

Welcome to Manjushri Yamantaka Retreat with Drubpon Tsering Rinpoche April 6 – 10, 2023 at Ratnashri Meditation Center, Sweden



Manjushri Yamantaka Empowerment, Teaching, and Protection Practice

According to H.E. Garchen Rinpoche: Yamantaka is the wrathful manifestation of Manjushri, the Bodhisattva of Wisdom embodying the wisdom and knowledge aspect of all buddhas of the ten directions and three times. Through Yamantaka's enlightened activity, he conquers Yama, the Lord of Death, overcoming ignorance and dualistic appearances. He is also known as a powerful Dharma protector. The Yamantaka practice offers a swift method to overcome and dispel obstacles, and to protect oneself and others from falling under their sway. This practice also has great power in bringing about peace in times when the minds of beings are pervaded by ignorance and aggression. Yamantaka retreat is conducted to cleanse all obstacles for every being in the world. The deity practiced in this retreat is very wrathful and powerful, and thus the practice must be done with immense loving kindness, compassion, and bodhicitta. The main reason we practice Yamantaka is contained in the phrase we find in the retreat text: *Let the destructiveness of sorcerers, their gods and protectors descend upon themselves*. What this means is that when you have loving kindness, compassion and bodhicitta, any harm directed at you will fall back on itself. This is the root of the matter. Why does this happen? Because here your mind is clean and pure. When you are meditating on loving-kindness and compassion for all sentient beings, you have no ego-clinging. Without ego-clinging, nothing can harm you. So through Yamantaka, we meditate on immense compassion for all sentient beings and nothing – curses, sorcery or whatever – can harm us. If you understand this, you understand all there is to know about Yamantaka retreat practice.

Read also Yamantaka Teaching by H.E. Garchen Rinpoche at <https://ratnashri.se/YamantakaTeaching2014.pdf>

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.

H.E. Garchen Rinpoche points out the importance of the following conditions and preparations:

- a good understanding of buddhist teachings and especially of the law of cause and effect
- regular study of and contemplation on the *37 Bodhisattva Practices*
- regular meditation practice - a firm decision to solve and dissolve all disturbances, obstacles and group dynamics that might occur during the retreat in the spirit of the *37 Bodhisattva Practices*
- a clear and constant awareness that even one single moment of negative emotions (especially anger) destroys the merit of the whole group and of the whole drubchen
- right motivation: "I will practice the Mandala of Yamantaka in order to relieve the suffering of countless sentient beings, to avert all obstacles of those to be protected, to promote the Buddha Dharma, and for the long life of our teachers"
- knowledge of the importance of the commitment to practice (samaya) and the willingness to take on this practice commitment

- full participation in a preceding Manjushri Retreat for the accumulation of 100.000 Manjushri Mantras (OM AH RA PA TSA NA DHI or OM WA GI SHWA RI MUM); this must be done before attending the Yamantaka retreat. For this, you are encouraged to join the [Manjushri Retreat, March 11-12 at Ratnashri Meditation Center](#). If you are unable to accomplish the mantra accumulation, Rinpoche asks that you accumulate as many of the mantras prior to the start as possible and then finish the accumulation no later than one year from the date the retreat ends. The fruition of the Yamantaka retreat is not attained unless the Manjushri accumulation is completed as described by Garchen Rinpoche.
- No speaking, no phone calls, or texting during the retreat other than the mantra recitation and the recitation of the text. Any necessary communication within the mandala will be done via handwritten notes.

H.E. Garchen Rinpoche recommends daily practice of *A Concert of Names of Manjushri* and the following:

- *the prayer of Kuntuzangpo, the primordial Buddha Samantabhadra
- *the 10th Chapter of Shantideva's Bodhicaryavatara (Dedication)
- * The King of Prayers of Excellent Conduct (Samantabhadra's Aspiration Prayer)

H.E. Garchen Rinpoche has always said, the more effort you put into the practice, the more results will come. The more you can maintain retreat conditions and eliminate distractions, the more benefit there will be.

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

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, H.H. Chetsang Rinpoche and H.E. 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 all levels of practitioners. With loving kindness and compassion, Rinpoche tirelessly and patiently guides and supports Dharma practitioners with his vast knowledge and wisdom.

Retreat Schedule April 6 - 10, 2023

6/4 Thursday	kl. 10 – 17 Manjushri Yamantaka Empowerment and teaching
7-10/4 Fri. to Mon.	kl. 9 – 17 Protection Practice and last day Tsog offering

Venue: Ratnashri Meditation Center, Friggavägen 11, Lidingö. (Retreatants are responsible for arranging their own lodging.) Direction to the Center: T-bana Ropsten, take a bus to Lidingö Centrum (201, 204, 205, 206, 211, 212, 221). Follow the road on the left (Odenvägen) until you reach the intersection with Friggavägen where you take a left and proceed to Friggavägen 11.

Retreat Fee: Entire retreat (incl. text and simple vegetarian lunches) is **2 500 SEK**. Thur. only: 800 SEK. No discount for part time participation of the Protection Practice.

Registration

Read carefully all the conditions and preparations as well as the Yamantaka Teaching by H.E. Garchen Rinpoche and make commitment to follow those guidelines and preparations.

Register early to guarantee your place. First, write to info@ratnashri.se and provide your name, email address and phone number. Second, deposit the fee to Plusgiro: 1287806-2 by April 2, the latest.

To benefit your living or deceased loved ones and friends, submit their names even if you do not participate in the retreat. We will place them close to the altar throughout the practice. Donations will be gratefully received via [Plusgiro: 1287806-2](https://www.plusgiro.se/1287806-2) or from abroad via Paypal: paypal@ratnashri.se **Please indicate that the donation is for "Blessing the living and deceased".

Organized by Ratnashri Meditation Center, Sweden, Web: <https://www.ratnashri.se>

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