

**May all be auspicious!**

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**Programs organized by Ratnashri Meditation Center, Sweden**

\* [Shravasti Meditation Retreat with Khenmo Drolma Feb. 24-27](#)

\* [Three Wrathful Deities Retreat with Drubpon Tsering Mar. 19-20 Empowerment, teaching, transmission, and practice based on the sadhana composed by the 7<sup>th</sup> Garchen Rinpoche](#)

\* [Shravasti Meditation Retreats with Khenmo Drolma 9-10/4, 7-8/5, 4-5/6](#)

\* [Tsa Lung Introduction Course in Spring](#)

\* [Advanced Tsa Lung Course with Drubpon Kunsang, Aug. 6-7](#)

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**Khenpo Rangdol bestows**

**Gongchig (Buddha's Single Intention) by Lord Jigten Sumgön**

**Fridays 25/2, 4/3, 11/8, 18/3, 25/3kl. 13:30 CET.**

Zoom id: 848 2294 5265 Passcode 555888

Text: [here](#)

Gongchig by Lord Jigten Sumgön conveys clearly the essence of the Buddha's teachings. It delineates the causal law of the universe, Nagarjuna's philosophy of interdependence, and opens one's mind to principles of ethics that help to guard oneself against confusion and deceit. Thus the Gongchig is a guide for every Dharma practitioner - for both study and application in daily life.

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

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**H.E. Lho Ontul Rinpoche bestows commentary on**

**Lojong - Seven Points Mind Training by Lord Atisha  
Dipankara Srijnana**

**Sat. 26/2 kl. 13:30 – 15:30 CET**

Zoom id: 93492976047 Passcode: 123456

Please email to [wtsl1971@gmail.com](mailto:wtsl1971@gmail.com) phone +91 85809 99659

Organized by Wogmin International Zoom Committee & Wogmin Thubten Shedrup  
Ling Monastery

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**Khenpo Samdup Rinpoche leads**

**Preliminary Practices (Ngondro) of The Profound Five-fold  
Path of Mahamudra composed by Garchen Rinpoche**

**Sat. 26/2 kl. 17 – 19 CET**

Khenpo will give the transmission and instructions for the preliminary practices (ngondro) of the Five-fold Mahamudra composed by Garchen Rinpoche. Engaging in this suite of practices purifies the mind of negativity and gathers the accumulations of merit and wisdom

Text: [here](#)

Zoom-link: [here](#); Meeting ID: 871 0136 3775 Passcode: 620213

Make a donation to Gar Drolma Meditation Center: [here](#)

**Milarepa Songs of Realization**

**Sun. 27/2 kl. 17 – 19 CET**

Text: [here](#)

Zoom-link: [here](#); Meeting ID: 871 0136 3775 Passcode: 620213

Make a donation to Gar Drolma Meditation Center: [here](#)

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## **H.E. Garchen Rinpoche offers**



### **Manjushri Yamantaka Retreat with HE Garchen Rinpoche**

**Sat. – Wed. 26/2 – 2/3,**

The Yamantaka drubchen, traditionally held near the end of the Tibetan year, is conducted in order to cleanse all obstacles not only for oneself, but for every being in the world. This cleansing is most easily accomplished at this time of the year and helps to decrease suffering and increase peace. The deity practiced in this drubchen is very wrathful and powerful, and thus the practice must be done with great care.

In the past in Tibet this drubchen was only open to those who had taken vows of ordination and who had completed the common preliminary practices as well as the particular preliminary practices of Yamantaka. It is thus asked that those who participate prepare by accumulating refuge and Vajrasattva mantras, taking refuge and purifying one's mindstream as much as possible prior to the retreat. One of the main traditional prerequisites for participating in the Yamantaka Drubchen is to have accumulated 600,000 Peaceful Manjushri mantras (OM WAM GI SHWARI MUM) before attending your first Drubchen.

If you have already done this accumulation for a prior Yamantaka Drubchen, it is not necessary to do it again. If you have not done this accumulation, Garchen Rinpoche asks that you try to complete at least 100,000 mantras before the drubchen starts. If you are unable to accomplish this, Rinpoche asks that you accumulate as many of the mantras prior to the start as possible and then finish the accumulation no later than one year from the date the drubchen ends. The fruition of the Yamantaka drubchen is not attained unless the Manjushri accumulation is completed as

Garchen Rinpoche indicates.

\* It is not necessary to receive a lung transmission of the Peaceful Manjushri practice before engaging in the mantra accumulation.

The practice sessions will be conducted from 9am – 5pm each day with breaks. Check our website later for the specific schedule that will be posted soon.

Garchen Rinpoche has always said, the more effort you put into the practice, the more results will come.

The following is recommended: No speaking during the retreat other than the mantra recitation and the recitation of the text. The more you can maintain retreat conditions, eliminating distractions, the more benefit there will be.

#### REGISTRATION

Registration is required to participate in this empowerment and practice at any time. Registration: [Click here](#)

Send any questions regarding this retreat and practice to [registration@garchen.net](mailto:registration@garchen.net)

Once your completed registration checklist is received, we will send you two emails:

- 1) Confirmation of your registration and the Yamantaka empowerment link.
- 2) On February 23 the updated partial Yamantaka sadhana will be emailed.

Garchen Rinpoche has instructed that only the Protection portion of the Yamantaka sadhana will be practiced for this retreat. A video of footage from past drubchens has been created according to Garchen Rinpoche's precise specifications for the online stream. The sessions will be chanted in Tibetan language only. The partial sadhana will be available in three languages – Tibetan, Chinese and English on February 20th for those who have registered.

Garchen Rinpoche is encouraging people to attend the entire retreat but if that is not possible, partial attendance is permitted. If you cannot practice at the same time of the live stream, Rinpoche says that it is possible to tune in when your schedule allows. This is a noticeably different structure compared to past Yamantaka drubchens.

From H.E. Garchen Rinpoche: Tashi Delek to my Dharma friends,

This year whatever we put online on our YouTube channel is available for anyone's participation, even for the Yamantaka retreat. There are no restrictions. Why? For

the Buddha, there was no difference between nationality or religions because all sentient beings are really Buddhas, they are only obscured by temporary stains. When these temporary stains are removed then beings are actual Buddhas. It just depends on whether or not we have fixating thoughts in our mind.

Lord Jigten Sumgon had said that whoever grasps at any philosophical school is an ordinary person. Actually any philosophical school is just illusory because whoever has a mind has the Buddha within them. Therefore all sentient beings possess the cause of awakening and if they want to become a Buddha, they can. For this reason whatever is online or on livestream, is not restricted. Anybody can take whatever they want and look at whatever they want and for however long they want. I encourage you to do this. This is the Buddha's instruction."

Donation [Click here](#)

## **White Tara Practice and Dharmapalas (Dharma Protectors)**

**Sun. 6/3, kl.19-21 CET**

Texts can be found [here](#).

Livestream YouTube: [Click here](#)

Donation [Click here](#)

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

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## **Venerable Khenpo Tenzin Offers**

**Introduction to Preliminary Practices (Ngöndro)**

**Thur. 24/2, kl. 19 - 21 CET**

**Meditation on the 37 Bodhisattva Practices**

**Mon. 7/3, kl. 00 - 01 CET**

**Jewel Ornament of Liberation**

**Tues. 8/3, kl. 19 - 21 CET**

Livestream YouTube: [Click here](#)

Donation [Click here](#)

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

**Online Ngöndro Refuge/Prostration Retreat**

**March 5 – May 28, kl. 18 - 20**

More information and registration: [Click here](#)

Organized by Garchen Buddhist Institute, Arizona

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**Drubpon Tsering Rinpoche leads**

**Shamata & Avalokiteshvara Practice Fri. 25/2 kl. 18 CET**

**Avalokiteshvara Practice Sat. 26/2, kl. 9 CET**

All puja texts can be downloaded [here](#)

Zoom-link: <https://zoom.us/> Meeting-ID: 737 3762 3305 / Password: Tam108

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

**Vajrakilaya Retreat Sun. 27/2 – Thurs. 3/3**

Registration required. More information [here](#)

Organized by the [Garchen Dharma Institute in Munich](#)

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## **Drubpon Rinchen Dorjee Rinpoche leads**

### **Medicine Buddha Practice – The Heart of Benefit and WellBeing Sun. 27/2, kl. 17 – 19CET**

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.

Text: [Click here](#)

Zoom-link: [Donate](#) to the organizer Chicago Ratna Shri Sangha.-----

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

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