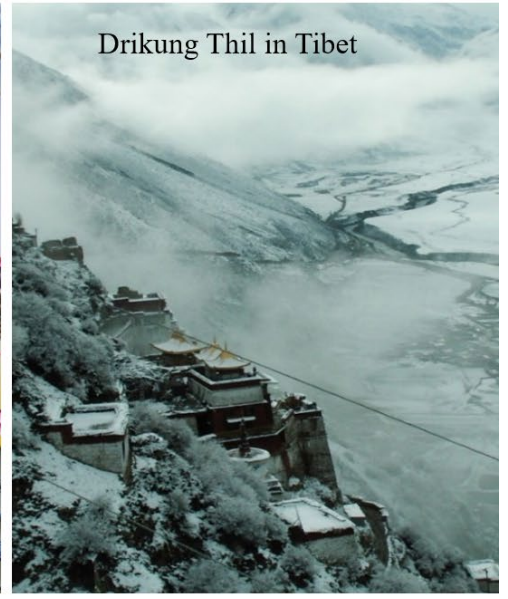


*Hjärtligt välkomna till Chenrezig Mani retreat, Meditation,  
Mind training och Ngöndro för den Femfaldiga Mahamudra vägen  
med Khenpo Chöphel på Ratnashri Meditation Center, 30 maj–9 juni 2024*



### **Schedule**

Thur. 30/5	kl. 18-21	Teaching: Comprehensive Instructions on Meditation
Fri. 31/5	kl. 18-21	1000-Armed Chenrezig Empowerment and Teaching
Sat-Sun 1-2/6	kl. 08-18	Chenrezig Mani retreat
Mon. 3/6	kl. 18-21	Teaching on Fivefold Path Mahamudra Ngöndro part 1: Common Preliminaries and Refuge
Tue. 4/6	kl. 18-21	Empowerment and Teaching on Ngöndro part 2: Vajrasattva
Wed. 5/6	kl. 18-21	Teaching on Ngöndro part 3: Mandala Offering
Thur. 6/6	kl. 08-12	Teaching on Mind Training
	kl. 15-18	Teaching on Ngöndro part 4: Guru Yoga
Fri. 7/6	kl. 18-21	Teaching on Ngöndro part 5: Bodhicitta
Sat-Sun 8-9/6	kl. 08-18	Fivefold Path of Mahamudra Ngöndro retreat

### **Biography of Khenpo Chöphel Rinpoche**

Venerable Khenpo Chöphel Rinpoche comes from Drikung Thil Monastery, the main monastery of the Drikung Kagyu lineage in Tibet. At a young age, he was ordained as a monk by Vajradhara Pachung Rinpoche. He received many teachings and instructions, including extensive teachings on Mahamudra, from Gelong Vajradhara Pachung Rinpoche and from his successor, Gelong Vajradhara Tenzin Nyima at Drikung Thil Monastery. There, Rinpoche has been a ritual master and a chant master. In December 2019, he accepted His Eminence Nubpa Rinpoche's request to become the abbot of Drikung Rinchen Ling Monastery in Nepal. It is a rare and precious opportunity to study and practice with Khenpo Chöphel Rinpoche who has extensive training in Buddhist philosophy and deep meditation experience. Rinpoche speaks English fluently.

### **1000-armed Chenrezig Empowerment and Mani Retreat (Friday evening May 31 – June 2)**

Chenrezig empowerment is required to participate in the Mani retreat; any previous Chenrezig empowerment will suffice. If you have not yet received it, the empowerment and teaching are offered on Friday evening May 31. All are welcome to join. Khenpo Chöphel, who has been leading the annual Mani retreat at Drikung Rinchen Ling Monastery, Nepal for many years, will lead our Mani retreat. The Chenrezig mantra *Om Mani Padme Hung* will be chanted in ancient Drikung Kagyu melodies which creates a powerful connection to and invokes the blessings of our lineage gurus, buddhas, and bodhisattvas of all times. This is a precious opportunity to practice the essence of what the Buddha taught—loving-kindness, compassion, and bodhicitta. Concentrating one-pointedly our body, speech, and mind in spiritual chanting practice will enhance purification and bring tremendous blessings, merits and benefits to oneself and to others in this and future lives. We then dedicate our merits impartially to all sentient beings extending the blessings, benefits, happiness, peace, and harmony to every corner of the world and universe. The benefits of the Mani retreat also include increasing prosperity and harmonizing the elements, so that all calamities are pacified. *May all sentient beings have happiness and the causes of happiness. May they be liberated from*

suffering and the causes of suffering. May they never be separated from the happiness that is free from suffering. May they abide in equanimity free from attachment and aversion. May all swiftly attain perfect enlightenment. Come and be part of this compassion mandala to purify, share blessings, prayers for peace and happiness with all beings. Stay for the entire or part of the Mani retreat. You can come and go as your schedule permits.

### **Comprehensive Instructions on Meditation (May 30) and Mind Training (June 6)**

Khenpo Chöphel Rinpoche will share the profound instructions from lineage gurus and masters, as well as from his own experience on meditation and mind training, which are indispensable tools to enable us to swiftly make great progress and excel in all our Dharma practices.

### **Fivefold Path Mahamudra Ngöndro Retreat with Vajrasattva Empowerment (June 3-9)**

These ngöndro instructions, including both common and uncommon preliminaries, are based on a text called *Blazing Glory of Blessings* composed by the supreme Drikung Dharmakirti who was highly revered for his impeccable accomplishment in both scholarship and mahamudra realization. Khenpo Chöphel Rinpoche always places special emphasis on the Fivefold Path of Mahamudra which he considers as the most important and profound practice and the essence of the Buddha Dharma. In order to become a good and receptable vessel to receive and experience those profound teachings, profound Ngöndro (preliminary: common and uncommon) practice and experience are necessary. To eliminate the causes of suffering and to create the causes of attaining ultimate peace and happiness, intellectual or philosophical understanding is not sufficient; one must engage in experiential meditation practice contingent upon the mind in order to achieve the desired result. So, this year, Rinpoche will share with us the profound instructions on the Fivefold Path Mahamudra Ngöndro. Upon successful practice of Ngöndro, Rinpoche will share the profound Fivefold Path Mahamudra practice instructions with us next time. Rinpoche will also share instructions from his gurus and from his own experience with us. The common preliminaries are the precious human life, impermanence, karma, cause and result, and the shortcomings of samsara. Through them, our mind turns towards the Dharma and we become workable for the training. The uncommon preliminaries are as follows: taking refuge in order to make one's mindstream a proper vessel; the practice and recitation of Vajrasattva in order to purify negativities and obscurations; the mandala offering in order to gather the two accumulations; the practice of Guru Yoga in order to receive blessings in one's mind-stream; and the practice of loving kindness, compassion, and bodhicitta. Rinpoche will guide us through the entire Ngöndro practice. Through the virtues of this practice, may all mother sentient beings attain unsurpassed, perfect, complete buddhahood.

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

Direction: T-bana: Ropsten. From Ropsten, take bus to Lidingö Centrum (201,204,205,206, 211, and 212). Walk on Odenvägen (on the left) down to Friggavägen, then turn left. Friggavägen 11 is straight ahead on your right.

<b>Retreat Fee</b>	
<b>Fee for ENTIRE RETREAT (May 30-June 9)</b>	<b>2 500 kr. (includes texts and vegetarian meals) OR</b>
May 30 <b>Meditation</b> course	<u>350</u> kr.
May 31 – June 2 Entire <b>Mani Retreat</b> : <u>800</u> kr. OR May 31: 1000-armed Chenrezig Empowerment and teaching: 300 kr. June 1 – 2: single day including text and lunch (no discount on partial participation): 400 kr. per day	
June 6 kl. 8 - 12 <b>Mind Training</b> course	<u>400</u> kr.
June 3–9 (excluding June 6 kl. 8–12) Entire <b>Fivefold Path Mahamudra Ngöndro Retreat</b> : <u>1 500</u> kr. OR June 3 Ngöndro part 1: 300 kr. June 4 Ngöndro part 2: 400 kr. with Vajrasattva Empowerment June 5 Ngöndro part 3: 300 kr. June 6 Ngöndro part 4: 300 kr. (kl. 15-18 only) June 7 Ngöndro part 5: 300 kr. June 8–9 Ngöndro retreat: 400 kr. per day including lunch (no discount on partial participation). To join this retreat, the prerequisite is the above instructions on the Fivefold Path Mahamudra Ngöndro.	

### **Practical Information**

- Please bring khata and an optional offering to Khenpo Chöphel right after each empowerment.
- If you have, please bring your Ratnashri Prayer Book and Drikung Prayer Book every day.
- To accumulate merits throughout the retreat, avoid idle talk, consume only vegetarian food (no garlic, no radish).

### **Registration**

To reserve a place/meals, please email to [info@ratnashri.se](mailto:info@ratnashri.se) and deposit fee to pg. 1287806-2 by May 26 the latest.