

**May all be auspicious!**

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**Parnashavari Practice for the pandemic**

**Sat. 8/5 kl. 13 – 14 CEST**

Text: [here](#);

Skype-link: [Click here](#)

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

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**Dorje Lopön Dr. Lye teaches**

**Bodhicitta according to Shantideva's *Engaging in the Conduct of Bodhisattvas***

**Every Tuesday and Sat. 8/5, 11/5, 15/5 ... kl. 15 - 17 CEST**

Complete the free registration before you get a Zoom-link: [Click here](#)

Organized by [Urban Dharma North Carolina](#) and Drikung Dharma Chakra Center, Singapore

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**Drubpon Rinchen Dorjee Rinpoche leads**

**Teaching: Clarifying the Natural Mind by Takpo Tashi Namgyal,**

**Sat. on May 8, 15, kl. 17 CEST and May 22-23 full day**

Using practical examples from Takpo Tashi Namgyal's own experience, this wonderful text instructs on the path from mindfulness to the complete enlightenment of Mahamudra, simply and methodically. Text can be purchased [here](#).

Zoom-link: [Click here](#)

**Nyungne Retreat Mon. – Thur. 24-27/5**

To join online, please send email sent to [ratnachi@hotmail.com](mailto:ratnachi@hotmail.com)

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

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## **H.E. Garchen Rinpoche leads**

### **White Tara Practice and Dharmapala Sun. May 9, kl. 19-21 CEST**

Texts can be found [here](#).

Livestream YouTube: [Click here](#)

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

## **Saga Dawa Event**

Saga Dawa Duchen is considered one of the most holy times in Tibetan Buddhism, marking the birth, enlightenment and parinirvana (death) of the Buddha Shakyamuni. It is said that on this day, the karma of all positive and negative actions is multiplied 100 million times. Thus, it is a tremendously auspicious time to engage in virtuous practice, and perform acts of kindness and generosity. Because of this multiplying effect, this is a golden opportunity to accomplish vast merit and virtue in a short amount of time.

The Garchen Institute will celebrate Saga Dawa ONLINE starting with H.E. Garchen Rinpoche bestowing the 1000 armed Chenrezig empowerment followed by Chenrezig sadhana practice, teachings on the Four Yogas of Mahamudra, Q & A with H.E. Garchen Rinpoche, and finishing with our annual Nyungne retreats. May 27th is the actual day of Saga Dawa Duchen, which will be the complete fasting day of no food or water during the Nyungne retreat.

You may attend any portion of the Chenrezig practice, but you must attend the entire Nyungne Retreat, as it is one complete practice. Nyungne is a special practice of the thousand-armed Chenrezig. It is a retreat of body, speech and mind, which lasts two and a half days. Nyungne combines a commitment to fasting and silence, with prostrations or circumambulations (as your physical condition allows).

# 1000 Armed Chenrezig Empowerment by H.E.Garchen Rinpoche

**13/5 kl. 01:00 - 02:30 CEST**

It is a great blessing to receive it from 8th Garchen Rinpoche who is himself an emanation of this Buddha of compassion. In the Seven-limb prayer of Garchen Rinpoche's Guru Yoga there is a line of supplication to Garchen Rinpoche: "You are Chenrezig, embodiment of kindness and compassion" (English: <https://garchen.net/?download=12745>). According to Padmasambhava's prophecy from terma revealed by Ratna Lingpa, 1st Garchen Rinpoche (Tenzin Phuntsok) was an emanation of Chenrezig.

Garchen Rinpoche: "whatever kind of Chenrezig form you may visualize, most important is to cultivate the mind of compassion and wishing to benefit everyone, not the quality of your visualization or the number of Chenrezig's arms" (Q&A on Chenrezig practice, Taiwan, 2019: [https://cutt.ly/HEGR\\_QnA\\_Chenrezig](https://cutt.ly/HEGR_QnA_Chenrezig)).

## HOW TO RECEIVE THE CHENREZIG EMPOWERMENT?

Garchen Rinpoche said that one is permitted to embark the path of tantra, visualizing any deity after one has practiced the pratimoksha path of individual liberation (refraining from harming others and taking refuge vows) and bodhisattva path (caring for all sentient beings and engaging in bodhisattva conduct). Quoted since 42:40 of Medicine Buddha empowerment, July, 25, '20 [https://cutt.ly/Medicine\\_Buddha\\_emp](https://cutt.ly/Medicine_Buddha_emp)).

Sakya Pandita, great master, often cited by Garchen Rinpoche, has said very clearly, "Without taking vows, there is no empowerment, there is no initiation." And to take the vows, we need to know them and consciously accept them; otherwise if we haven't taken the vows and we haven't received the empowerment. Details at the first page of the publication: [https://cutt.ly/Bodhichitta\\_actions](https://cutt.ly/Bodhichitta_actions).

## USEFUL LINKS ON VOWS:

(1) Garchen Rinpoche summarizing Bodhisattva and Refuge vows [https://cutt.ly/Garchen\\_vows](https://cutt.ly/Garchen_vows), (2) 18 root Bodhisattva Vows: [https://cutt.ly/18\\_vows](https://cutt.ly/18_vows), (3) 46 secondary Bodhisattva Vows [https://cutt.ly/46\\_vows](https://cutt.ly/46_vows).

## SAMAYA of CHENREZIG EMPOWERMENT

Garchen Rinpoche said that samaya of the Chenrezig empowerment is bodhichitta and "remaining always inseparable from the union of wisdom and compassion, sustaining mindfulness as well as putting into practice all guru's instructions, such as not to quarrel with others and practice patience" (quote from [https://cutt.ly/HEGR\\_Chenrezig\\_emp\\_2015](https://cutt.ly/HEGR_Chenrezig_emp_2015)).

Hosted by Drikung Garchen Phuntsok Choling in Vietnam

**Chenrezig Sadhana Practice with Garchen Institute Lamas**

**13 -15/5 kl. 15-18 and 23:00-00:30 CEST**  
**16/5 kl. 15-18 and 23-02 CEST**

The Vietnamese host offered a Sadhana of 4-armed Chenrezig:

<https://onedrive.live.com/?authkey=%21APivedEpolEnAA4&id=6BB0B9B948E3F575%2155774&cid=6BB0B9B948E3F575>

More texts on Sojong vows and other related materials from similar Saga Dawa events led by Garchen Rinpoche in 2020: <https://garchen.net/sagadawatexts/>

Garchen Rinpoche says that receiving empowerment and teachings via live-stream (and even by watching the recorded videos), if combined with devotion and motivation of bodhicitta, can be as beneficial as one's physical presence. During Saka Dawa, the 4th lunar month of the Tibetan calendar (May 12<sup>th</sup> – June 10<sup>th</sup> 2021) meritorious actions are multiplied 100,000 times.

More information: <https://garchen.net/annual-events/>

## **Four Yogas of Mahamudra Teachings by H.E. Garchen Rinpoche**

**14 -16/5 kl. 01:00-02:30 CEST**

### **Questions and Answers**

**23/5 kl. 00-02 CEST**

## **2 Nyung Ne Fasting Retreats with Garchen Institute Lamas**

**24 -26/5 and 26 -28/5 kl. 15-02 CEST**

Livestream YouTube: [Click here](#)

More information can be found [here](#)

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

## **White Tara Practice for H.E. Garchen Rinpoche's Long Life led by Garchen Institute Lamas**

**every Thur. 13/5 kl. 17 CEST**

Texts can be found [here](#).

Livestream YouTube: [Click here](#)

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

## **Lama Chöpa Puja in honor of Bardo Tulku Rinpoche's 49<sup>th</sup> Day**

**Thur. 20/5 kl. 18:30 - 21 CEST**

Texts can be found [here](#).

Livestream YouTube: [Click here](#)

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

## **H.E. Garchen Rinpoche leads 8th Annual Drikung Kagyu Ngo Choe Monlam**

**Fri. June 4**

More information comes later

## **H.E. Garchen Rinpoche bestows Kurukulle Empowerment and Teachings on the Six Bardos**

**Sat. June 5, kl. 19:30 – 21:30 CEST Kurukulle  
Empowerment**

**Sun. June 6, kl. 18 - 21 CEST Teachings on the Six Bardos**

Livestream YouTube: [Click here](#)

Organized by Drikung Garchen Institute, Germany. More information and registration [here](#).

## **H.E. Garchen Rinpoche bestows Empowerment and Teachings**

***Embodiment of the Precious Ones***

**from the Yangzab Terma Dzogchen Cycle of the Yangzab Konchok Chidu**

**Sat. June 19, kl. 18 - 21 CEST Teachings by Garchen  
Rinpoche**

**Sat. June 19, kl. 23 - 02 CEST Teachings by Abao Lama**

**Sun. June 20, kl. 18 - 21 CEST**    **Teachings by Khenpo Tenzin**  
**Sat. June 20, kl. 23 - 02 CEST**    **Empowerment by Garchen**  
**Rinpoche**

In the terma root text, it says, “Emaho! The Embodiment of the Precious Ones is the very heart-essence of the holy Dharma and the confluence of the enlightened mind of all the buddhas of the three times. It is the great Ati-the undisputed peak of all vehicles. It is the Dharma, which liberates sentient beings from the six samsaric states.”

Livestream YouTube: [Click here](#)

Please write to [info@drikungseattle.org](mailto:info@drikungseattle.org) to obtain the Zoom-link.

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

**Teaching: Lord Jigten Sumgön’s *Song that Clarifies***  
***Recollection***

**Sun. 9/5 kl. 16 – 19 CEST**

Text: [Click here](#)

Zoom Link [here](#) Meeting ID: 817 0258 0652 Passcode: 108

Teaching was requested by Drupon Ratna Vajra at Chicago Ratna Shri  
Donation to [Chicago Ratna Shri](#)  
Donation to organizer [Drikung Kagyu Dharma Circle of Madison](#)

**Teaching: The Healing Pureland and Essence of Buddha**  
**Activities**

**Sat., 15/5 kl. 16 – 19 CEST**

Zoom Link <https://zoom.us/> Meeting ID: 841 4998 6762 Passcode: 108

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**His Eminence Nubpa Rinpoche bestows**

**One-week teaching: Guru Yoga called “Light Amassment of**

## Blessings”

**Tue. – Sun. 11-17/5, kl. 5:15 – 05:45 CEST**

One week very precious online teaching on the Guru Yoga sadhana called "Light Amassment of Blessings" that was written and offered by His Eminence Nubpa Rinpoche himself during Garchen Rinpoche's retreat in the holy Drag Lapchi snow range. This teaching will be translated into English.

Text: [Click here](#).

Please write to [info@drikungseattle.org](mailto:info@drikungseattle.org) to obtain the Zoom-link.

Organized by [Drikung Seattle](#).

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## **His Eminence Togdan Rinpoche bestows via Zoom Padma Gyalpo Yidam Deity (Guru Rinpoche) Empowerment, Teaching and Practice from *Padma Gyalpo Hidden Treasure Cycle***

**Sat. – Sun. May 15- 16, kl. 14 – 17:00 CEST**

Dear Venerables, brothers and sisters:

Out of compassion for fellow mother sentient beings, His Eminence Togdan Rinpoche has decided to allow more of us to participate in the Padma Gyalpo Empowerment and Practice programme of 15 and 16 May 2021.

Before you proceed to register yourself for this programme, here are the 'terms and conditions' again. Only register if you are able to fulfill them!

'Terms and Conditions':

1) Do not participate just to get the empowerments. His Eminence make it known that there are commitments to fulfill after taking the series of Padma Gyalpo empowerments. You will need to:

A) Complete 500,000 counts of the Padma Gyalpo Mantra and regularly (Rinpoche said that it is not necessary to practice daily) do the full practice (there is no short cut way to practice it!) So register only if you are serious about practicing them!

2) You must without fail, participate in person for both sessions on 15 and 16 May 2021.

The programme is only meant for full time participants via Zoom. It won't be telecasted over FaceBook or Youtube! And there won't be sharing of any recordings thereafter too.

All participants must have their Zoom video 'on' throughout the programme. We apologise in advance that your participation may be curtailed if otherwise.

3) Programme texts and His Eminence's instructions on how to set up a temporary altar will be shared only with registered participants.

The texts are done through great effort by our group of dedicated translators with page numbers standardised regardless of languages. Use this text and you won't be lost during the programme.

4) The signal (wifi or mobile) in Ladhak (where Rinpoche resides) is unpredictable. Be prepared that the programme may be disrupted. And if organisers are unable to revive the teaching within a reasonable amount of time, we may cut short the programme and postpone it to another day following His Eminence's choice. Please do not complain and we thank you for your understanding and patience.

5) Because the sessions are short, we discourage questions during the Zoom sessions. It is best to refrain from asking questions even in the Zoom chat room. This is because His Eminence prefers all participants to focus on learning and understanding his teachings. After the weekend programmes, group teachings and practices sometimes led by experienced sangha members are arranged on a once a month basis. You can note down your questions and ask them during these group practices, or you can email Drikung Dharma Chakra Centre at [chenrezigmantra@gmail.com](mailto:chenrezigmantra@gmail.com) your questions and have them answered by Rinpoche during his free time.

Register if after reading the above information, you remain committed and positive about the programme. You will be glad you didn't miss it!

The registration link is here:

Check out "Padma Gyalpo Yidam Deity Empowerment & Practice" on Eventbrite!

Date: Sat, May 15 - Sun, May 16 • 8:00 PM SGT

<https://www.eventbrite.sg/.../padma-gyalpo-yidam-deity...>

Drikung Dharma Chakra Centre

It is such great blessings that His Eminence Togdan Rinpoche intends to His Eminence pass down the whole Padma Gyalpo Terma Cycle via a series of online weekends programs. We will first receive Padma Gyalpo Yidam Deity (Guru Rinpoche) on May 15 – 16. Then subsequently, Rinpoche will bestow Padma Gyalpo Dzambhala, Long Life, Phowa and other programs. More information will come in the future. Please note that to participate in these future Padma Gyalpo programs, you must first participate in the Padma Gyalpo Yidam Deity Empowerment! Please observe the regulations and commitments before registration.

After the event, the organizer Drikung Dharma Chakra in Singapore will organize regular group practice according to Rinpoche's instructions once a month via Zoom.

H.E. Togden Rinpoche is a Dharma treasure revealer himself who revealed and transcribed the Exceedingly Profound Ati-Yoga Mind Terma Practice of Padma Gyalpo, Guru Padmasambhava in the form of The Lotus King, accompanied by the Four Dakinis. Rinpoche's biography can be read at <http://togdanrinpoche.com/> , <http://lotuskingtrust.com/> and Facebook

The program will be translated into Chinese, English, German, Spanish, Russian, and Vietnamese.



Organized by Drikung Dharma Chakra in Singapore

Organized by [Drikung Dharma Chakra in Singapore](#)

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## **Drubpon Tsering Rinpoche leads**

### **Yamantaka Practice Wed. 12/5 kl. 19 CEST**

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

### **Shamata and Avalokiteshvara Practice Fri. 14/5, kl. 18 CEST**

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

### **Avalokiteshvara Practice Sat. 15/5, kl. 9 CEST**

Text: [Click here](#)

### **White Tara Longevity Practice for H.E. Garchen Rinpoche**

#### **Sun, 16/5, kl. 10:00 CEST**

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

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

More info [here](#)

Organized by [Drikung Garchen Institute, Germany](#)

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## **Venerable Khenpo Tenzin leads and bestows**

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

Tuesdays 19 - 21 CEST Teachings

Thursdays alternate between 19 – 21 CEST (May 13) and 02:30 - 4:30 CEST (May 20)- Questions/ Discussion / Meditation

Zoom-link on Thursdays: <https://zoom.us/> ZOOM ID: 218 378 3697  
Password: 37PATH108

Dates:  
May 11,13,18,20

Livestream YouTube: [Click here](#)

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

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

**Conversation with author Pico Lyer**

**Wed. 19/5 kl. 05:30 – 06:30 CEST**

**Teaching: Je Tsongkhapa's *Three Principal Aspects of the Path* and**

**confer the Ceremony for Generating Bodhicitta**

**Wed. 26/5 on Saka Dawa**

**Teaching: Je Tsongkhapa's Destiny fulfilled**

**Tue.-Wed. 1-2/6 kl. 05:30 – 06:30 CEST**

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

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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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The latest update on all online programs can be found at [www.ratnashri.se](http://www.ratnashri.se) under News

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

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