

Tibetan Meditation Center

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2014 TMC Winter Retreat

December 27, 2014 to January 3, 2015



*Chakrasamvara Empowerment
Practice and Teachings
Avalokitesvara Mani Drupchen*



Chicago Ratna Shri Sangha



Venerable Drupon Rinchen Dorjee



Venerable Khenpo Tsultrim Tenzin



Enlightenment Stupa
Tibetan Meditation Center

Daily Retreat Schedule:

10 AM ~ Noon Morning Sessions

Noon ~ 2 PM Lunch Break

2~5 PM - Afternoon Sessions

Saturday, December 27

AM - *Chakrasamvara Empowerment*

PM - *Four Dharmas of Gampopa*

Sunday, December 28

All Day - *Chakrasamvara Generation Stage*

Monday, December 29

All Day - *Chakrasamvara Completion Stage and Tummo*

Tuesday, December 30

All Day - *Bardo*

Wednesday ~ Friday, December 31 ~ January 2

All Day - *Mani Drupchen*

Saturday, January 3

10 AM ~ Noon - *Lama Chopa with Tsok*

(Bring small nourishing food items to share)

Suggested Donations:

\$45.00 per day

\$300.00 entire retreat

No one turned away due to lack of funds

There is limited space in the TMC basement for those who would like to stay during the retreat. Please contact Julie Blair at drikung_tmc@hotmail.com to make reservations.

Pre-register at registertmc@gmail.com

For more information on retreat visit: drikungtmc.org

Chakrasamvara Empowerment is the initiation ceremony for one to perform the practice of Heruka Chakrasamvara the Wrathful Lord of the Wheel of Supreme Bliss, a mother-tantra meditational deity, a principal source explaining the methods of realizing Mahamudra. Chakrasamvara demonstrates his attainment of liberation and enlightenment free of all the obstacles of delusion.

Four Yogas of Gampopa *It has been said by the great master Longchen Rabjam : “If a practitioner receives these instructions and is diligent, he or she will be able to attain complete enlightenment within a single lifetime.”*

Grant your blessings so that my mind may be one with the Dharma
Grant your blessings so that the Dharma may proceed along the path
Grant your blessings so that the path may clarify confusion
Grant your blessings so that confusion may dawn as wisdom

Generation Stage is the visualization stage of the sadhana practice whereby the yogi or yogini is given and follows the instructions to stabilize oneself as the body, speech and mind of the deity.

Completion Stage is the union of oneself with the deity and the dissolution of oneself into the all-pervading innate true nature referred to as emptiness.

Tummo is the practice whereby the yogi or yogini is able to raise one's body temperature in order to attain a certain level of enlightenment, as well as the practical protection of oneself from the severe cold of the mountain retreat.

Bardo is the in-between state that connects one, at the time of death to the time of rebirth, and also includes the states of the present life as the natural state of living, the state of dreams, and the state of meditative concentration.

Avalokitesvara Mani-Drupchen is the annual practice at TMC of the Bodhisattva of Compassion. The sangha performs the sadhana practice of the deity Avalokitesvara and recites the great mani-mantra OM MANI PADME HUNG HRIH, as many times as possible. The wisdom and merit accumulated during the practice is dedicated to all suffering sentient beings to help them to transform their suffering into happiness.



Venerable Drupon Rinchen Dorjee

Drupon Rinpoche received teachings on the Fivefold Path of Mahamudra and Kunsang Lama's Words of Profound Instruction, Dzogchen's Great Completion Parting from Samsara and Nirvana, Pointing Out the Nature of Mind, and other teachings from Tulku Nyendrak Gyaltsen Rinpoche. Rinpoche has also received Chakrasamvara according to Drilbupa, including the empowerment, scriptural transmission, and pith instructions from Tulku Thogme Rinpoche.

Drupon Rinchen Dorjee joined the Drikung Kagyu Institute in 1993, and has received instruction in philosophy, Gongchig, Theckchen Tenying, Dhagpo Thargyan, and Uttaratantra from Khenchen Konchog Gyaltsen and other profound teachers of the Lineage. In 1995 Drupon received full ordination vows from His Holiness Drikung Kyabgon Chetsang Rinpoche, and in the same year accomplished the Ngondro practices to mahamudra and the grand mantra recitation of Chakrasamvara. In 1996, he received initiation into the Profound Path of the Six Yogas of Naropa. Drupon Rinchen Dorjee Rinpoche has completed two three-year retreat courses, one at Almora and one at Labchi, the holy retreat place of the great yogi, Milarepa. He has received profound instructions too numerous to mention during these retreats.

In 2005, he received the five-deities Hevajra according to Marpa's tradition of empowerment, transmission and instructions from His Holiness the Drikung Kyabgon Chetsang Rinpoche, and in 2006 he completed the grand mantra recitation of glorious Hevajra's fire puja at the Almora retreat center. Now Drupon is the resident spiritual director of the Chicago Ratna Shri Sangha. He often travels to other Dharma centers to give teachings and take part in the many lineage rituals and pujas.



Venerable Khenpo Tsultrim Tenzin Rinpoche

Khenpo La took his monk's vows at the age of 14. He studied the Thirteen Major Texts with Khenchen Nawang Gyalpo Rinpoche and other khenpos. He also received the entire Lamdré-cycle of empowerments of the Ngor-Sakya lineage from Khensur Khenchen Rinpoche and from Amdo Lama Togden Rinpoche and Dilgo Khyentse Rinpoche he received many Nyingma empowerments and teachings. Later, Khenpo Rinpoche joined Drikung Kagyu Institute at Jangchub Ling in Dehra Dun and there met His Holiness Drikung Kyabgon Chetsang Rinpoche. The spontaneous devotion he felt for His Holiness resulted in his request to His Holiness to join the monastery there and continue his education. Khenpo Tsultrim completed his formal education at the Jangchubling Monastery and it was there he began his teaching career. He was enthroned as Khenpo in 1998 and he began teaching at TMC in 2001. Khenpo is now the Spiritual Director of TMC and he travels to many Dharma Centers in the USA to bring his wonderful insights and commentaries on the Dharma texts.