

Venerable Khenmo Drolma Leads Online Shravasti Meditation Retreat for Advanced Meditators, May 27-29, 2022



Please turn over for
retreats for beginners

Shravasti Meditation is a non-sectarian, mind-body approach to practice which integrates energy practices from Tibetan yogas, Tai Chi and Qigong. This comprehensive program, designed by one of the greatest Tibetan meditation masters of our time, His Holiness Drikung Kyabgon Chetsang Rinpoche, incorporates an intellectual understanding of Buddha's teachings that clarify how mind operates and creates our suffering, combined with experiential understanding of the teachings through deep meditation practice. Guided by Khenmo Drolma, the framework of the sutra *Mindfulness of Breathing* leads naturally into advanced understanding such as Mahamudra or the completion stages of Vajrayana as our understanding deepens.

The retreat will explore Calm Abiding Meditation and Insight Meditation that are based on *Mindfulness of Breathing (Anapanasati Sutra)* and supported by the mind training practice of the Four Immeasurables (loving kindness, compassion, joy, and equanimity) and bodhicitta, as well as the practice of Tibetan Yogas, Tai Chi, and Qigong, as taught by His Holiness Drikung Kyabgon Chetsang Rinpoche in a system he designed for 21st century practitioners. Named Shravasti, after the sacred site where Buddha transmitted most of the Sutras; this teaching is as close as we can know of what the Buddha taught and was practiced by practitioners of all levels of the path.

During the retreat, Khenmo gives an introduction with an overall focus on a specific Dharma area or meditation training. We work with training videos of H.H. Drikung Kyabgon teaching the Six Yogas with subtle instructions. The retreat helps us to build new Dharma skills and supports confidence in our meditation practice. The purpose is to deepen our understanding of our own mind in order to expand our innate loving kindness, compassion, and bodhicitta through study, contemplation, and meditation. The retreat creates conducive conditions for wisdom to arise. Eventually, we become our own master. Buddha said, "When the mind is realized, that itself is wisdom. Thus, do not search Buddha elsewhere."

Online Retreat Schedule May 27-29 (Central European Time, CET)

Fri. & Sat.	09:00 – 10:30	Dharma talk
	12:30 – 14:00	Yoga Training
	16:00 – 18:00	Guided Meditation Practice
	20:00 – 22:00	Guided Meditation Practice
Sunday	09:00 – 10:30	Dharma talk
	12:30 – 14:00	Conclusion
	17:00 – 18:00	Q&A

Fee: 600 SEK

Registration: Write to info@ratnashri.se AND transfer fee to PG 1287806-2 by May 23 at the latest. Zoom link will be sent to all registered participants on May 25.

Recommended Preparation: Three Dharma Talks by Khenmo—Shravasti Meditation from a beginner perspective, Mahayana perspective, and Mahamudra perspective. Link to the YouTube videos:

<https://www.youtube.com/playlist?list=PLQBWMM1V2UR4c3EjSibJ34mshMKqOcNKM>

Suggested Readings:

How to Meditate by Pema Chodron

Sutra on the Full Awareness of Breathing by Thich That Hanh

The Practice of Mahamudra by HH Drikung Chetsang Rinpoche

Mindfulness in Plain English by Bhante Gunaratana