of Deity Yoga**

**Sat.: April: 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](mailto:wtsl1971@gmail.com)  
phone: +91 85809 99659

Organized by [WOGMIN THUPTEN SHEDUP LING](#)

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**Khenpo Samdup Rinpoche bestows**

**Commentary on *The Sole Kilaya of the Sacred Bond of the Heart* revealed by H.H. Khenpo Jigmey Phuntsok**

**Sat. – Sun 16-17/4 kl. 17– 19 CEST**

Don't miss this precious opportunity to explore an extremely abbreviated, daily Vajrakilaya practice revealed as a terma "spiritual treasure" by Khenpo Jigmey Phuntsok Rinpoche. Khenpo Samdup studied this text under Jigmey Phuntsok Rinpoche called A Branck of the Kilaya Tantra Gurkhukma known as The Sole Kilaya of the Sacred Bond of the Heart. This text is particularly powerful for removing outer and inner obstacles to inner peace and unconditional compassion while promoting the well-being of the world community and the causes to attain enlightenment.

Text download: [here](#)

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

Organized by Drikung Dharma Surya Center. Make a donation [here](#).

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**Drubpon Rinchen Dorjee Rinpoche leads**

**Monthly Cakrasamvara Practice Sat. 16/4, kl. 16 – 18:30  
CEST**



On the full moon day, Drubpon Rinchen Dorjee Rinpoche will lead The exceedingly concise sādhana of Cakrasamvara's Five Deities, called Utter Illumination of the Innermost Essence. Yidam practice is a very special tantric practice in which one transforms one's normal, samsaric experience of reality into an extraordinary experience of the true state of all phenomena. While the teachings of the sutra-level consider ignorance as the root cause of samsaric existence, the tantric teachings identify the ordinary appearances as the root cause of samsara. The practice of Yidam is a special and profound method to quickly transform ordinary appearances into enlightened appearances. To be more accurate, this practice uncovers the actual state of appearances and reveal them to be pure and empty unceasingly. Register [HERE](#) to receive the a pdf version of the text.

Organized by Chicago Ratna Shri Sangha

## **Medicine Buddha Practice – The Heart of Benefit and Well Being** **Sun. 17/4, kl. 17 – 19 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.

Text: [Click here](#)

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

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

### **The Relationship of the Prayer Wheel and Merit** **Sat. 16/4, kl.19-20:30 CEST**

A new temple in Sacramento, California will be opened under the leadership of Lama Gape. Garchen Rinpoche will make a Zoom appearance on the Live Broadcast to give speech for the event. Lama Chöpa Tsok will be practiced.

Zoom id: 935 8961 2000 Passcode 108108

Livestream YouTube: [Click here](#)

## **White Tara Practice and Jangchok for the Dead**

### **Sun. 17/4, kl.19-21 CEST**

Texts can be found [here](#)

Submit names for dedication: [dedications@garchen.net](mailto:dedications@garchen.net)

Livestream YouTube: [Click here](#)

Donation [Click here](#)

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



There is no chance for demonic obstacles to affect the three secrets of the lama who possesses blessings; yet, in accord with the principle of dependent origination, this supplication of the wish-fulfilling jewel is wonderful!

尊胜佛母  
长寿荟供

**NAMGYALMA**  
LONG LIFE OFFERING

FOR THE LONG LIFE OF  
HIS EMINENCE GARCHEN RINPOCHE  
祈愿 噶千百劫寿永固

**19 - 25** APRIL 2022  
2022年4月19-25日

In celebration of His Eminence Garchen Rinpoche's birthday, we are pleased to announce that the lamas from the various Garchen Dharma centers will gather this year at Rinpoche's main residence outside of Tibet. On the first day, the lamas will perform the elaborate Protector Ritual of Fulfillment and Mending. On the second day, we will practice Vajrasattva, followed by a Ten Thousandfold Offering to Namgyalma, during which we will accumulate the long dharani mantra of Namgyalma for four days. On the final day, we will offer a long-life ceremony to His Eminence Garchen Rinpoche, our beloved Guru. May the power of this virtue quickly put an end to disease, famine, and war throughout the world; grant everyone good health and mental happiness; and inspire them to cultivate the four immeasurables! Please join us for this special event, which will take place from April 19th to 25th, 2022.

Hosted by 主办单位  
**Garchen Buddhist Institute**  
Email 电邮: questions@garchen.net • Tel 电话: +1 928-925-1237 • www.garchen.net

## SCHEDULE

April 19 Protector Ritual of Fulfillment and Mending (in Tibetan only)

April 20 Vajrasattva Practice

April 21 – 24 Namgyalma Offerings and Practice

Kl. 18 – 21 and kl. 23 – 02 CEST (April 19 – 21)

April 25 Long Life Ceremony Kl. 18 – 21 CEST

Text: [Click here](#)

Livestream YouTube: [Click here](#)

Donation [Click here](#)

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

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**Venerable Khenpo Tenzin Offers  
Meditation on the 37 Bodhisattva Practices  
Sun. 17/4, kl. 00 - 01 CEST**

**Jewel Ornament of Liberation  
Tues. 26/4, kl. 19 - 21 CEST**

Livestream YouTube: [Click here](#)

Donation [Click here](#)

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

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**Generosity in a Time of Need**



Students of the Garchen Ratnashri Center in the Ukraine are in need of our assistance.

Maryna sent message this morning that a missile struck the town she is in and hit a military supply bunker which was exploding through out the night. They were hiding in the cellar and she was frightened.

Sangha in Lisichansk are having a hard time with food supply so they have been transferred funds and are helping each other. Families are being sent out of the

town but they are staying to help feed the animals and take care of the stupa they built there.

Sangha in Lisichansk are having a hard time with food supply so they have been transferred funds and are helping each other. Families are being sent out of the town but they are staying to help feed the animals and take care of the stupa they built there. If you would like to help our dharma brothers and sisters, please donate to the PayPal account of their director Maryna Semenyuk: [maryna.semenyuk@gmail.com](mailto:maryna.semenyuk@gmail.com).

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## **H.H. Drikung Kyabgon Chetsang met H.H. the Dalai Lama**







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**H.E. Nubpa Rinpoche's very inspiring daily training**







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

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