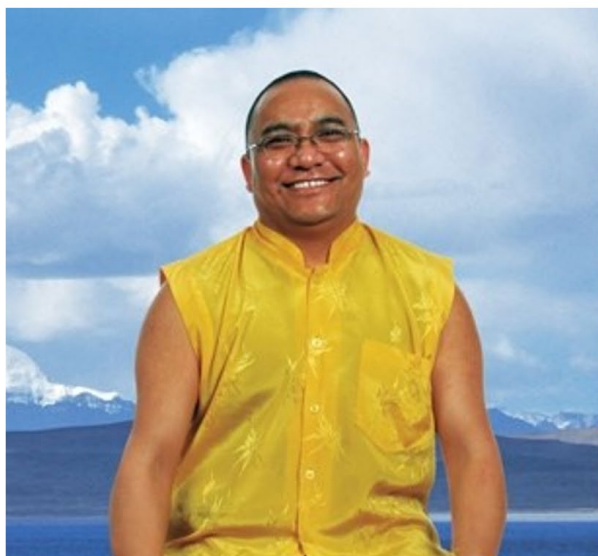


Hjärtligt välkomna till Tsa Lung fortsättningskurs och Lujong med Drubpon Kunsang, 17 – 20 maj 2024



Advanced Tsa Lung and Lujong

Tsa Lung is an important method in the Drikung Kagyu lineage to harmonize body (physical and subtle) and mind. Through this practice, we balance the elements, the channels, energy centers (chakras), winds and vital essences; which benefits our entire system and being. Tsa Lung is a natural Tibetan healing system to heal and prevent the three basic disorders that lead to the four hundred and four disease types. It consists of numerous stress management, calming, balancing, healing, protection, and vitalizing exercises. The main practice has various yoga and breathing exercises together with mudras, visualization (includes deity generation and visualization), meditation, and mantra recitation. Based on the solid foundation of our previous Tsa Lung training, Drubpon Kunsang will deepen our training with a set of twenty Lujong exercises—“lu” means body and “jong” means training or exercises. Training in Lujong is not only limited to our physical body but it also includes the training of our subtle body. Our body is primordially a wisdom body, the mandala or abode of all buddhas, deities, and bodhisattvas but it is currently veiled by our karma. The purpose of training in Tsa Lung and Lujong is to release all adventitious blockages and uncover all karmic veils. To achieve that in an ultimate way, the buddhist training in bodhicitta is most crucial. The root text of this particular set of twenty Lujong exercises comes from the Drikung Kagyu Collected Works of the Kagyu Masters. The commentary of this root text was written by one of the Drikung masters, yogin Kunga. Though it is not clear exactly who Kunga was, he could be the famous 16th Drikung Kagyu Throne Holder, Gyalwang Kunga Rinchen (1475-1527). Though it is not explicitly written in the root text, in doing these rather demanding physical exercises, it is assumed that one already has the knowledge of Tsa Lung and one’s subtle body—channels, chakras, winds, vase breathing, visualization, mudras, meditation, and so on. Training in mindfulness is also emphasized, that is maintaining the one-pointed, virtuous mind, undisturbed by the Three Poisons (greed, hatred, and ignorance). Some of the benefits of this set of Lujong exercises include: releasing blockages in the veins and joints, as well as channels; helping to recover from respiratory illnesses; healing illnesses of the upper and lower body due to heat and cold; curing back pain and chest pain; balancing the fire and wind elements; helping to curl tumors and unblock knots in the nerves; counteract sensory problems such as sight and hearing; counteracting high blood pressure, tensions in the chest, breathing problem, and unbalanced heart beating. Drubpon Kunsang will start by reviewing the Tsa Lung foundational exercises and then move on to the Lujong exercises.

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 main teacher His Holiness Drikung Kyabgon Trinley Lhundup (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 Rinpoche with the blessing of H.H. Drikung Kyabgon Trinley Lhundup (Chetsang). For the sake of relieving pain and suffering of sentient beings, His Holiness 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. We are very grateful to Drubpon Kunsang for his kindness to continue teaching and guiding us in the profound Tsa Lung and Lujong method. Drubpon Kunsang will teach in English. More about Drubpon Kunsang's activities can be found at <https://www.facebook.com/drikung.kunsang>.

Retreat Schedule at Ratnashri Meditation Center May 17 - 20, 2024

17/5	(Friday)	kl. 18 – 21	with break	Tsa Lung Review
18 - 19/5	(Sat. – Sun.)	kl. 09 – 12	with break	Lujong part 1
		kl. 14 – 17	with break	Lujong part 2
20/5	(Monday)	kl. 18 – 21	with break	Lujong part 3

Retreat Fee

Fee for the whole retreat (all days)	1 500 kr. (includes vegetarian lunches) OR
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Fee: Each evening participation (kl. 18-21) is 300 kr.

Each day participation is 600 kr. There is no discount for participating part of a day.

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.

Registration

Please note that knowledge and practice of the Tsa Lung exercises in Drubpon Kunsang's three booklets are required. (For beginners and for those who want a review, please sign up for the Tsa Lung course with Dorothee Söndgen over Easter holidays, March 29 – April 1, see separate program.)

To reserve a place and meals, please email to info@ratnashri.se and deposit fee to pg. 1287806-2 by May 10 the latest.

Practical Information

- Please wear comfortable clothing and bring your own yoga mat.
- If you have, please bring your Ratnashri Prayer Book and Drikung Prayer Book every day.

Please send all inquiries to info@ratnashri.se.

Organized by Ratnashri Meditation Center, Sweden

Website: <https://www.ratnashri.se> Email: info@ratnashri.se Facebook: fb.me/ratnashri.sweden