

May all be auspicious!

Venerable Khenpo Tamphel teaches via Zoom
Arya Nagarjuna's *Bodhicittavivarana* (Exposition of the Awakening Mind)

NEW DATE! Sat. 27/3, kl. 10-13 CET

Program information: [click here](#).

Register to info@ratnashri.se

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

White Tara Longevity Practice for all spiritual masters
Sat., 20/3 kl. 13 – 14 CET

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

Skype-link: [Click here](#)

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

Drubpon Tsering Rinpoche leads

37 Practices of a Bodhisattva Part5 Sat. 20/3, kl. 9 – 12 CET

More info [here](#)

White Tara Longevity Practice for H.E. Garchen Rinpoche
Sun, 21/3 kl. 10:00 CET

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

Yamantaka Practice Wed. 24/3 kl. 19 CET

Text: [Click here](#); Picture: [Click here](#)

Shamata and Avalokiteshvara Practice Fri. 26/3 kl. 18 CET

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

Avalokiteshvara Practice Sat. 27/3 kl. 9 CET

Text: [Click here](#)

Zoom-link for events above: <https://zoom.us/> Meeting-ID: 737 3762 3305
/ Password: Tara21?

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

37 Practices of a Bodhisattva Part6 Sat. 27/3, kl. 9 – 12 CET

More info [here](#)

White Tara Retreat Fri. - Tue. 2 - 6/4

More info [here](#)

Teachings on Seven Protectress Sat. 10/4

More info [here](#)

Medizinbuddha Retreat Sat. - Sun. 17-18/4

More info [here](#)

Manjushri Retreat Wed. - Sun. 2-6/6

More info [here](#)

Most Ven. Khenchen Konchog Gyaltsen Rinpoche teaches

The Seven Protectors, a prayer to Tara by Lord Jigten Sumgön

Saturdays 20/3 kl. 16 – 18 CET

Download Text: [Click here](#)

Zoom Link [here](#) ID: 846 2885 0858, Passcode: 430735

Please make a donation [here](#).

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

Shantideva's Bodhisattva's Way of Life: Chapter 8 Meditation

Wednesdays, 24/3 kl. 15 – 18 CET; 31/3 kl. 16 – 19 CET

Zoom Link [here](#) ID: 828 2028 0511 Passcode: 453003

Please make a donation [here](#).

The program is organized by [Buddhismus in Berlin e.V.](#), [Milarepa Buddhist Center of Iowa](#) and [Drikung Dharma Circle of Wisconsin](#)

Ven. Khenchen Rinpoche's Samsara & Nirvana Two Sides of the Same Hand (bodhicitta section)

Saturdays 27/3 kl. 14 – 16 CET; 3/4 kl. 15 – 17 CET

Download Text: [Click here](#)

Zoom Link: coming soon

Please make a donation [here](#).

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

Drubpon Rinchen Dorjee Rinpoche leads

The Four Dharmas of Gampopa, Sat. 20/3 kl. 16 CET

Download Text: [Click here](#)

Zoom-link: [Click here](#)

Medicine Buddha Practice, Sun. 21/3 kl. 16 CET

Download Text: [Click here](#)

Zoom-link: [Click here](#)

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

Tsewang Dzinpa (The Guru Who Holds Power Over Life)

Practice Retreat Sat.-Sun. 3-4/4 kl.16-19 & 21-01 CET

Guru Tsewang Dzinpa from the Yangzab treasure teachings of Gyalwang Rinchen Puntsok is a wrathful long life emanation of Guru Rinpoche. The beloved teacher and master, Lamchen Gyalpo Rinpoche gave the empowerment of Tsewang Dzinpa at Ratnashri Meditation Center in Sweden in 2015. This retreat lead by Drupon Ratna Vajra honors Rinpoche's request that we take up this profound and powerful practice.

There will not be empowerment available, this is an online practice retreat only. Garchen Rinpoche gave this empowerment recently in January, 2021 along with extensive teachings. Watch the first 17 videos in this playlist [here](#)

A brief explanation of the practice from Garchen Rinpoche: [Click here](#)

Sadhana: [Click here](#); Image: [Click here](#)

Zoom-link: [Click here](#)

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

H.E. Garchen Rinpoche leads and bestows

Meditation, Sat. 20/3 kl. 18:30 - 20 CET

"Whenever you Meditate, Our Minds Are One." ~ H.E. Garchen Rinpoche

Blessing Consecration of Mexico's New Enlightenment

Stupa, Sun. 21/3 kl. 17 CET

Annual Guru Rinpoche Retreat, Fri.-Sun. 26/3 kl. 17-01 CET;

27-28/3 kl. 18 - 02 CET

More Information Coming Soon

White Tara Empowerment, Sat. 3/4 kl. 23 CET

More Information Coming Soon

YouTube link to all programs above: [Click here](#)

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

Venerable Khenpo Tenzin leads and bestows

Buddhist Path to Awakening every Tue. and Thur. from 18/2-20/5

Tuesdays 18 - 20 CET (until March 23) Teachings

Thursdays 01:30 - 3:30 CET (until March 25)- Questions/ Discussion / Meditation

Dates:

March 23,25,30

April 1,6,8,13,15,20,22,27,29

May 4,6,11,13,18,20

(You will be notified of any date changes)

Livestream YouTube: [Click here](#)

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

NEW Online Ngöndro Retreat Program, 20/3 – 11/12

Register for one to four Ngondro Retreats. More information and registration [here](#)

His Holiness the 14th Dalai Lama offers us:

Q&A: Theme: Our World in the Time of Change

Mon. 29/3 kl. 05:30 – 06:30 CET

Teaching: The Four Noble Truths and The Two Truths

Wed. 7/4 kl. 05:30 – 07:00 CET

Teaching: *Heart Sutra*

Sat. 1/5 kl. 05:30 – 07:00 CET

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

**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>

The latest update on all online programs can be found at
www.ratnashri.se under News

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

Facebook: fb.me/ratnashri.sweden

YouTube Channel: Ratnashri Sweden

Phone: +46 (0) 8 765 5878

PG-konto: 128 78 06-2