

**May all be auspicious!**

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## **News of Most Venerable Khenchen Konchog Gyaltshen Rinpoche**

When Rinpoche returns to the United States he will perform ordination vows. Those who are interested please contact Linda at [sangha@dkdharmacircle.org](mailto:sangha@dkdharmacircle.org).

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## **New Message from His Eminence Garchen Rinpoche**

PRAYER TO TARA

Who Protects From the Eight Fears

ཨོཾ འཇིགས་པ་བརྒྱད་སྐྱོབ་མ་ལ་བྱུག་འཚལ་ལོ།།

OM, JIK PA GYÉ KYOB MA LA CHAK TSAL LO

Om! Homage to you, who protects from the eight fears!

བག་ཤིས་དབལ་འབར་མ་ལ་བྱུག་འཚལ་ལོ།།

TASHI PAL BAR MA LA CHAK TSAL LO

Homage to you, who shines as a beacon of goodness!

ངན་སོང་སྒོ་འགགས་མ་ལ་བྱུག་འཚལ་ལོ།།

NGEN SONG GO GEK MA LA CHAK TSAL LO

Homage to you, who closes the gates to the lower realms!

མཐོ་རིས་ལམ་འདྲེན་མ་ལ་བྱུག་འཚལ་ལོ།།

TORI LAM DREN MA LA CHAK TSAL LO

Homage to you, who leads the way to the higher realms!

རྟལ་ཏུ་བྱེད་ཀྱིས་སྣངས་པར་མཛད།།

TAK TU KYÉ KYI TONG PAR DZÉ

You are my constant companion.

ད་དུང་ཐུགས་རྗེས་བརྒྱབ་ཏུ་གསོལ།།

DA DUNG TUK JÉ KYAB TU SOL

Always protect me with compassion!

In times of war, everyone should recite the Prayer to Tara Who Liberates from the Eight Fears. This is a simple prayer that anyone can say. It would be good to make

this a daily and ongoing prayer. “She, who protects from the eight fears,” has the power to put an end to all wars and conflicts. “She, who shines as a beacon of goodness,” helps us in resolving conflicts peacefully and being more considerate of one another. “She, who closes the gates to the lower realms and leads the way to the higher realms,” brings those who have died in the war to the higher realms or liberation after death. “You are my constant companion. Always protect me with compassion,” means that Tara will always protect you, in this life, in future lives, and the bardo.

When Lord Atisha’s ship was about to sink while crossing the sea, he spoke these words of prayer. This is the prayer that should be recited by the entire community. Because this is such an important prayer, you must understand its meaning. I recite it throughout the day and night. I pray for you all and am always with you. You must practice well in difficult times like these. In short, such prayers will help calm the fighting and may help ease the pride and anger of those who are proud and angry. I love you! Thank you! Thank you!

~ H.E. Garchen Rinpoche on March 5th, 2022.

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

### **Three Wrathful Deities Retreat with Drubpon Tsering Mar. 19-20**

Empowerment, teaching, transmission, and practice based on the sadhana composed by the 7th Garchen Rinpoche

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### **Drubpon Tsering Rinpoche leads**

**Medicine Buddha Puja or Yamantaka Puja Wed. 16/3 kl. 19  
CET**

**Shamata & Avalokiteshvara Practice Fri. 18/3 kl. 18 CET**

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

Zoom-link: [https://zoom.us/ Meeting-ID: 737 3762 3305](https://zoom.us/Meeting-ID:73737623305) / Password: Tam108

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

## **Three Wrathful Deities Retreat with Drubpon Tsering Mar. 19-20**

Empowerment, teaching, transmission, and practice based on the sadhana composed by the 7th Garchen Rinpoche

Registration is required. Program information [here](#).

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

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## **Dorje Lopön Dr. Hun Lye teaches**

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

**Sat. 12/3 kl. 14-16 CET**

Zoom Link: [here](#). Meeting ID: 852 9257 9977 Passcode: bodhicitta

Make a donation [here](#)

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## **Khenpo Samdup Rinpoche leads**

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

**Sat. 12/3 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. 13/3 kl. 16 – 18 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 bestows:**

### **White Tara Practice and Jangchok for Living**

**Sun. 13/3, kl.18-20 CET**

Texts can be found [here](#).

Livestream YouTube: [Click here](#)

Donation [Click here](#)

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

### **Annual Guru Rinpoche Mantra Accumulation Retreat**

**Fri. - Sun. 25-27/3**

More information coming soon.

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

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## **Drubpon Rinchen Dorjee Rinpoche leads**

### **Medicine Buddha Practice – The Heart of Benefit and Well Being Sun. 13/3, kl. 16 – 18 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.

Text: [Click here](#)

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

## **Chotrül Düchen**

### **add names of the living and deceased to Rinpoche's dedication list**

The Fifteen Days of Miracles—from the first day of the Tibetan new year (3 March 2022) until the fifteenth day (18 March 2022)—commemorate the special time when Guru Shakyamuni Buddha showed miraculous powers in order to subdue six Tirthika, or non-Buddhist teachers, who lacked faith in him, and to inspire more faith in his followers. It culminates on the full moon, the fifteenth day of the lunar calendar, which is the actual day of Chotrül Düchen.

Drupon Rinchen Dorjee Rinpoche will be dedicating their practice on "The Great Day of Miracles", one of the four great holy days observed by Tibetan Buddhists. During this time, it is believed that the effects of both positive and negative actions are multiplied ten million times. They will be keeping a list of names on the shrine during our Vajrayogini Retreat and read them aloud on Chotrul Duchen. If you would like to place your loved ones, friends or those who have deceased on the list please click [here](#) and type in the names of those you would like to add.

## **Vajrayogini Retreat**

### **Wed. - Sun. 16-20/3**

Registration is required. More information [here](#).

Organized by Chicago Ratna Shri Sangha.

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## **Venerable Khenpo Tenzin Offers**

### **Meditation on the 37 Bodhisattva Practices**

**Sun. 13/3, kl. 23 - 00 CET**

### **Jewel Ornament of Liberation**

**Tues. 15/3, kl. 18 - 20 CET**

Livestream YouTube: [Click here](#)

Donation [Click here](#)

### **Jewel Ornament of Liberation Q&A**

**Sun. 20/3, kl. 21:30 – 22:50 CET**

Zoom id: 218 378 3697 Password: Ratna88

Donation [Click here](#)

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

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## **Khenpo Rangdol bestows**

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

**Fridays 18/3, 25/3 kl. 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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**His Holiness the 14<sup>th</sup> Dalai Lama bestows:**

**Short Teaching including from the Jataka Tales**

**Fri. 18/3 kl. 04:30 – 05:30 CET**

Livestream page for all events above: <https://www.dalailama.com/live>

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**His Eminence Lho Ontul Rinpoche gives commentary on  
The Two Truths**

**Saturdays: 19/3 and 26/3 kl. 13:30 CET**

In Nagarjuna's *Mulamadhyamakakarika*, the two truths doctrine is used to defend the identification of dependent origination with emptiness (sunyata): The Buddha's teaching of the Dharma is based on Two Truths, a truth of worldly convention and an ultimate truth. Those who do not understand the distinction drawn between these Two Truths do not understand the Buddha's profound truth. Without a foundation in the conventional truth, the significance of the ultimate truth cannot be taught. Without understanding the significance of the ultimate, liberation is not achieved.

**Creation and Completion Stages of Deity Yoga**

**Saturdays: April: 9, 16, 23, 30; May 7, 14, 21, 28 kl. 14:30 CEST**

The generation stage or creation phase, also known as the phase of imagination and the yoga of fabrications is the first phase of tantric deity yoga in the Unsurpassed Yoga Tantra. Ju Mipham defines the generation stage as follows: "accessing the purity and equality of appearance and existence through conceptual creations and training in accord with the view that ascertains the meaning of the natural continuum of the ground. The completion stage, also known as perfection or fulfilment stage or the yoga of the natural state is the second stage of Unsurpassed Yoga Tantra. Ju Mipham writes that in the completion stage or path of the innate or path of direct perception, the profound methodical pith instructions actualize the tantra of the ground, the great purity and equality that dwells within

as the mandala of spontaneous presence.

ZOOM ID: 93492976047 Passcode: 123456

Donation to the Monastery and Rinpoches, please email to [wtsl1971@gmail.com](mailto:wtsl1971@gmail.com)  
phone: +91 85809 99659

Organized by [WOGMIN THUPTEN SHEDUP LING](#)

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

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