

## Celebrate Saga Dawa with H.E. Garchen Rinpoche and the Garchen Institute Lamas online, May 23 to June 6, 2020.



The month of Saga Dawa, the 4th lunar month which runs from May 23rd up until June 22nd, 2020. This year, the 15<sup>th</sup> full moon day, is called Saga Dawa Düchen falls on Friday, June 5th. This day is the single most important holy day of the year for Tibetan Buddhists 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.

Chenrezig is the embodiment of the compassion of all the Buddhas. His great compassion seeks to to relieve the suffering of all beings and bring them to ultimate enlightenment. It is said that while he was in the presence of Amitabha, Chenrezig thought, “As long as there is even one being who has not attained awakening, I will strive for the benefit of all.” When Amitabha heard this, he transmitted to Chenrezig the six syllable mantra: OM MANI PADME HUNG. It is said that all the teachings of the Buddha are contained within this mantra, and by its power our mind’s obscurations will be purified. We develop the enlightened quality of compassion through Chenrezig practice and mantra recitation as well as by compassionate conduct toward all beings.

NYUNG NE 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. Nyung Ne combines a commitment to fasting and silence, with prostrations or circumambulations (as your physical conditions allows). The eight Mahayana precepts, or “Sojong” vows, are taken for two days, wherein we vow to abstain from killing, stealing, lying, intoxicants, etc. We rarely have an opportunity to take and fully keep these special vows, and the benefit of all practice is increased while holding these vows. So this is a truly precious chance.

Nyung Ne practice also creates strong empathy and reminds us of the suffering in the lower realms – we feel what hungry ghosts feel, we ourselves feel what any suffering being feels. And this arouses in us the desire to liberate beings from suffering.

The benefits of this practice are incalculable for the purification of eons of negative karma for ourselves and others. Patrul Rinpoche has said that practicing even one Nyung Ne will guarantee rebirth in the human realm. And for those who are completely dedicated this practice one-pointedly for the benefit of others, this practice alone could be one’s only tool or method for the attainment of enlightenment.

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).

## **SCHEDULE**

### **4-ARMED CHENREZIG EMPOWERMENT and COMMENTARY, May 23**

Chenrezig Sadhana Commentary by Venerable Khenpo Tenzin kl. 18 – 21 CEST  
Chenrezig Empowerment by H.E. Garchen Rinpoche kl. 23 – May 24 kl. 02 CEST

### **EIGHT MAHAYANA PRECEPTS and COMMENTARY, May 24 and 25**

by H.E. Garchen Rinpoche kl. 18 – 21, kl. 23 – kl. 02 CEST

### **4-ARMED CHENREZIG SADHANA PRACTICE, May 26 - June 3**

with H.E. Garchen Rinpoche and the Garchen Institute Lamas kl. 18 – 21 CEST  
with the Garchen Institute Lamas KL. 00 – 02 CEST

### **Q & A, May 30<sup>th</sup> kl. 18 – 21 CEST with H.E. Garchen Rinpoche**

Questions on the Chenrezig Practice and the Eight Mahayana Precepts  
Please send your questions to [questions@garchen.net](mailto:questions@garchen.net) by the deadline on May 29th.

### **NYUNGNE RETREAT, June 4 - June 6 (June 5 is Saga Dawa)**

Led by H.E. Garchen Rinpoche and the Garchen Institute Lamas  
June 4, kl. 18 – 21 CEST and kl. 23 – June 5 kl. 03 CEST  
June 5, kl. 18 – 21 CEST and kl. 23 – June 6 kl. 03 CEST  
June 6, kl. 15 – 17 CEST

### **TEXTS**

Texts can be downloaded here when available. <https://garchen.net/annual-events/>

[LIVESTREAM PAGE](#)

[YouTube channel](#) at Garchen Buddhist Institute, Arizona.

[DONATION TO Garchen Buddhist Institute, Arizona](#)

If you would like to make a donation, it would be greatly appreciated and used for offerings for H.E. Garchen Rinpoche and the Garchen Institute Lamas, the translator Ina Bieler, and to help support the Garchen Buddhist Institute. To make a donation [CLICK HERE](#)

[PROGRAM PAGE](#) <https://garchen.net/annual-events/>