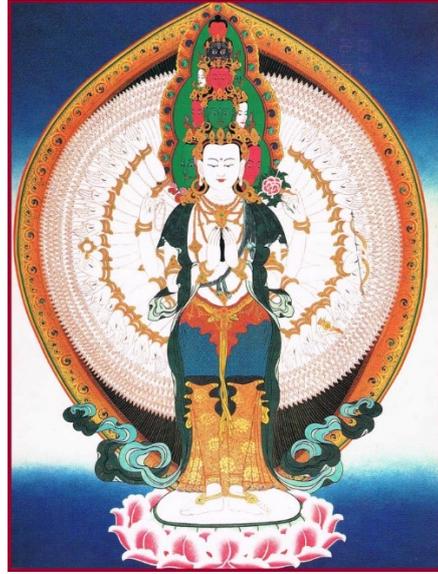
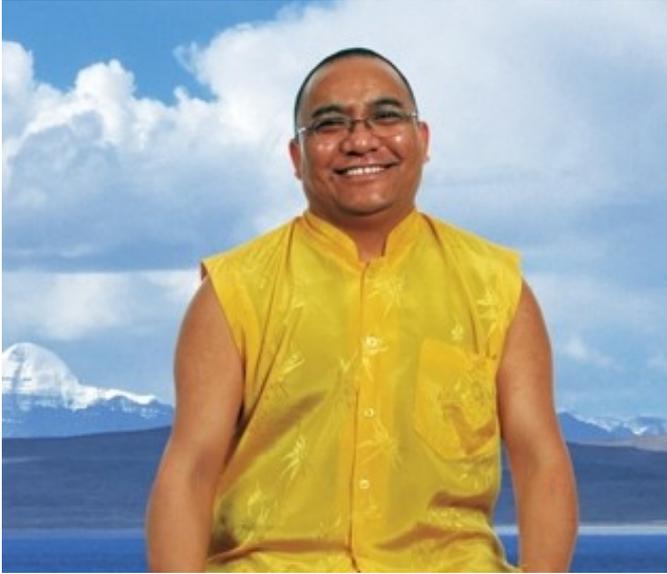


Avalokiteshvara Empowerment och Nyungne Retreat med Drubpon Kunsang 22 - 25 juli 2020 på Ingarö (Stockholm)



Nyungne Practice: History and Benefit

The practice was realized and revealed by Gelongma Palmo who was a Kashmiri princess of King Dharma Pal. When she was young, she deeply saw the sufferings in samsara. Thus, she renounced and became fully ordained as bhikshuni. She was a well-known scholar and a great practitioner. She attained the common siddhis and when she was about to attain the uncommon siddhis, because of her former negative karma that started to ripen on her, she got the Leprosy disease. She lost her hands, and her limbs started to fall off. She was subsequently thrown out of her house and was forced to live in a small straw hut all by herself. Then she had a vision of the great Dharma King, Indra Bodhi who told her to meditate and practice Avalokiteshvara (Bodhisattva of Great Compassion). She started reciting Avalokiteshvara's mantra, then one day, she had a vision of Manjushri who told her to go to Lakala where there was a temple with the statue of Avalokiteshvara. She started practicing Nyene and Nyungne uninterruptedly with great devotion, faith and determination. She even made vow of not moving the seat until she gained realization. After practicing in this way for one year, her practice reached fruition. Finally, she had the realization of the 1000-armed and 1000-eyed Avalokiteshvara who appeared before her. Golden light streamed out from Gelongma Palmo's body and she achieved the qualities of a tenth level Bodhisattva. Her sickness of leprosy was completely healed. From her realization, she composed the *Praise to Avalokiteshvara* to benefit numerous sentient beings. It is said that to successfully complete even one Nyungne Retreat will purify all the negative deeds accumulated throughout forty thousand eons, closes the gates to one's rebirth in the lower realms. We have this unbroken lineage of Gelongma Palmo Nyungne practice. Important Teachings on Avalokiteshvara's Mantra OM MANI PADME HUNG can be found at www.ratnashri.se/mani.htm

Nyungne Retreat Details

The retreat starts with the 1000-armed Avalokiteshvara Empowerment. The Tibetan word *Nyung* means fasting, while *Ne* means abiding in the state. Literally, *Nyungne* means abiding in the state of fasting. Actually, it means retreating from negative karmas of body, speech and mind. Retreatants eat vegetarian food, generate bodhicitta (the mind to attend enlightenment for the benefit of all sentient beings), keep the Mahayana Sojong vows (the eight precepts*), fast (except for those who only keep the Nyene vow), keep silence (except for those who only keep the Nyene vow) while intensively practicing the sadhana of the 1000-armed Avalokiteshvara during two and half days with visualization, prayers, offering, prostrations (if possible, otherwise remain seated) and recitation of mantra in order to purify negative karma that obscures our true nature of mind, accumulate merits and wisdom that ease realization. The 1000-armed Avalokiteshvara represents the fullest realization of the ability to generate compassion—with 1000 eyes to see suffering in all its forms, 1000 mouths to generate compassionate speech and recite the mantra, and 1000 limbs to offer assistance to limitless suffering sentient beings. [*The eight precepts are not killing, not stealing, abstaining from sexual activity, abstaining from faulty speech (lying, deceiving, dividing others etc.), abstaining from intoxicants, no luxury (high bed or high throne), no ornaments (jewelry or perfume), no entertainment (singing or dancing) and no evening meals.]

Rinpoche will explain the merits of the practice and tormas are offered to eliminate obstacles in the first evening. Sojong vows will be taken early next morning. There will be vegetarian breakfast and lunch. After lunch, only fluids are allowed. In the second morning, new Sojong vows will be taken before sunrise. Participants will fast completely from food and water (except for those who only take the Nyene vows) and will also maintain strict silence (except for those who only take the Nyene vows), except for the recitation of the sadhana. Retreat will be concluded on the next morning and breakfast will be served. Please specify in your registration if you intend to take the Nyene vow (eating, drinking and talking are allowed in the retreat) instead of the Nyungne vow, or if you must sit all the time (cannot do prostration).

Drubpon Kunsang has been the resident lama of Drikung Kagyu Dorje Ling center in Switzerland since 2005. He was born in Ngari near the sacred Mount Kailash in Tibet in 1976. He became a monk when he was six at the Gyangdrak Monastery where his older brother, Venerable Dhunchu Tulku is the head. There he learned Dharma, rituals, prayers and Tibetan culture for six years.

In 1989, he traveled with his brother to Dharamsala where he learned mandala and thangka painting. Then, he joined the Drikung Kagyu Monastery in Dehra Dun, India and studied philosophy for seven years. He deepened his knowledge by studying *The Five Great Treatises* (the Classic Texts of Buddhist Study), as well as Tibetan poetry and grammar. In 1997 he got the title of Shastri (Kachospa or Dharma teacher). Subsequently, he taught young monks in Tibetan grammar and Buddhist philosophy.

Afterwards he went into a three-year retreat in Amora, India during which he completed the Six Yogas of Naropa and the Fivefold Path of Mahamudra. He received the title Drubpon (Retreat Master). He had the fortune to learn Mahamudra from the Mahasiddha Drubwang Konchok Norbu Rinpoche. During his retreat, Drubpon Kunsang received from his retreat master healing mantras for the consecration of water and oils, as well as for opening up mental blockages and overcoming obstacles and difficulties. Then his guru His Holiness Chetsang sent him to Nepal for another retreat lasting four years.

After that, under the direction of His Holiness Dalai Lama, a group of representatives from all different religions came together and met with scientists for exchange. Drubpon Kunsang was sent by the Tibetan Government in Dharamsala, India to Switzerland to take part in the project "Science Meets Dharma". From 2001 to 2005, he stayed as a representative of the Kagyu tradition in the Tibet Institute Rikon in Switzerland. There he trained in science and intercultural relations. During that time, he met many people from Switzerland who were interested in the Dharma. His Eminence Garchen Rinpoche encouraged him to start a center in Switzerland to teach the Dharma.

In 2005, the Drikung Kagyu Dorje Ling center with Drubpon Kunsang as chief lama was inaugurated by His Eminence Garchen with the blessing of His Holiness Chetsang Rinpoche. For the sake of relieving pain and suffering of sentient beings, His Holiness Chetsang Rinpoche urged Drubpon Kunsang to promote the ancient art of Tibetan healing techniques to Dharma centers. Since then, tsa-lung yogin, Drubpon Kunsang teaches regularly in various Dharma centers in Europe including our center in Sweden.

More about Drubpon Kunsang's activities can be found at <https://www.facebook.com/drikung.kunsang>

Place: Retreat Place in Ingarö (Stockholm's archipelago)

Time: July 22 (Wed.) kl. 18 to July 25, kl. 10 (Avalokiteshvara Empowerment will be bestowed on July 22)

Fee: 1 000 SEK includes lodging, meals for the entire Nyungne retreat.

If you participate in both Nyungne retreat and Tsa-Lung retreat (July 22–29), the fee in total is 2 500 SEK. Donation to Rinpoche at the end of the retreat as a symbol of gratitude is recommended.

Registration: Write to info@ratnashri.se AND transfer fee to PG 1287806-2 before July 15. Please specify in your registration if you intend to take the Nyene vow (eating, drinking and talking are allowed in the retreat) instead of the Nyungne vow, or if you must sit all the time (cannot do prostration).

As space is limited, please register early to secure a place. Practical info will be sent to registered participants.

Cancellation: Until (Tues.) 22/4, 100% refund, thereafter, for each week, the refund is reduced by 5% of the total fee.

Please bring Ratnashri Prayer Book and Drikung Prayer Book (if you have), and wear comfortable clothes. Please send all inquiries to info@ratnashri.se