

***New Year Purification Retreat & Gongchig Teaching  
Led by Khenpo Tamphel at Ratnashri Meditation Center***

**Dates: Dec. 31–Jan. 4, 2026 (Wed.-Sun.)**

All are welcome! Part 1 *Gongchig* teaching can be found at <https://youtu.be/0Wk4dAImCCE>

**Schedule:**

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|-------|---------|--|
| 31/12 | kl.9-17 | Supplication prayers, Lama Chöpa, Vajrasattva Practice, and Medicine Buddha Practice   |
| 1/1   | kl.9-17 | Ushnishavijaya Practice, Amitabha Practice, <i>Manjushri Namagamiti</i> and Dharmapala |
| 2/1   | kl.9-17 | <i>Gongchig</i> (Bodhicitta Chapter: statement 17 - 24)                                |
| 3/1   | kl.9-17 | <i>Gongchig</i> (Dependent Origination Chapter: statement 1-15)                        |
| 4/1   | kl.9-13 | <i>Gongchig</i> (continuation)   |



Khenpo Tamphel will lead this auspicious retreat for purification, accumulation of merit, good health, longevity, prosperity, peace, and harmony to the world, as well as repaying the kindness of our gurus.

Wed. 31/12 Lama Chöpa: Guru Yoga of Lord Jigten Sumgön; Vajrasattva: purification of negative karma and obscurations; Medicine Buddha: purification of physical and mental obscurations.

Thur. 1/1 Ushnishavijaya: longevity, purification, protection, and higher rebirths. Amitabha practice: reborn in blissful pureland Sukhavati, a conducive place to attain buddhahood. *Manjushri Namagamiti* (Chanting the Names of Manjushri) dispels obstacles, accumulates merit, and grants ultimate siddhi.

Dharmapala: Dharma protector practices for dispelling obstacles and inspiring virtues and merit.

Fri.-Sun. 2-4/1 *Gongchig* taught by Lord Jigten Sumgön (1143-1217), the founder of the Drikung Kagyu Lineage, compiled by his student Chenga Sherab Jungne, is one of the most important philosophical and doctrinal texts in the Drikung Kagyu lineage of Tibetan Buddhism. It encompasses all the Buddha's teachings and unites all various Buddhist concepts in seven chapters, 196 vajra (indestructible) statements. Its sole purpose is to lead every practitioner to the realization of the actual nature of reality or the equality of the nature of all phenomena. Each vajra statement points out an important aspect of the topic to consolidate our understanding and to dispel confusion regarding those aspects which confound even the learned. Particularly regarding the unfailing, universal law of cause and effect when based on experiential understanding, there arises a genuine appreciation and joy in fully embracing ethical principles grounded in reality, which protect us from confusion and delusion. Thus, *Gongchig* is a guide for every Dharma practitioner, both for study and for application in daily life. The seven chapters of *Gongchig* cover: the Wheels of Dharma, dependent origination, each of the three vows (pratimoksha, bodhicitta, secret mantra), view-meditation-conduct, and buddhahood. They are all interconnected and interwoven; regardless of which chapter one begins with, they will all lead to the realization of the ultimate reality. Chapter 4 of *Gongchig* on bodhicitta\* consists of 24 vajra statements. Chapter 2 on dependent origination consists of 15 statements. Khenpo-la will explain each statement in detail.

\*Bodhicitta: The desire to attain Buddhahood in order to be able to liberate all sentient beings from suffering.

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

**Fee:** 1 000 kr entire retreat (vegetarian lunches are included) OR any participation on each day below:

31/12, 1/1 250 kr ; 2/1, 3/1 300 kr; 4/1 250 kr.

**Registration:** To reserve a place, email to [info@ratnashri.se](mailto:info@ratnashri.se) by Dec. 29 and deposit fee to Plusgiro: 1287806-2 or pay on site.

Please Turn Over!

## **Practical Information:**

- For those who have not received the **Vajrasattva, Medicine Buddha, Amitabha, or Ushnishavijaya/Namgyalma empowerment**, H.E. Garchen Rinpoche said that when one practices Lama Chöpa (which we will do in the beginning of the first day), one receives empowerments at the end, and this will enable one to practice any other deities afterward. However, you can still receive the empowerments from H.E. Garchen Rinpoche before the retreat via YouTube recordings: <http://y2u.be/IZ86xhOrA8Q>, <http://y2u.be/8Z2DIjsCUOY> <http://y2u.be/VYxI4LuUP34>, <http://y2u.be/aSVVyzOxZZM>
- If you have them, please bring your *Ratnashri Prayer Book* and *Drikung Prayer Book*.

**Venerable Khenpo Konchog Tamphel** was born in 1975 in Ladakh, India. At age nine, he became a monk at Drikung Kagyu Lamayuru Monastery in Ladakh. After completing his basic monastic education, he joined the Drikung Kagyu Institute in Dehra Dun in 1987 where he studied various branches of buddhist philosophy for nine years and received the degree of Acharya in 1997. Then he has served as a translator for H.H. Drikung Kyabgon Thinley Lhundup and H.E. Garchen Rinpoche, taught and worked as a research officer at the Songtsen Library (an important institution and resource for Buddhist Studies), taught at various Drikung Kagyu Dharma Centers worldwide, translated and published rare Drikung Kagyu texts from Tibetan to English. His translated works includes *Water Crystal* (based on a commentary of the Ganges Mahamudra by H.H. Drikung Kyabgon), *Introduction to Mahamudra the Co-emergent Unification* by Lord Jigten Sumgön and *Shamatha to Mahamudra* by Yongzin Ngedon Gyatso. He earned his Khenpo degree in 2004. Since 2012, he has headed the Ratnashri Translation Group for 84000 Dharma Translation. Since 2013, he has been teaching and assisting on research projects at the University of Vienna including the project “Neue Erwägungen zur Buddha-Natur” (new considerations on Buddha nature).

**Lord Jigten Sumgön** (1143–1217), the founder of the Drikung Kagyu lineage and main disciple of Phagmo Drupa, was the second Nagarjuna who came into this world. He achieved the ultimate dharmakaya wisdom and was adorned with the ornaments of the separation of delusion and ripening of the excellent qualities. The fame of his qualities pervades the world. He gathered hundreds of thousands of disciples, both human and non-human beings. By his unobstructed ability, he established them in the state of great bliss. He is the protector and refuge of all. He pervades the three times. He fulfils the wishes of all who supplicate him, and is the yogin who raises the banner of the three vows. He establishes the precious teachings of the perfect Buddha. He sounds the lion’s roar of emptiness from the pinnacle of his realization, subdues the wrong view of the bewildered, and points directly at the meaning of the mahamudra. He dispels the outer and inner obstacles of sentient beings through the inconceivable method of interdependence. He is indefatigable in gathering sentient beings through the four means, defeating the hordes of mara with the unobstructed power of altruistic love and compassion. He knows all objects of knowledge from within perfect dharmakaya, as if looking into a mirror. Many sutras of the Tathagata prophesied his coming as a reincarnation of Nagarjuna named Ratnashri, Lord Drigungpa. The drum of his fame pervades the ten directions. He gathered realization of all the Buddha’s teachings, including the commentaries, into one essential point. Limitless yidam deities showed him their faces and revealed all the secret, hidden treasures without exception. He achieved buddhahood in one lifetime, the unity of the vajra body. This great teacher attended the feet of Phagmo Drupa, the lord of sentient beings, and received the complete teachings of the lineage.