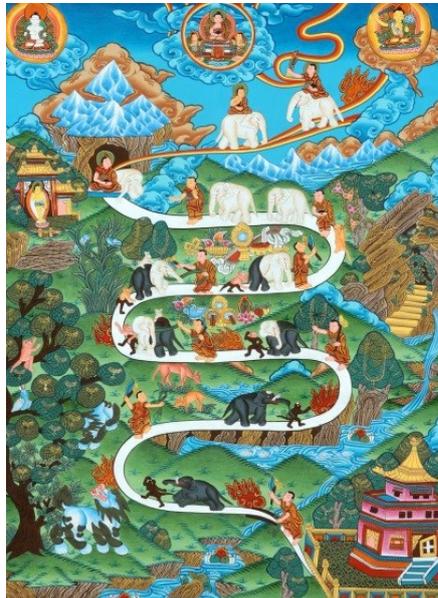


*Hjärtligt välkomna till
Nine Stages of Shamatha Meditation Retreat
med Khenpo Tamphel 23 – 25 juni 2017 på Lidingö*



Tid: Fredag, lördag och söndag 23 – 25 juni, kl. 9 – 18

Varmt välkomna till hela eller delar av programmet.

Plats: Ratnashri Meditation Center, Friggavägen 11, Lidingö

Kursavgift: 1 000 kr, enkel vegetarisk lunch ingår (enstaka dag 400 kr)

Föranmälan: Senast tisdag 20 juni till info@ratnashri.se

Undervisning hålls på engelska.

Det blir undervisnings- och meditationspass varje dag.

Khenpo kommer att ge oss utförlig förklaring och guida oss att utöva steg för steg. Kursen passar både nybörjare och erfarna. Det är ett utmärkt tillfälle för att grundligt lära oss Shamatha meditation med en högt kvalificerad lärare.

Program description:

We are all endowed with Buddha nature; yet due to ignorance, we accumulate negative karma and habitual tendencies through actions driven by afflictions based on distorted views. From the three primary afflictions of ignorance, attachment and aversion, fifty-one secondary afflictions are produced and further multiplied. It is through Calm-Abiding (*Shamatha*) meditation, which focuses the mind so single-pointedly, that gradual and deepening exposure and undoing of these knots of obstruction occur. Calm-Abiding (*Shamatha*) results in this higher insight (*vipashyana*). Those who wish to travel on the path to Great Awakening and to attain to realization must be able to do those meditation practices that will lead to Higher Insight, Higher Consciousness and thus develop the capacity to be of true and lasting benefit to others. To do so, one's own capacity to be effective hinges on the state of one's own mind. Untamed, this state of mind is of no benefit for one's own suffering nor can be of benefit for relieving the suffering of others. As stated in the *Sutra Unravelling the Thought*:

All the qualities ensuing from the practice of the greater and lesser vehicles, whether mundane or supermundane are the fruit of shamatha and vipashyana.

In *Bodhicaryavatara (Way of the Bodhisattva)*, Shantideva says:

*Wandering where it will, the elephant of mind,
Will bring us down to pains of deepest hell.
No worldly beast, however wild,
Could bring upon us such calamities.*

*If, with mindfulness' rope,
The elephant of the mind is tethered all around,
Our fears will come to nothing,
Every virtue drop into our hands.*

Kamalashila's *Stages of Meditation II* says:

Having calmed distraction towards external objects, one abides one-pointedly in a state of mind which is supple and delights in focusing inwards continuously and naturally; this is called shamatha. While focused on this calm-abiding mind, one then sees the nature of phenomena with the eyes of wisdom enabling one to thoroughly analyze its suchness; this is called vipashyana.

Therefore without shamatha, there is neither. Shantideva's *Bodhicaryavatara* says:

Having understood that the afflictions are completely overcome by vipashyana which fully incorporates shamatha, one begins by practicing shamatha.

The reason for that is that in order to see the nature of mind-as-it-is by observing it through discriminating knowledge in the practice of vipashyana, it is absolutely necessary to have control over the mind to be observed, by making it workable through the practice of shamatha.

The nine successive mental abidings are 1. Placing the mind; 2. Continuous placing; 3. Re-placing; 4. Close placing; 5. Disciplining; 6. Pacifying; 7. Thorough pacification; 8. Making one-pointed; 9. Placing in equipoise. These nine mental abidings which correspond to four engagements (forcible, interrupted, uninterrupted and spontaneous) arise from the six powers (listening, reflecting, mindfulness, awareness, joyous effort and familiarity).

Khenpo Tamphel will show us in details the methods to settle the mind, methods to overcome obstacles, characteristics, qualities and attainment in each stage and guide us stage by stage to progress on the actual meditation. Both beginners and advanced practitioners are welcome.

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 Archarya 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).

Väganvisning till Ratnashri Meditation Center: T-bana Ropsten, buss till Lidingö Centrum (201,202,204,205,206,207,211,212,221, 238). Följ vägen till vänster (Odevägen) tills du kommer till korsningen med Friggavägen. Ta till vänster in på Friggavägen och gå rakt fram till Friggavägen 11