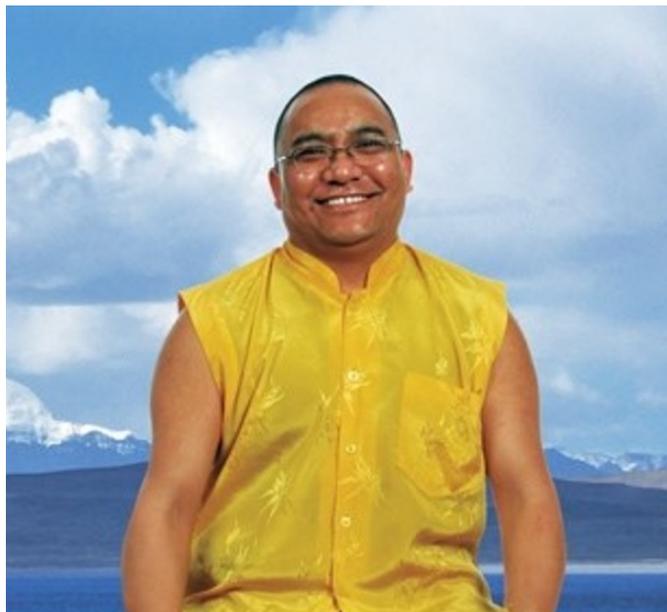


Tsa-lung retreat med tsa-lung yogin Drubpon Kunsang *25 - 29 juli 2020 på Ingarö (Stockholm)*



Tsa-lung: Tibetan Breathing and Yoga Exercises in the framework of the Fivefold Path of Mahamudra

Tsa-lung is an important method in the Drikung Kagyu lineage to harmonize the body and mind. Through this practice, we balance the elements, the channels, energy centers (chakras), winds and vital essences. Tsa-lung is a natural Tibetan healing system to prevent the three basic disorders and the 404 disease types. It consists of numerous stress management and calming exercises. The main practice has various yoga and breathing exercises together with visualization, meditation and mantra recitation. Yogi Milarepa said, "Tsa-lung is the best self-healing exercise, both physically and mentally."

Tsa are the subtle channels found in the physical body of every human being, while Lung means the wind that should flow in them. So tsa-lung is a technique of working with both the body and the breath (and its retention) together with visualization, meditation and mantra recitation. There are many practices that develop our body and unlock energy in the chakras, but they do not go as deep as tsa-lung. The philosophy of tsa-lung assumes that there are 2 types of the same wind: one is of limited flow when there are blockages called the karmic wind and one is of free flow called the wisdom wind. When you hold the wind while using special techniques to direct the wind to other chakras, all the chakras can be opened. Just the movement itself is insufficient to reach the subtle places in our body; we have to apply something really subtle, the breath. This means that with special techniques, we are able to transform all our karmic winds into wisdom winds.

It is very beneficial to combine meditation with tsa-lung practice since meditation helps us to transform our mind, change our negative habitual patterns, awaken us from ignorance and attain primordial wisdom. Great yogi Milarepa said, "Through meditation, you gain all knowledges." Meditation is the key to love and compassion. It can relieve mental illnesses such as depression as well as reduce anxiety and stress. Meditation can be compared to a lasso that captures the mind.

For Dharma practitioners, tsa-lung practice is most effective when it is done within the framework of Lord Jigten Sumgön's Fivefold Path of Mahamudra. That is, the generation of bodhicitta, yidam practice (Vajrayogini), guru yoga, mahamudra and dedication. In this way, not only can tsa-lung practice improve health and cure illnesses, we can at the same time accumulate merits and wisdom as well as making progress on the Dharma path and benefiting all sentient beings.

Drubpon Kunsang will teach us in English this profound tsa-lung in detail and in a complete way within the framework of the Fivefold Path of Mahamudra at the beautiful retreat place in Ingarö. He comes every year to follow up and to guide us to proceed further on the path. Last year, he taught us some basic tsa-lung techniques. This year, he will continue the course. New students are welcome to join, a special review course will be arranged for them prior to this course so that they can then follow this course. More information will be sent out to them. In other words, all are hearty welcome.

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: Five-day retreat from July 25, kl. 15 to July 29, kl. 17

Prerequisite: All participants have already taken refuge in the Three Jewels (Buddha, Dharma and Sangha). New students are welcome to join, a special review course will be arranged for them prior to this course so that they can then follow this course. More information will be sent out to them.

Fee: 2 000 SEK includes lodging, vegetarian meals for the entire tsa-lung retreat.

If you participate in both Nyungne retreat and Tsa-Lung retreat (July 22–29), the total fee 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.

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.

Tsa-lung Retreat Schedule July 25 - 29, 2020

6:00 – 7:30	Practice by oneself	14:00 – 17:00	Tsa-lung section 2
7:30 – 8:30	Breakfast	17:00 – 17:30	Group Prayers, meditation and dedication
8:30 – 9:00	Group prayers and meditation	17:30 – 18:30	Karma Yoga*
9:00 – 12:00	Tsa-lung section 1	18:30 – 19:30	Dinner
12:00 – 14:00	Lunch break	19:30 – 21:30	Practice by oneself (light off 21:30 – 05:30)

*We will find karma yoga opportunity that suits your ability so that you can contribute to this group retreat.

Please bring Ratnashri Prayer Book and Drikung Prayer Book (if you have), and wear comfortable clothes.

Please send all inquiries to info@ratnashri.se