

**May All Be Auspicious!**

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**H.E. Garchen Rinpoche leads and bestows**

**White Tara Practice and Dharmapala Sun. 31/1 kl.18-20 CET**

Texts can be found [here](#).

Livestream YouTube: [Click here](#)

Donation [Click here](#) Organized by [Garchen Buddhist Institute, Arizona](#)

**Yamantaka Retreat (first time online) .Sat.–Thur. 6–11/2**

Instructions [here](#). Register at [Yamantaka Registration Form](#) is required and is open now until 5/2.

Organized by [Garchen Buddhist Institute, Arizona](#)

**Refuge Vows and commentary Fri. 12/2 (LOSAR), kl. 17–20 CET**

More information about taking refuge from afar [Click here](#)

Livestream YouTube: [Click here](#)

Donation [Click here](#) Organized by [Garchen Buddhist Institute, Arizona](#)

**White Tara Practice and Burning Away Afflictions for Deceased Sun. 14/2 kl.18-20 CET**

Texts can be found [here](#).

Livestream YouTube: [Click here](#)

Donation [Click here](#) Organized by [Garchen Buddhist Institute, Arizona](#)

**Buddhist Path to Awakening by Ven. Khenpo Tenzin every Tue. and Thur.from 18/2**

This concise and comprehensive overview of the Buddha's teachings is perfect for beginners or more experienced practitioners. Starting with an introduction to the Buddhist view and all the essential teachings of the path for transformation. An interactive format with discussion groups on

zoom will give each you access to meaningful conversation fostering connection. It is an excellent opportunity to learn for the first time and to refine your understanding of Dharma.

More information comes later

Livestream YouTube: [Click here](#)

Donation [Click here](#) Organized by [Garchen Buddhist Institute, Arizona](#)

**Tsewang Dzinpa Commentary (continuation) Sat. 20/2, kl. 17–20 CET**

Text: [Picture](#), [Description](#), [Sadhana](#) (only those who have received empowerment) [Yellow Prayer Bk](#)

Livestream YouTube: [Click here](#)

Donation [Click here](#) Organized by [Garchen Buddhist Institute, Arizona](#)

**White Tara Practice and Burning Away Afflictions for Living Sun. 21/2 kl.18-20 CET**

Texts can be found [here](#).

Livestream YouTube: [Click here](#)

Donation [Click here](#) Organized by [Garchen Buddhist Institute, Arizona](#)

**Teaching on Lord Jigten Sumgön's Practical Instructions to Mountain Retreatants called *Mountain Dharma* Sat.-Sun. 27-28/2, kl. 17-20 CET**

More information [here](#). Register to [info@milareparetreat.de](mailto:info@milareparetreat.de) until 25/2

Livestream YouTube: [Click here](#)

Donation [Click here](#). Hosted by [Milarepa Retreat Center in Germany](#)

**Dream Bardo Teaching by Khenpo Samdup Rinpoche Sat. 6/3, kl. 17-19 CET**

**Shitro Empowerment Sat. 6/3, kl. 22 – 01 CET**

**Phowa Transmission and Phowa/Bardo Teaching Sun. 7/3,**

## **kl. 17 -20 CET**

More information [here](#).

Livestream YouTube: [Click here](#)

Donation [Click here](#). Hosted by [Gar Drolma](#)

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## **Drubpon Tsering Rinpoche leads**

### **Avalokiteshvara Practice Sat. 30/1, kl. 9 CET**

Text: [Click here](#)

### **White Tara Longevity Practice for H.E. Garchen Rinpoche Sundays, Jan. 24, 31/1, kl. 10:00 CET**

Text: [Click here](#) Picture [Click here](#) Prayer to 7 Taras [Click here](#)

### **Yamantaka Practice Wed. 3/2, kl. 19 CET**

Text: [Click here](#): Empowerment: [Click here](#); Short Mantra: [Click here](#) Picture [Click here](#)

### **Shamata and Avalokiteshvara Practice on Fri. 5/2, kl. 18 CET**

Text: Sadhana [Click here](#) Ganges Mahamudra [Click here](#)

Zoom-link for events above: Meeting-ID: 737 3762 3305 / Password: Tara21?

[Donate](#) to the Garchen Dharma Institute in Munich

### **Teaching: 37 Practices of a Bodhisattva**

**part 2 Sat. 6/2, kl. 9- 12 CET** [Click here for information](#)

**part 3 Sat. 27/2, kl. 9- 12 CET** [Click here for information](#)

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## **White Tara Longevity Practice for all spiritual masters, in particular for H.E. Garchen Rinpoche**

## **Saturdays, 30/1 kl. 13 CET**

Text: [here](#) Picture: [here](#) Seven Taras Prayer: [here](#) World Peace Prayer [here](#)

Skype-link: [Click here](#)

Organized by [Ratnashri Meditation Center, Sweden](#)

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## **Drubpon Rinchen Dorjee Rinpoche leads**

### **Medicine Buddha Practice – The Heart of Benefit and Well Being Sun. 31/1, kl. 17 CET**

The Heart of Benefit and Well Being is a concise practice composed by the tantric master, Nuden Dorje, which purifies and removes the underlying causes of disease to benefit the health of ourselves or others.

Download Text: [Click here](#)

Zoom-link: [Click here](#)

[Donate](#) to Chicago Ratna Shri Sangha.

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## **Most Ven. Khenchen Konchog Gyaltshen Rinpoche teaches**

### ***Opening the Treasure of the Profound***

### **Saturdays Jan. 30 and Feb. 6, 13; kl. 16 – 19 CET**

January 30: Distinguishing Happiness from Suffering by Milarepa

February 6: Song that Clarifies recollection by Lord Jigten Sumgon

February 13: The Eight Bardos by Milarepa

Zoom Meeting ID: 815 7675 1954 Passcode: Mila21

Please make a donation [here](#).

The program is organized by [Milarepa Buddhist Center of Iowa](#) and [Drikung Dharma Circle of Wisconsin](#)

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**His Holiness the 14<sup>th</sup> Dalai Lama offers us:**

**Teaching: *Recognizing the Mother: A Song of Experience of the Madhyamaka View* by Jangkya Rolpai Dorje**

**Mon. 8/2, kl. 04:30 – 06:00 CET**

Text: [Click here](#)

**Talk: Empathy and Compassion in Policing**

**Wed. 17/2, kl. 04:30 – 05:30 CET**

**Short Teaching will be given on the Day of Offering (chotrul duechen)**

**Sat. 27/2, kl. 04:30 – 05:30 CET**

**Teaching: Buddhism and Science**

**Thur. - Sat. 11-13/3, kl. 04:30 – 06:00 CET**

Livestream page: <https://www.dalailama.com/live>

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**Venerable Drubpon Kunsang leads Online**

**Tsa Lung in the Framework of the Fivefold Path of Mahamudra (continuation course)**

**Sat. February 20, kl. 9-12 and 14-17 CET**

Program information: [click here](#)

Organized by [Ratnashri Meditation Center, Sweden](#)

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**Venerable Khenpo Tamphel teaches online**

**Arya Nagarjuna's *Bodhicittavivarana* (Exposition of the Awakening Mind)**

**Sat. March 20, kl. 10-13 CET**

Program information: [click here.](#)

Organized by [Ratnashri Meditation Center, Sweden](#)

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**His Eminence Nubpa Rinpoche bestows commentary on  
Khunu Rinpoche's *Jewel Lamp: A Praise of Bodhicitta*  
(one verse each day)**

Download commentary : <https://ratnashri.se/Verses.pdf>

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Stay healthy, happy, and enjoy your Dharma practice.  
OM MANI PADME HUNG.

Ratnashri Meditation Center, Sweden  
Friggavägen 11  
181 32 Lidingö  
Sweden

Web: <http://www.ratnashri.se>

Email: [info@ratnashri.se](mailto:info@ratnashri.se)

Facebook: [fb.me/ratnashri.sweden](https://www.facebook.com/ratnashri.sweden)

YouTube Channel: Ratnashri Sweden

Phone: +46 (0) 8 765 5878

PG-konto: 128 78 06-2