

# Hjärtligt välkomna till kurs i Tsa-lung och Shravasti Meditation på Ratnashri Meditation Center, 29 mars – 1 april 2024



## **Tsa Lung: Tibetan Breathing and Yoga Exercises led by Dorothee Söndgen**

Tsa Lung is an important method in the Drikung Kagyu lineage to harmonize body and mind. Through this practice, we balance the elements, the channels, energy centers (chakras), winds and vital essences. Tsa Lung is a natural Tibetan healing system to prevent the three basic disorders and the four hundred and four disease types. It consists of numerous stress management and calming exercises. Yogi Milarepa said, “Tsa Lung is the best self-healing exercise, both physically and mentally.” Tsa are the subtle channels found in the physical body of every human being, while Lung means the wind that should flow in them. So Tsa Lung is a technique consisting of various yoga and breathing exercises that work with both the body and the breath (and with its retention known as vase-breath) together with visualization, meditation, and mantra recitation. There are many practices that develop our body and unlock energy in the chakras, but they do not go as deep as Tsa Lung. The philosophy of Tsa Lung assumes that there are two types of winds: the wisdom wind and the karmic wind. When the wind flows freely in the system, we call it the wisdom wind, but when something blocks its flow, we speak of it as the karmic wind. In fact, we are dealing with the same wind, but one is of limited flow (karmic wind) and one is of free flow (wisdom wind). You can transform the wind by using special techniques to direct it to various chakras, you will be able to open all these chakras. Just movement itself is insufficient. In order to reach the subtle places in our body, we have to apply something really subtle: the breath and its retention. This means that with special techniques, we can transform all our karmic winds into wisdom winds.

Dorothee Söndgen will go through all the Tsa Lung exercises that Drubpon Kunsang taught us earlier (all three Tsa Lung booklets from <https://drikung.ch/verein/order/>). All previous Tsa Lung practitioners are welcome. Beginners with some yoga and meditation background are also welcome to join. You do as much as you feel comfortable doing. You can also join part of the course. The completion of this course is a good preparation for the advanced Tsa Lung and Lujong course with Drubpon Kunsang May 17-20.

## **Shravasti Meditation according to Anapanasati Sutra led by Zabrina Leung**

It is very advantageous to combine Tsa Lung practice with meditation since meditation helps us to transform our mind, to change our negative habitual pattern, to awake us from ignorance and attain primordial wisdom, that is enlightenment. The great yogi Milarepa said, “Through meditation, you gain all knowledge.” Meditation is the key to love and compassion. It can relieve mental illnesses such as depression as well as reduce anxiety and stress. Meditation can be compared to a lasso that captures the mind. The Shravasti Meditation according to the *Anapanasati Sutra* (*The Sutra of the Mindfulness of Breathing*) was taught extensively by H.H. Drikung Kyabgon Trinley Lhundup at Shravasti in October 2023 and was attended by Zabrina Leung. This course will follow closely His Holiness’ commentaries and meditation practices on the sutra. This extremely profound Anapana (inhalation and exhalation) meditation was first practiced by Lord Buddha after he realized that ascetic practices would not yield fruitful results. He then calmly practiced Anapana and consumed food, through which he attained buddhahood. Lord Buddha said, “Oh monks, during the three months (summer rain retreat), I mindfully meditated on the inhalation and exhalation.” At the time of the Buddha, this Anapana meditation was the main practice among all Buddha’s followers. It is described as the essence of Buddhist practice. As Shantideva in *Bodhicharyavatara* said, “Without the practice of guarding the mind, what are the use of many other practices?” This practice serves as a profound method to swiftly follow the unwavering path of the Buddha by utilizing the breath as a lasso to bind conceptual thoughts- All are welcome. There is no prerequisite.

**Dorothee Söndgen** from Aachen, Germany has a degree in business administration. She has been on the Buddhist path since 2006. Coming from a background in dance sports as a dancer and as a teacher, she has completed a two-and-a-half-year training as a Qigong teacher with Paul Shoju Schwerdt at the Wushan International Association before completing her one-year training as a Tsa Lung teacher in the Drikung Kagyu tradition with Drubpon Kunsang in Switzerland. Dorothee is currently a Tsa Lung teacher at Drikung Sherab Migched Ling in Aachen, Germany.

### Retreat Schedule at Ratnashri Meditation Center March 29 – April 1, 2024

29/3 – 31/3 (Fri. – Sun.)	kl. 09:00 – 10:30	Tsa Lung
	kl. 10:45 – 12:00	Shravasti Meditation
	kl. 14:00 – 15:30	Tsa Lung
	kl. 15:45 – 17:00	Shravasti Meditation
1/4 (Mon.)	kl. 09:00 – 10:30	Tsa Lung
	kl. 10:45 – 12:00	Shravasti Meditation

The retreat will end after lunch on April 1. Instructions will be in English.

Please note that teachings progress continuously, so continuous participation is recommended.

### Retreat Fee

<b>Fee for the ENTIRE RETREAT (all days)</b>	<b>1 000 kr.</b> (includes vegetarian lunches) <b>OR</b>
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Fee: one day participation is 350 kr. There is no discount for participating part of a day.
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### Venue: Ratnashri Meditation Center (Friggavägen 11, Lidingö, telephone 08-765 5878)

Direction: T-bana: Ropsten. From Ropsten, take bus to Lidingö Centrum (201, 204, 205, 206, 211, and 212). Walk on Odenvägen (on the left) down to Friggavägen, then turn left. Friggavägen 11 is straight ahead on your right.

### Registration

To reserve a place and meals, please email to [info@ratnashri.se](mailto:info@ratnashri.se) and deposit fee to pg. 1287806-2 by March 20 the latest.

### Texts for Tsa Lung

For those who do not have the three Tsa Lung booklets, please order them at <https://drikung.ch/verein/order/> You need to bring them to the course.

### Text for Shravasti Meditation

*Anapanasati Sutra* will be sent electronically to all participants prior to the course. If you need a printed copy, please order it during registration and the cost is 100 kr.

### Practical Information

- Please wear comfortable clothing and bring your own yoga mat.
- If you have, please bring your Ratnashri Prayer Book and Drikung Prayer Book every day.

Please send all inquiries to [info@ratnashri.se](mailto:info@ratnashri.se).

### Organized by Ratnashri Meditation Center, Sweden

Website: <https://www.ratnashri.se> Email: [info@ratnashri.se](mailto:info@ratnashri.se) Facebook: [fb.me/ratnashri.sweden](https://fb.me/ratnashri.sweden)

