

*Welcome to Vajrapani-Hayagriva-Garuda Weekend Online Retreat  
with Drubpon Tsering Rinpoche  
March 19 – 20, 2022 via Ratnashri Meditation Center's Zoom*



**Empowerment, Teaching, and Practice of  
The Three Wrathful Protection Deities--Vajrapani, Hayagriva and Garuda  
Emanations of the Three Great Bodhisattvas-Vajrapani, Chenrezig, and Manjushri  
Based on the profound Atiyoga sadhana composed by the 7<sup>th</sup> Garchen Rinpoche**

All buddhas are one within the expanse of primordial wisdom, but that single essence manifests in various, distinct aspects. The Wisdom Garuda is an emanation of all buddhas' enlightened body appearing to tame the nagas and underground negative forces. Hayagriva, the Powerful Lotus, is an emanation of all buddhas' enlightened speech appearing to tame the negative earthly forces and all classes of spirits. Vajrapani, the Powerful Lord of Secrets embodies all buddhas' enlightened mind appearing to overpower the negative heavenly forces, the eight classes of demons, and all obstructors. Moreover, the Three Wrathful Protection Deities Vajrapani, Hayagriva and Garuda are emanations of the Three Great Bodhisattvas—Vajrapani (Power of Buddha), Chenrezig (Compassion of Buddha), and Manjushri (Wisdom of Buddha). These three deities together embody compassion, wisdom, and power of all buddhas combined. During this degenerate age when many beings engage in non-virtuous activities and very few practice virtues, this has disturbed the gods above, the nagas below and the eight classes of spirits in between. Forces of darkness prevail everywhere. As a result, many people are struck by sudden death, dangerous illnesses, various harms, obstacles, and cannot escape the great ocean of suffering. At this time, the compassion of these three exalted deities is swift and their blessings are more powerful. Thus, the benefits of receiving this empowerment are immense. It is said that only mentioning their names will render demons and obstacles powerless. One will attain spiritual accomplishments. Therefore, it is needless to mention the inconceivable benefits of actually engaging and practicing after having received the profound blessings of the secret empowerment.

The teaching and practice of the Three Wrathful Protection Deities are based on the very precious and profound sadhana composed by the 7th Garchen Rinpoche (current Garchen Rinpoche's previous incarnation). Don't miss this rare and auspicious opportunity to receive blessings, explanation, and transmission of this blessed Atiyoga Dzogchen practice.

The samaya for the empowerment is bodhicitta and refraining from non-virtues of body, speech and mind, i.e., according to Buddha's teaching: Perform all virtues, avoid all non-virtues, and purify the mind. Bodhicitta is the essence of all Dharma practice. To maintain bodhicitta means with full mindfulness-awareness, one constantly observes the state of one's mind and benefits all mother sentient beings wherever one is.

**All teachings will be translated from Tibetan to English by Solvej Nielsen.**

**Drubpon Tsering Rinpoche** is the resident Lama at the Drikung Garchen Institute in Munich, Germany since 2003 and was appointed by His Eminence Garchen Rinpoche in 2009 as his representative in Europe. At the age of eight, he took refuge from His Eminence Garchen Rinpoche. He received the novice ordination three years later from the great Siddha Karma Norbu who also bestowed Bodhisattva vow and Mahamudra instructions to Drubpon. He has been trained and studied under the guidance of His Eminence Garchen Rinpoche at Gar Monastery in Nangchen, in eastern Tibet since he was eleven and he served as the shrine master for five years, and later as a chant master and performed many ceremonies, rituals and Drubchens. He received countless empowerments, teachings and transmissions from His Eminence Garchen Rinpoche and various masters such as Khenpo Jigme Phuntshok, Payül Khenpo Tenzin, Khenpo Yeshe, Khenpo Urgyen Rinpoche, Khenpo Münsel, Lho Bongtrul Tenzin Nyinma, His Holiness the Dalai Lama and His Holiness Drikung Kyabgön Chetsang Rinpoche. Drubpon completed many retreats during his training. Among them, he completed the traditional three-year retreat comprising the Fivefold path of Mahamudra and the Six Yogas of Naropa. In 2004, His Holiness Chetsang Rinpoche and His Eminence Garchen Rinpoche conferred the title of Drubpon (retreat master) upon him. Rinpoche leads various retreats and meditation courses in Germany and other places in Europe for advanced practitioners as well as beginners. With much loving kindness and compassion, Rinpoche tirelessly and patiently guides and supports Dharma practitioners with his vast knowledge and wisdom.

<b>.Online Retreat Schedule March 19 – 20, 2022 (Central European Time Zone)</b>		
19/3 Saturday	The Three Wrathful Protection Deities Vajrapani, Hayagriva and Garuda	
	kl. 10:00 – 12:00	Empowerment
	kl. 14:00 – 17:00	Teaching (with short break)
20/3 Sunday	kl. 09:00 – 12:00	Teaching (with short break)
	kl. 14:00 – 17:00	Transmission and Practice

<b>Retreat Fee</b>	
Fee for the whole retreat (Sat. and Sun.)	600 kr. or 50 € or 60 USD (includes electronic text)
You are welcome to join the whole or part of the retreat. There is no discount for partial participation. Fees are used to finance this sadhana book project, translation of the teaching, and Rinpoche's Dharma projects. Extra personal donation to Rinpoche, to the translator or to the Center can be added if you specify that clearly in your registration.	

### **Registration**

Two-step registration is required for participation in the retreat. First, write an email to [info@ratnashri.se](mailto:info@ratnashri.se) and provide your name, email address, and amount to be deposited, by March 16 at the latest. Second, deposit the amount using one of the methods below. A Zoom link will be sent to all registered participants on March 17.

1. Within Sweden: Plusgirot: 1287806-2
2. Transfer to Center's bank account  
 Account holder: RATNASHRI MEDITATION CENTER  
 Account Holder Address: Friggavägen 11, 18132, Lidingö, Sweden  
 Bank Name: Nordea Bank  
 Bank Address: Smålandsgatan 17, 10571 Stockholm, Sweden  
 IBAN Account number: SE9195000099602612878062  
 Swift/BIC code: NDEASESS  
 Account number: 9602612878062

3. Paypal: Center's paypal email address is [paypal@ratnashri.se](mailto:paypal@ratnashri.se)

Please send all your inquiries to [info@ratnashri.se](mailto:info@ratnashri.se)

**Organized by Ratnashri Meditation Center, Sweden**

**Website: <https://www.ratnashri.se> Email: [info@ratnashri.se](mailto:info@ratnashri.se) Facebook: [fb.me/ratnashri.sweden](https://fb.me/ratnashri.sweden)**