

*Hjärtligt välkomna till Tara-retreat
med Drubpon Tsering Rinpoche
26 april – 1 maj, 2017 på Ratnashri Meditation Center*



Praise to the Twenty-one Taras and White Tara

Chenrezig is an emanation of Buddha Amitabha's compassion and Tara is an emanation of his wisdom. Chenrezig cultivated indomitable courage to benefit all sentient beings until samsara was emptied. For limitless kalpas, he benefited sentient beings by bringing them to the state of liberation. However, the total number of sentient beings did not decrease. Being overwhelmed by the suffering of sentient beings, tears came to his eyes and these two tears became Tara and Bhrikuti. As the mother of all the buddhas, Tara manifests in countless manifestations depending on the level of sentient beings, to swiftly benefit them. She protects them from all fears, pacifies evils, disease and misfortune, increases longevity, wealth and merit, overpowers the deluded perceptions, and destroys the enemy of five poisons, one's disturbing emotions. She is the basis of the manifestations of all female deities.

The Praise to the Twenty-One Taras, connecting the practitioner to Tara's enlightened activity, was memorized and recited by almost every Tibetan regardless of school or tradition. It is extracted from *Tara Tantra* which is not a text of human origin, but is said to be emitted by Buddha Vairochana through his crown protuberance. Each verse represents one emanation of Tara with different levels of interpretation (outer, Mahayoga, Anuyoga and Atiyoga [Dzogchen]) and practice (word, inner, hidden and ultimate). The number twenty-one has specific symbolic meanings. Buddha taught twenty-one techniques for us to work with to attain enlightenment. According to tantric teaching, within this human body we have twenty-one different knots. These are in pairs and they obstruct or block our channels. Through practice, each of these pairs of knots is released and a specific realization is obtained. When all the twenty-one knots are released, enlightenment, our inherently awakened state is reached. Within that state of dharmakaya, the twenty-one active spontaneously inherent qualities appear as the twenty-one emanations of Tara. Thus Tara combines all the active energies of the three kayas by which we release our own knots and those of other beings, the energy by which we achieve enlightenment and help other beings to achieve it.

White Tara in sanskrit: Sāraswatī or Sītā Tārā, also known as Wish-fulfilling Wheel or Cintachakra; and in Tibetan: Drolkar. White Tara practice emphasizes dispelling obstacles to life, prolongs longevity, and encourages good fortune and is performed to achieve enlightenment, Buddhahood. However, as Garchen Rinpoche teaches, it is important to grow the inner love, compassion and wisdom which shine forth as our own inner Buddha Nature. That is the ultimate protection deriving from deity yoga. When we understand that Tara is always there as our own deepest mind which is shared with all other beings, then no matter how much we might sometimes sink into dualism and confusion, White Tara offers peace, prosperity, health and long life through her enlightened activities. She is depicted with a female body that is brilliant white of a thousand autumn moons. The original form of White Tara had two eyes. In the most known Tibetan form her third eye, in her forehead, symbolizes her vision of the unity of ultimate reality, while she simultaneously sees the relative and dualistic world with her other two eyes. Her hands and feet also have eyes, showing that all her actions are governed by her ultimate wisdom and compassion. She shows limitless kindness, generosity and protection towards those who are tossed in the ocean of suffering. If we recite her mantra and make connection to her, we draw closer to developing her enlightened qualities in ourselves.

All teachings will be translated from Tibetan to English by Sonam Spitz.

Tara Retreat Schedule at Ratnashri Meditation Center April 26 – May 1, 2017	
April 26–28 (Wed.- Fri.)	kl. 18.30 – 20.30 Teachings on Praise to the Twenty-One Taras
April 29 (Saturday)	kl. 10.00 – 12.30 White Tara Empowerment kl. 14.00 – 15.30 White Tara Teaching 1 kl. 16.00 – 18.00 Practice
April 30 (Sunday)	kl. 09.00 – 12.30 Teaching on Hand Mudras 1 and White Tara Practice* kl. 14.00 – 15.30 White Tara Teaching 2 kl. 16.00 – 18.00 Practice
May 1 (Monday)	kl. 09.00 – 12.30 Teaching on Hand Mudras 2 and White Tara Practice* kl. 14.00 – 16.00 Guru Yoga and Tsog

* If you have, please bring your vajra, bell and damaru on April 30 and May 1.

If you have, please bring your Ratnashri Prayer Book and Drikung Prayer Book every day

Retreat fee	
Entire retreat (without text)	1 200 SEK
or Apr. 26, 27, 28: 100 SEK per evening; Apr. 29: 600 SEK; Apr. 30: 400 SEK; May 1: 200 SEK	
Full-time retired and unemployed participants can receive 20% discount on the retreat fees (not on text).	
There is no discount on partial participation within any single day.	
White Tara Text	100 SEK

Drubpon Tsering Rinpoche is the resident Lama at the Drikung Garchen Institute, Munich, Germany since 2002 and is appointed by His Eminence Garchen Rinpoche as his representative in Europe. *“As I have passed on all responsibilities to him, I believe that he will become an authentic guide in terms of the true Dharma. As Lama Tsering has been with me from the age of eight until now, [I recognize] his wish and experience to bring benefit to others according to [the diverse kinds of] phenomena and individuals.”*

Ordained as a monk at the age of eight, he received the novice ordination two years later. He completed his studies at the main monastery of the Drikung-Kagyü lineage in Dehra Dun, India. In addition, he completed the traditional three-year retreat comprising the five-fold path of Mahamudra and the Six Yogas of Naropa. Subsequently, His Holiness Chetsang Rinpoche and His Eminence Garchen Rinpoche conferred the title of a Drubpön (retreat master) upon him. Rinpoche leads various retreats and meditation courses almost every month, in Germany or other European countries, suitable for beginners as well as for advanced practitioners.

Venue: Ratnashri Meditation Center (Friggavägen 11, Lidingö, telephone 08-765 5878)

Direction: T-bana: Ropsten. From Ropsten, take bus to Lidingö Centrum (201,202,204,205,206, 211 and 212). Walk along Odenvägen (on the left) down to Friggavägen. Turn left onto Friggavägen.

Friggavägen 11 is on the right hand side. (Web: <http://www.ratnashri.se>)

Practical Information

- Please bring khata and an offering on Saturday as they will be offered to Drubpon Tsering Rinpoche right after receiving the empowerment.
- To accumulate merits, throughout the retreat, participants should remain silent (during breaks) and consume only vegetarian food (no garlic, no radish) throughout the retreat.
- Tea and water will be available throughout the retreat. However, no food will be provided and no access to kitchen facilities (refrigerating/heating up/washing). There are many lunch options in the nearby area.

Registration

No pre-registration needed, but to guarantee a copy of the text, please send an email with the following information to info@ratnashri.se :

Name, Street Address, Email address, Telephone number,
Participation: whole retreat or which days and evenings
I am applying for the reduced fee because of the following reason...

For those who want to pre-pay, the account is pg 1287806-2 (Ratnashri Meditation Center).