

*Hjärtligt välkomna till*  
*Retreat om buddhanatur (Uttaratantra Shastra) del 2 av 4*  
*med Khenpo Tamphel 18 – 20 maj 2018*  
*på Ratnashri Meditation Center*



Tid: Fredagen 18/5, kl. 18 – 21; helgen 19-20/5, kl. 9 – 17 (pauser för lunch och fika)

Plats: Ratnashri Meditation Center, Friggavägen 11, Lidingö

Kursavgift: 950 kr, enkel vegetarisk lunch ingår (enstaka dag 500 kr, kväll 200 kr)

Anmälan: Senast tisdag 16 maj till [info@ratnashri.se](mailto:info@ratnashri.se) med insättning på pg 1287806-2

Vänligen ta med er om ni har Drikung Kagyu Prayer Book och Ratnashri Book of Prayers.

Khenpo Tamphel undervisar på engelska ur mahayana-texten **Uttaratantra Shastra** (Treatise on Buddha Nature) av Arya Maitreya tillhörandes Buddhas ”tredje vridning av dharmahjulet”. Rotverserna kan lånas eller köpas på centret.

*Buddha nature (tathāgatagarbha) and its wisdom are inherent in our minds. All sentient beings without exception (even insects) have buddha nature; the inherent purity and perfection of the mind are untouched by the changing mental states. Mahayana Uttaratantra Shastra is Buddha's definitive teachings on how we should understand our buddha nature, enlightenment, and the nature, qualities and activities of buddhahood. The major part of the teaching deals with the cleansing of the everlasting continuum of the mind when it is tarnished with adventitious stains. That is, through training and practice, one can actualize the ever-higher supreme qualities (the primordial unchanging purity) on the basis of our presently stained everlasting mental continuum. The seven vajra points mentioned in the text are Buddha, Dharma, Sangha, the element (buddha nature, seed of enlightenment), the purified state Enlightenment, the enlightened qualities and Buddha's activities.*

Khenpo-la delar upp det omfattande ämnet till fyra tillfällen under 2018. Resterande två delar ges under hösten.

Det blir undervisnings- och meditationspass samt frågestund varje dag. Ett utmärkt tillfälle för att lära oss om vår inneboende buddhanatur med en högt kvalificerad lärare.

**Venerable Khenpo Konchog Tamphel** was born in 1975 in Ladakh. He became a monk at the age of nine at Lamayuru Monastery, one of the three main Drikung Kagyu monasteries in Ladakh. After completing his basic monastic education, he joined the Drikung Kagyu Institute in Dehra Dun in 1987 where he studied the various branches of Buddhist philosophy for nine years under the guidance of Khenpo Togdol Rinpoche, Khenpo Könchog Mönlam, Khenpo Könchog Tashi and Khenchen Könchog Gyaltzen Rinpoche, and received the degree of Acharya in 1995. Since then he has served as a translator for His Holiness Chetsang Rinpoche, taught at the Songtsen Library and various Drikung Kagyu Dharma Centers worldwide, and translated and published rare Drikung Kagyu texts from Tibetan to English. Since 2015, Khenpo-la has been working at the University of Vienna in the Department of South Asian, Tibetan and Buddhist Studies as a researcher in the project “Neue Erwägungen zur Buddha-Natur” (i.e., new considerations on Buddha nature).

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*When a precious treasure is contained within [the ground beneath] a poor man's house, the treasure cannot tell him "I am here!" [and] the man does not know of its presence. Like the poor man, beings are [unaware] that Dharma's treasure lies in the house of their minds and the great Sage truly takes birth within the world to cause them to attain [this treasure].*

Vers 114 i *Buddha Nature: Mahayana Uttaratantra Shastra* av Arya Maitreya  
(förlaget Siddhartha's Intent, 2007)

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## **Ratnashri Meditation Center (Friggavägen 11, Lidingö, telefon 08-765 5878)**

*Vägbeskrivning: T-bana Ropsten, buss till Lidingö Centrum (201,204,205,206,207,211,212,221).*

*Följ Odenvägen till vänster. Ta till vänster in på Friggavägen och gå rakt fram till Friggavägen 11.*

