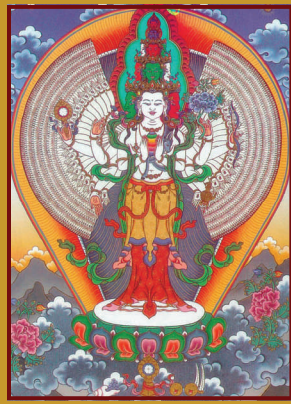


# Tibetan Meditation Center

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## Nyungne Weekend Retreat March 15 & 16, 2014



### Venerable Khenpo Tsultrim Tenzin will lead the retreat practice of Nyungne at the Tibetan Meditation Center on Saturday and Sunday, March 15 & 16, 2014.

The Nyungne (pronounced nyung-nay and literally translates as "ritual fasting") practice is very special in its ability to help overcome personal physical, mental and emotional distress, and is helpful to rid oneself of disease. Nyungne practice is open to and benefits all levels of practitioners. The Mahayana Kriyatantra practice was begun by Gelongma Palmo, a completely enlightened nun who was born a princess in the 8th-century but renounced her royal birthright to pursue the spiritual life. As an early monastic, she contracted leprosy and was shunned by her nunnery. Due to her excellent abilities, she developed her "fasting ritual" practice with great devotion to Avalokiteshvara and was able to overcome her disease and attain enlightenment.

The practice retreat is usually performed in several sessions of in a two day closed retreat that includes fasting, silence when not in practice and prostrations with mantra recitation.

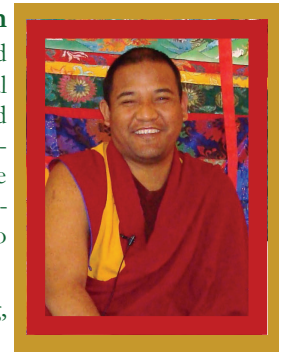
In order to accommodate as many retreatants (with varying levels of ability) as possible, Khenpo Tsultrim will allow exceptions to the strict fasting of the practice. There will be three levels of fasting: 1. those who cannot fast during the retreat, 2. those who will fast after the Saturday noon meal until the close of the retreat at the Sunday evening meal and, 3. those who will fast from the Saturday morning meal to the close of the retreat at the Sunday evening meal. Also allowed will be water or light juice drink exceptions to the strict fast.

The Nyungne sadhana is very thorough in its visualization, devotion and praise to the Eleven-faced, One Thousand-armed Avalokiteshvara, Bodhisattva of Compassion deity. Through the pacifying effects of the mantra recitations, there is great benefit for all sentient beings in the world.

The retreat begins with a vow to maintain the Eight Pratimoksa Precepts to abandon killing, stealing, lying, sexual activity and intoxicants, and the precepts to refrain from sitting on high seats or beds, singing or dancing, and eating at improper times of the day. These simple but profound promises help to avoid defiled thoughts and destructive actions during the retreat and hopefully, carry-over to post-retreat behavior habituation.

Khenpo Tsultrim wishes many TMC sangha members and supporters with all levels of confidence to participate in the retreat. The benefits are very profound for personal growth and to bring peace to the world.

See Schedule on reverse side



**Suggested Donations:** \$65.00 per day  
\$120.00 both days  
*No one turned away due to lack of funds*

**Pre-register at [registertmc@gmail.com](mailto:registertmc@gmail.com)**  
**For more information on retreat visit: [drikungtmc.org](http://drikungtmc.org)**

### **Saturday Schedule: 9 AM to Noon**

Opening prayers  
Taking the Eight Precepts for the duration of the retreat  
Nyungne Sadhana Practice

### **Noon to 2 PM**

Lunch Break - Those who wish to eat may do so at this time. \$5 Vegetarian Lunch provided by TMC. Option: Bring your own food and refreshments.

### **2 PM to 5 PM**

Nyungne Practice

### **5 PM to 6 PM**

Break - Those who wish to eat may do so at this time. No meals are provided by TMC. Bring your own food and refreshments.

### **6 PM to 7 PM**

Achi Chokyi Drolma Practice

### **Sunday Schedule: 9 AM to Noon**

Opening prayers  
Nyungne Sadhana Practice

### **Noon to 2 PM**

Break - Those who wish to eat may do so at this time. No meals are provided by TMC. Bring your own food and refreshments.

### **2 PM to 5 PM**

Nyungne Practice

There is limited space in the TMC basement for those who would like to spend Friday and Saturday nights. Please contact Julie Blair at [drikung\\_tmc@hotmail.com](mailto:drikung_tmc@hotmail.com) to make reservations.

Due to the physical activity of this practice, it is important to mention retreatants should be healthy and prepared for the fasting and prostrations. Everyone is welcome to join, but please advise the Lama with any personal physical or emotional difficulties before the retreat begins.

It is also recommended to memorize, or at least become familiar with, the Nyungne mantra. See attached text.

**Khenpo Tsultrim Tenzin took his monk's vows at the age of 14.** He studied the Thirteen Major Texts with Khenchen Nawang Gyalpo Rinpoché and other khenpos. He also received the entire Lamdré-cycle of empowerments of the Ngor-Sakya lineage from Khensur Khenchen Rinpoché and from Amdo Lama Togden Rinpoché and Dilgo Khyentse Rinpoché he received many Nyingma empowerments and teachings. Later, Khenpo Rinpoché joined Drikung Kagyu Institute at Jangchub Ling in Dehra Dun and there met His Holiness Drikung Kyabgön Chetsang Rinpoché. The spontaneous devotion he felt for His Holiness resulted in his request to His Holiness to join the monastery there and continue his education.

Having already completed the first four years of his studies at other monasteries, Khenpo Rinpoché quickly completed his education at Jangchub Ling. After three years teaching lower classes in the monastic college, he was enthroned by His Holiness Drikung Kyabgön Chetsang Rinpoché as a "Khenpo" in 1998 and spent three more years teaching Buddhist philosophy at the Institute. In between his busy schedule first as student and later as instructor, Khenpo Rinpoché completed the



Ngondro, Chakrasamvara and other practices while in retreat. In April 2001, Khenpo Rinpoché arrived at the TMC to assist Khenchen Rinpoché and also to improve his mastery of the English language so that he can be of more benefit to the spread of Dharma.

Khenpo Rinpoche began teaching at TMC in August 2001 and now is the Spiritual Director of TMC. Khenpo La is known and loved for his deep knowledge of Buddhist scripture and his engaging teaching style, as well as, his complete lack of pretensions.