

Happy Saga Dawa!

Drubpon Tsering Rinpoche leads

**Red Avalokiteshvara – Oral Transmission and Practice Sat.
22/5, kl. 9 – 10 CEST**

Red Avalokiteshvara Text: [Click here](#)

**White Tara Longevity Practice for H.E. Garchen Rinpoche
Sun, 23/5, kl. 10 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

**Teachings on Vesak Festival, Buddha Shakyamuni Practice,
Twelve Deeds Prayer,
Samantabhadra Prayer and World Peace Prayer
Wed. 26/5, kl. 19 CEST**

Information and registration: [Click here.](#)

Shamata and Avalokiteshvara Practice Fri. 28/5, kl. 18 CEST

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

Parnashavari Practice for the pandemic

Sat. 22/5 kl. 13 – 14 CEST

Text: [here](#);

Skype-link: [Click here](#)

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

Dorje Lopön Dr. Lye teaches

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

Every Tuesday and Sat. 22/5 and 25/5 kl. 15 - 17 CEST

More information [here](#). Complete the free registration before you get a Zoom-link.

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

Drubpon Rinchen Dorjee Rinpoche leads

Teaching: Clarifying the Natural Mind by Takpo Tashi Namgyal,

Sat. – Sun. May 22-23 kl. 17 – 19 & 21-23 CEST

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

Program detail: [Click here](#)

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

H.E. Garchen Rinpoche leads

Saga Dawa Events

Questions and Answers

23/5 kl. 00-02 CEST

Livestream YouTube: [Click here](#)

Nyungne and Nyingne Retreats with H.E. Garchen Rinpoche and Garchen Institute Lamas

23-24/5 kl.18 – 21, kl.23 – 02:30 CEST

25/5 kl.15:30 – 16, kl.18 – 21, kl. 23 – 02:30 CEST

26/5 kl.18 – 21, kl.23 – 02:30 CEST

27/5 kl.14:30 – 16:30 CEST

Nyungne is a special practice of the thousand-armed Chenrezig, the Buddha of Compassion that cultivates compassion, purifies negativities and heals illnesses. It is a retreat of body, speech and mind, which lasts two and a half days and includes taking the 8 Mahayana Precept Vow. The first day of each retreat one eats one meal at lunch and can drink. On the second day there is no eating or drinking and complete silence is kept.

You can alternatively do a Nyingne practice which entails taking the 8 Mahayana Precept Vow, not eating after lunch and observing silence. You may drink water as needed.

This short retreat is extremely powerful as many practitioners report noticeable immediate results. This is the most potent time to practice because of meritorious actions being multiplied 100 million times. Saga Dawa Duchon, May 26th, is considered one of the most holy times in Tibetan Buddhism, marking the birth, enlightenment and parinirvana (death) of the Buddha Shakyamuni.

Registration is required. Click [here](#).

Text: Click [here](#).

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. 27/5 kl. 17 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 to obtain the Zoom-link.

Venerable Khenpo Tenzin teaches

Buddhist Path to Awakening 1/6

Tue. 1/6, kl.19 - 21 CEST

Livestream YouTube: [Click here](#)

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

A Message from Most Ven. Khenchen Konchog Gyaltshen Rinpoche

"I have given you many teachings over these past few months. Now, I want you to take some time to study and put the teachings into practice. If I just keep giving teachings, these precious teachings will not be valued. So before I teach again, I want you to practice!
Then we will see!"

Khenchen Rinpoche

So please, everyone, continue to study, practice and meditate!
Some of Khenchen Rinpoche's past teachings can be found [here](#).

His Holiness the 14th Dalai Lama offers us:

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>

**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.

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