

## **Program October 2018 - April 2019**

### **HIGHLIGHTS**

**16.11. – 18.11. VAJRAYOGINI and TSA LUNG TIGLE retreat**

**08.12. ACHI day retreat**

**28.12. – 31.12. MEDICINE BUDDHA retreat**

**01.02. – 05.02. VAJRAKILAYA retreat**

**23.02. CHÖD day retreat**

**08.03. – 10.03. YAMANTAKA retreat**

**22.03. – 24.03. SHAMATHA meditation and yoga practice**

**11.04. – 15.04. WHITE TARA retreat with PRAJNAPARAMITA empowerment**

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OCTOBER 2018 - APRIL 2019

### **WEEKLY MEDITATIONS**

All weekly meditations are guided by Drubpon Tsering Rinpoche or Dubpon Palkyi whenever he is absent. Any other events will be advertised on the notice board, via our mailing list and on the website.

#### **WEDNESDAY**

07:30 - 08:30

Garchen Rinpoche Guru Puja

19:00 - 20:00 alternating yidam practice:

Yamantaka, Vajrayogini, Chakrasamvara,

Chöd, Hevajra, only for advanced practitioners

20:00 - 21:00

Dharmapala, only for advanced practitioners

#### **FRIDAY**

09:00 - 10:00

privately commissioned prayers

advertised online and via mailing list

18:00 - 19:00 mantra recitation and

silent meditation, suitable for beginners

19:00 - 20:00 every other Friday

discussion group on the 37 bodhisattva

practices with Drubpon Palkyi, Tsünma Zofia  
and Alex Sieber, suitable for beginners

### **SATURDAY**

09:00 - 10:00 Jigten Sumgön Guru Puja

10:00 - 11:00 training in ritual practices or  
ritual dance class

18:00 - 20:00 ngöndro

(preparatory practices):

refuge, Vajrasattva, mandala and

guru yoga (part I - IV),

suitable for beginners

### **SUNDAY**

10:00 - 12:00

White Tara, Achi and Samantabhadra prayer

14:00 - 17:00 every other Sunday

Tibetan parents' initiative. All families with  
children are warmly welcome!

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Regular meditations and discussion

groups are open to everyone and free of charge.

WE ARE GLAD TO RECEIVE DONATIONS.

For the other events there is a reduced admission

for members, pensioners, pupils, students, Hartz IV recipients as

well as disabled persons. Please check [www.garchen.de](http://www.garchen.de) for further

details. We reserve the right to change the programme at short

notice.

## NOVEMBER 2018

Friday, 2 November 18:00 - 20:00 Dakini day, Milarepa tsog

Wednesday, 7 November 19:00 - 21: 00 Drikung phowa and Yamantaka practice, new moon

### **Friday, 16 November - Sunday, 18 November Vajrayogini and Tsa Lung Tigle Retreat with Drubpon Tsering Rinpoche**

Vajrayogini is a tantric consort of all the embodiments of Heruka in the four classes of tantra and she has the potential to impart supreme bliss. Her function is to lead practitioners to the dakini pure land and to destroy attachment, hatred and ignorance. Her body is in the nature of the perfection of wisdom of all the Buddhas. The practice of chöd and the profound path of the Six Yogas of Naropa are based on her.

Tsa Lung Tigle is one of the most important yogic methods to harmonise body, mind

and the five elements. By means of this practice we balance the inner channels, winds and bindus. Tsa refers to the subtle channels, Lung to the inner wind and Tigle to the essential drop. Tsa Lung Tigle is a Buddhist technique for increased alertness that contributes to general clarity of mind. In this practice body movements are tied to holding the breath which results both in energy blockages being cleared and other Vajrayana practices being enhanced. The exercises help naturally to prevent and cure diseases.

Friday, 16 November, 18:30 - 20:30 beginning of the retreat with Vajrayogini Empowerment

Saturday, 17 November, 10:00 - 12: 00, 14:30 - 16: 00 Tsa Lung Tigle instructions and practice, 16:30 - 17:15 chöd practice, 19:00 - 21:00 Tsa Lung Tigle instructions and practice

Sunday, 18 November 10:00 - 12:00, 14:00 - 16:00 Tsa Lung Tigle instructions, practice and conclusion of the retreat

It will be possible to participate in individual sessions

Whole retreat 105 € / reduced 84 €

Friday, 23 November 18:00 - 19:00 chöd, full moon Saturday, 24 November open house day from 13:00

28 November - 3 December Drubpon Tsering Rinpoche in Ukraine

## DECEMBER 2018

Sunday, 2 December, 10:00 - 12:00 Dakini day, Milarepa tsog Friday, 7 December 18:00 - 19:00 Drikung phowa, new moon

### **Saturday, 8 December Achi day retreat with Drubpon Tsering Rinpoche**

Achi Chokyi Drolma is a great Dharma protector and grandmother of Kyobpa Jigten Sumgön, the founder of the Drikung Kagyü lineage. She is a manifestation of Vajrayogini, the embodiment of the wisdom and compassion of all the Buddhas. As divine Buddha mother she manifests in the form of dakinis of the five Buddha families. At different times and in various spatial dimensions she appears in countless manifestations in order to save beings from samsara. Achi Chokyi Drolma manifests as guru, deva, dakini or dharmapala.

10:00 - 12:00 empowerment, 14:30 - 16:30 instructions, 16:45 - 17:30 Uhr chöd practice, 19:00 - 21:00 practice

It will be possible to participate in individual sessions

Whole retreat 53 € / reduced 42 €

**13 December - 17 December Drubpon Tsering Rinpoche in Poland**

Saturday, 22 December, 18:00 - 20:00 chöd, ngöndro, full moon

**Monday, 24 December Christmas**

17:00 communal cooking

19:00 Chenrezig practice and Samantabhadra prayer

**Friday, 28 December - Monday, 31 December Medicine Buddha retreat with Drubpon Tsering Rinpoche**

Medicine Buddha (Tib. Sangje Menla) is the supreme healer combining the healing powers of all the Buddhas. He cures all diseases, for all suffering arises in the mind. Thus he frees beings from the three mental poisons that cause physical and mental illness. Prior to his awakening, the Medicine Buddha took twelve vows including one oath to cure all those suffering from physical or mental ailments in the future.

Friday, 28 December, 18:00 - 20:00 beginning of the retreat with empowerment

Saturday, 29 December, 07:00 - 09:00 practice, 10:00 - 12:00 / 14:30 - 16:30 instructions on the eight manifestations of the Medicine Buddha and their respective prayers, 16:45 - 17:30 Dharmapala, 19:00 - 21:00 practice

Sunday, 30 December, 07:00 - 09:00, 10:00 - 12:00, 14:30 - 16:30 practice, 16:45 - 17:30 Dharmapala, 19:00 - 21:00 practice

Monday, 31 December, 07:00 - 09:00, 10:00 - 12:00, 14:30 - 16:30 practice, 16:45 - 17:30 Dharmapala, 17:45 - 19:45 practice, 21:30 - 23:45 Guru Rinpoche Tsog with New Year's Eve party

It will be possible to participate in individual sessions

Whole retreat 140 € / reduced 112 €

We wish all our members, friends and supporters a reflective and Merry Christmas season and best of health, energy and success in all their endeavours for the year to come. See you again in 2019!

Drubpon Tsering Rinpoche and the team of Drikung Garchen Institute e.V.

## **JANUARY 2019**

**3 January - 8 January Drubpon Tsering Rinpoche in Russia**

Saturday, 5 January, 18:00 - 20:00 Drikung phowa and ngöndro new moon

Wednesday, 30 January, 19:00 - 21:00 Dakini day, Milarepa tsog

## **FEBRUARY 2019**

### **Friday, 1 February - Tuesday, 5 February Vajrakilaya Retreat With Drubpon Tsering Rinpoche including dakini dance**

Vajrakilaya, Dorje Phurba, is the embodiment of the enlightened activity of all the Buddhas. He is the wrathful expression of compassion and wisdom, overcoming all inner and outer obstacles, and purifies mental poisons and spiritual pollution. The sharp, penetrating power of the phurba symbolises its powerful efficacy for the protection of sentient beings. With this retreat we remove negative forces before embarking on the Tibetan New Year, the year of the earth pig which will begin on February 5th.

Friday, 1 February, 18:30 - 20:30 beginning of the retreat with Vajrakilaya empowerment

Saturday, 2 February, 07:00 - 9:00 practice, 10:00 - 12:00, 14:30 - 16:30 instructions, 16:45 - 17:30 Dharmapala, 19:00 - 21:00 practice

Sunday, 3 February - Monday, 4 February, 07:00 - 9:00, 10:00 - 12:00, 14:30 - 16:30 practice, 16:45 - 17:30 Dharmapala, 19:00 - 21:00 practice

Tuesday, 5 February Losar: 07:00 - 09:00 conclusion of the retreat with tsog and fire puja

It will be possible to participate in individual sessions

Whole retreat 145 € / reduced 115 €

OM BADSRA KILI KILAJA SARVA BIGHNAN BAM HUNG P'AT/

### **Saturday, 9 February from 13:00 Losar celebration**

11 February - 04 March Drubpon Tsering Rinpoche in Estonia, Latvia and Litauen

### **Saturday, 23 February Chöd day retreat with Drubpon Palkyi**

Chöd means "cut". What is being cut is grasping at a self, which prevents us from recognising our own mind. By overcoming our habitual egocentric thinking and behaviour we can allow the pure nature of mind to shine through. During the retreat we will learn how to play the damaru and bell.

09:00 - 10:30, 10:45 - 12:15, 14:30 - 16:00, 16:15 - 18:00 instructions and practice.

It will be possible to participate in individual sessions

Whole retreat 40 € / reduced 32 €

## **MARCH 2018**

Wednesday, 6 March, 19:00 - 21:00 Drikung phowa and Yamantaka, new moon

### **Friday, 8 March - Sunday, 10 March Yamantaka retreat with Drubpon Tsering Rinpoche**

Yamantaka is the wrathful manifestation of Manjushri, the bodhisattva of wisdom. Through his enlightened activity he defeats Yama, Lord of Death, by overcoming ignorance and dualistic appearance. He is a powerful Dharma protector.

This retreat serves as preparation for the Yamantaka Drubchen.

The Yamantaka empowerment is required for participation.

It will be possible to participate in individual sessions.

Friday, 8 March - Saturday, 9 March 07:00 - 9:00, 10:00 - 12:00, 14:30 - 16:30 practice, 16:45 - 17:30 Uhr  
Dharmapala, 19:00 - 21:00 Uhr practice

Sunday, 10 March, 07:00 - 09:00, 10:00 - 12:00 practice, 14:00 - 16:00 practice and conclusion of the retreat  
with Samantabhadra prayer and prayer for world peace and well-being.

Whole retreat 80 € / reduced 60 €

13 March - 26 March Drubpon Tsering Rinpoche in Portugal and Spain

**Friday, 22 March - Sunday 24 March shamatha meditation and yoga exercises with Drubpon Palkyi**

Shamatha (Tib. shiné) means "calm abiding" and trains the ability of the mind to concentrate and thereby stabilise. A sound, a small object or the breath can serve as means to concentrate. The practice helps eliminate disturbing thoughts and gather positive imprints. The meditator experiences deep relaxation and perfect focusing of the mind culminating in a state of "non-thought". In that state the mind is like an ocean whose calm surface reflects the image of the moon. It is calm, peaceful and clear. The yoga exercises with meditative focus enhance the unity of body and mind.

Friday, 22 March, 18:00 - 20:00 instructions and practice.

Saturday, 23 March, 10:00 - 12:00, 14:30 - 16:30 instructions and practice, 16:30 - 17:15 chöd practice,  
19:00 - 21:00 instructions and practice.

Sunday, 24 March, 10:00 - 12:00 instructions and practice, 14:00 - 16:30 instructions, practice and  
conclusion of the retreat with Samantabhadra prayer, prayer for world peace and well-being.

It will be possible to participate in individual sessions.

Retreat 64 € / reduced 51 €

29 March - 31 March Drubpon Tsering Rinpoche in Vienna

## APRIL 2019

4 April - 7 April Drubpon Tsering Rinpoche in Schneverdingen

**Thursday, 11 April - 15 April White Tara retreat with Prajnaparamita empowerment with  
Drubpon Tsering Rinpoche**

This retreat is dedicated to the long life of H.E. Garchen Rinpoche. Tara is the female manifestation of the compassion of all the Buddhas. As White Tara she embodies the wisdom aspect of active compassion, belongs to the deities of long life and protection, and helps increase merit more and more. Again we would like to offer a special present to H.E. Garchen Rinpoche by reciting and accumulating as many White Tara mantras as possible. Please communicate your number of mantras to the centre's office.

Prajnaparamita means "wisdom of the other shore" and signifies perfect spiritual wisdom which is the ultimate of six transcendental virtues. The embodiment of transcendental wisdom is represented by a female bodhisattva that also personifies the Prajnaparamita sutras. One of the Tibetan practices based on Prajnaparamita is chöd, a spiritual practice for cutting the sense of I for realising pure awareness free from fear.

Thursday, 11 April, 18.30 - 20:30 beginning of the retreat with Prajnaparamita empowerment

Friday, 12 April 07:00 - 9:00, 10:00 - 12:00, 14:30 - 16:30 instructions, 16:45 - 17:30 Dharmapala, 19:00 - 21:00 practice

Saturday, 13 April 07:00 - 9:00, 10:00 - 12:00, 14:30 - 16:30 practice, 16:45 - 17:30 Dharmapala, 19:00 - 21:00 practice

Sunday, 14 April 83rd birthday of H.E. Garchen Rinpoche 07:00 - 09:00 practice, 10:00 - 12:00, 14:30 - 16:30 practice, 16:45 - 17:30 Dharmapala, 19:00 - 21:00 practice and prayer for world peace and well-being, long life prayer for H.E. Garchen Rinpoche

"From the bottom of our hearts: Happy Birthday, Rinpoche!" we talk to H.E. Garchen Rinpoche on the phone to convey our best wishes on his birthday.

Monday, 15 April, 07:00 - 09:00 conclusion of the retreat with tsog

It will be possible to participate in individual sessions.

Whole retreat 145 € / reduced 115 €

17 April - 23 April Drubpon Tsering Rinpoche in Sweden