

## 【閉關法會之緣起】 - ORIGINS OF RETREAT

藏歷四月稱之為薩嘎達瓦，薩嘎達瓦節即是世尊釋迦牟尼佛誕辰、涅槃、成佛的日子。藏歷四月七日為「釋迦牟尼佛誕辰日」，四月十五日為「釋迦牟尼佛成道日及涅槃日」，該月就匯集了三個節日，故此月是一年中最高聖的月份。在這神變月中所做的一切善業、功德、果報均會增長。故應于此月勤斷一切惡、願修一切善，回向遍有情！

SAKA DAWA falls on the 4th month of the Tibetan Calendar, which commemorates The Birth, Enlightenment and Parinirvana of Sakyamuni Buddha. The birth of Sakyamuni Buddha falls on the 7th day, whereas the Enlightenment and Parinirvana fall on the 15th day. Therefore, the 4th month is considered as the most sacred month of the year as it consists of these 3 events. The merits of any virtuous acts performed during this month of merits will be increased, so, one should refrain from any unwholesome acts, and practice all virtues for the benefit of all sentient beings.

薩嘎達瓦  
紐涅閉關

SAKA DAWA  
NYUNGNE RETREAT

@ RINCHENLING MONASTERY  
NEPAL

尼泊爾仁欽林寺

Naya Pati Sundharjal  
G.P.O.Box 6022 Kathmandu  
Nepal

若能于此月中受持紐涅，更能清淨無邊業障，增廣無量功德，將來獲致解脫，免于生死輪回，而多數千手觀音紐涅的傳承祖師們也在此月中圓滿成就。基于種種殊勝因緣之故，定于國曆五月二十七日(藏歷四月十三日開始)，至國曆五月三十日(藏歷四月十六日)期間舉辦「紐涅」八關齋戒。

If one engages in Nyungne during this month, one's innumerable past negativities will be purified, merits will be greatly increased, thus leading towards future liberation and eventually be freed from the cyclic existence. Moreover, many of the past NYUNGNE lineage masters had also attained great accomplishments in this month. Due to all favorable conditions, The 8 Mahayana Precepts, NYUNGNE retreat will be held from 27th - 30th May (Tib. 13th - 16th of the 4th month).

**2018/5/27 (藏歷Tib.4/13) - 2018/5/30 (藏歷Tib.4/16)**

努巴仁波切帶領閉關

RETREAT WILL BE LED BY H.E. NUBPA RINPOCHE

- 5/27 (藏歷4/13) 前行 Preliminary • 講解 Teachings • 5/28 (藏歷4/14) 受戒 Taking of precepts
- 5/29 (藏歷4/15) 紐涅正行 Main practice of Nyungne
- 5/30 (藏歷4/16) 圓滿 Completion • 教授禪修 Teaching on Meditation



03/18/2018 09:25 p.m.

n Nepal... 27-30 May 2018 Chenrezig Nyungne Retreat 2018 during Saka Dawa month @ Drikung Kagyu Rinchen Ling The 4th lunar month of the Tibetan Calendar is marked as the Saka Dawa or the month of merits. It is the sacred month celebrating Buddha Shakyamuni's birth, enlightenment and parinirvana. The 7th day of the 4th Tibetan lunar month is the day that marks the birth of the Buddha, and the 15th day marks his enlightenment and parinirvana, hence, making this month the holiest of each year. There is a multiplying effect for all actions, merit and fruition accumulated during this month. The Tibetan word, 'Nyung' means 'fasting', while 'Ne' means 'abiding with the state'. Hence, 'Nyungne' means 'abiding with the state of fasting.' The practice of Nyungne embodies immeasurable merit. It is an extremely extraordinary Dharma method of practice.

Venue: Drikung Kagyu Rinchen Ling Monastery Nayapati-5, Sundarijal

G. P. O. Box 6022 Kathmandu, Nepal

Date: 27 May 2018 - 30 May 2018

(13th - 16th day of the 4th lunar month of the Tibetan calendar)

Program:

27 May 2018 Preliminary Practice      28 May 2018 Taking the Precepts

29 May 2018 Main Practice      30 May 2018 Concluding Practice

Leading and Guiding Master:

His Eminence the 12th Nubpa Tulku Konchok Tenzin Rinpoche

Retreat Meals and Lodging:

Free of charge at the monastery. All donations are welcome.

Note: Rinchen Ling Monastery is 40 minutes away from Kathmandu Airport. The taxifare is around 700 to 900 Nepalese rupees. The monastery is about 20 to 30 minutes away from the Boudhanath Stupa, hence, making it an ideal place for practice and pilgrimage.

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