

SAKYA TSECHEN LING

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BOUDDHISME TIBÉTAÏN

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Seminars at SAKYA TSECHEN LING Kuttolsheim in 2020

24 - 26 January: Prayer Sampa Lhundrupma - Khenpo Tashi

Sampa Lhundrupma, *The Prayer to Guru Rinpoche That Spontaneously Fulfills All Wishes*, is a prayer that forms the seventh chapter of Le'u Dünma, a terma revealed in the fourteenth century. It was given to the prince Mutri Tsenpo, the King of Gungthang, and son of King Trisong Detsen, by Padmasambhava as he was leaving for the land of the rakshasa demons in the southwest. Tulku Zangpo Drakpa revealed this famous and powerful prayer.

14 - 16 February: The 37 practices of Bodhisattvas, part II - Khenpo Tashi

The mind training text, *37 Bodhisattva Practices*, was written in Tibet in the fourteenth century by the Sakya master Togme Zangpo. Togme Zangpo was well known as being an actual Bodhisattva, and his text is studied by all of the various Tibetan traditions. It is in fact a great classic of Tibetan literature and for centuries has inspired many practitioners on the path of Mahayana, as it offers many concrete cues to integrate every experience of life in the spiritual path.

22 February: GUTOR & Mahakala day

16:00 Mahakala ritual with *Gutor*, a ritual to eliminate negativities accumulated during the past year and to build protection for the upcoming new Tibetan year.

18:00 Tibetan soup with 9 ingredients and messages. **Only by registration.**

24 February: LOSAR Tibetan New Year 2147 of the iron mouse

18:30 Sixteen Arhats Ritual

9 March: CHOTHRUL DÜCHEN

18:30 Sixteen Arhats Ritual

20 - 22 March: White Tara initiation & teachings - Khenpo Tashi

Known as a mother goddess who responds quickly and effectively to any heartfelt request, White Tara is particularly associated with healing, protecting, and stabilizing your life force. Her practice is especially active and helpful during these difficult times, times when our lives are often dominated by intense emotions and fear. Practiced by all four major schools of Tibetan Buddhism, White Tara has been the main deity practice of many well-known Buddhist scholars and siddhas in both India and Tibet. White Tara's special function is to promote long life, peace, prosperity and health through her enlightened activities, both for the practitioner and for others.

[29 - 30 March: H.H. the 43rd Sakya Trizin Enthronement, Puruwalla, India]

14 April: Khenchen Sherab Gyaltsen AMIPA Rinpoche's Commemoration

18:30 Guru Yoga - Meditation

24 - 26 April: Lojong written by Jamyang Khyentse Wangpo - Khenpo Tashi

Mind training practices, Lojong in Tibetan, enable us to stay strong and positive in how we face the challenges of life. Through training our minds, we can transform any negative circumstance into an opportunity to develop love, compassion and understanding. The greatest obstacle to happiness in life is being self-centered and Buddhism offers straightforward mind training methods to change our attitudes. Jamyang Khyentse Wangpo was one of the greatest masters of the 19th century, initiator and light of the Rimé movement in Tibet, thanks to him many special teachings of old Tibet have survived and come down to us.

H.H. Jigdal Dagchen Sakya Rinpoche's Commemoration.

15 - 17 May: The Four Noble Truths - Christian Bernert

The Three Turnings of the Dharma Wheel

To guide his disciples to liberation and awakening, the Buddha's gave a wide range of teachings adapted to their individual needs and capacities. These teachings were later grouped together into three classes of teachings referred to as the "Three Turnings of the Dharma Wheel." In the summer seminars held by Christian Bernert over the course of the next three years (2020-2022), we will discuss each of these classes of teachings in turn.

2020: In the First Turning of the Dharma Wheel, the main topic of the Buddha's teaching is the Four Noble Truths. This teaching is the foundation for the entire system of Buddhist thought and practice of all traditions and lineages. A firm understanding of these four truths is therefore essential for a well-grounded path of practice. In this seminar, we will also discuss important aspects of the *Abhidharma* teachings related to this topic.

2021: The special topic of the Second Turning of the Dharma Wheel is the profound wisdom of emptiness. This was expounded at great length in the *Perfection of Wisdoms Sutras* and later commented upon by many great masters, most notably Aya Nagarjuna and the teachers of the Madhyamaka school of thought. In this seminar we will discuss this topic on the basis of the *Heart Sutra*, one of the most important Buddhist scriptures in the Mahayana tradition.

2022: In the Third Turning of the Dharma Wheel, the Buddha taught what is known as the definitive meaning of his teachings. In this class of teachings, the Buddha revealed extraordinary teachings on the mind, buddha nature and profound ways to understand conventional and ultimate reality, in this way complementing the earlier teachings.

5 - 7 June: Avalokiteshvara 1000 arm initiation & Nyungne explanation - Khenpo Tashi

Avalokiteshvara, as his name suggests, is the "Lord who gazes down to the world". He has made a great vow to listen to the prayers of all sentient beings in times of their difficulties. To accomplish this, he further made a commitment that until all sentient beings are liberated from samsara and there is no one left in samsara, he will not attain the final Buddhahood. Because of this great compassionate vow, he is considered as the embodiment of Great Compassion.

5 June: SAGA DAWA DÜCHEN

20:30 – 22:00 Prayer to Buddha Shakyamuni & Sixteen Arhats Ritual

7(at 18:00) – 10(at 9:00) June: Short Nyungne retreat - Khenpo Tashi

Only by registration.

The Nyungne retreat is a powerful practice of fasting and purification that allows to quickly accumulate many merits and is based on Buddha Avalokiteshvara with a thousand arms, the Compassionate Buddha. It was initiated several centuries ago by the nun Gelongma Palmo.

This retreat helps participants to purify their minds, create positive energies and develop compassion. In alternation, periods of partial or total fasting will be combined

with the practice of Buddha Avalokiteshvara. This retreat is reserved exclusively for those who truly wish to follow this discipline.

Prerequisites: To participate in this retreat an Avalokiteshvara initiation is requested and it is imperative to be in good health.

[12 - 14 June: Buddha Feast at Strasbourg Orangerie (C.B.A.)]

3 - 5 July: 37 heaps mandala offering, explanation & practice - Khenpo Tashi

The mandala offering is one of the uncommon preliminary practices, as it allows you to quickly accumulate the necessary merits to be able to effectively undertake the path of Vajrayana. In this practice all the virtues of the three times accumulated by all ordinary beings and by all realized beings, as well as all the good qualities imaginable, are visualized in the form of the mandala of the universe and offered to Buddhas and Bodhisattvas. The ritual involves symbolically creating a completely pure universe through 37 particular symbols.

Sunday 5 July: Guruyoga Lama Chöpa for the birthday of His Holiness the Dalai Lama (6.7.) and His Holiness the 43rd Sakya Trizin Gyana Vajra (5.7.)

24 July: CHÖKHOR DÜCHEN

18:30 Sixteen Arhats Ritual

25 - 26 & 28 July: Karmayoga

11 - 13 September: Medicine Buddha initiation & teachings, explanation of Medicine Buddha Ritual - Khenpo Tashi

Sickness is a common suffering of all living beings. However, according to Tibetan medicine, most illnesses are psychosomatic and, according to Buddhism, many types of mental and physical illnesses are actually generated largely by one's unwholesome attitude, and cannot be cured by conventional medicine alone; on the other side, there's a connection between wholesome thoughts, your health and happiness. The Buddha taught a form of meditation for people suffering from diseases by using a practice of a sacred mantra and meditation based on Medicine Buddha. This profound meditation technique will compliment any form of medical treatment, and can reduce the side effects and increase the effectiveness of any medication.

Saturday 12 September

14.00 - 17.00: "Open door at the Institute".

16 - 18 October: "Generating the Mind of Bodhicitta" according the instructions given by Buddha Maitreya to Asanga - Ani Laura Coccitto

In the Abhisamayalankara ("The Ornament of Clear Realization") it is as if Buddha Maitreya had transmitted to Asanga a "manual for the Bodhisattva", exposing the skills, responsibilities, meditative experiences necessary to guide the infinite beings to Enlightenment. The first instruction of Buddha Maitreya concerns "Generating the Mind of Bodhicitta".

Desiring Enlightenment makes us aware of the nature of our mind, which is the same purity as all the beings with whom we form a single family. Thus is born in the Bodhisattva the joy and courage to offer to those who are still prisoners in samsara everything they need to grow. In the text is explained how Bodhicitta is strengthened when united with wisdom making the actions of the Bodhisattva increasingly powerful in protecting, sustaining and maturing the merits of beings until they are released forever.

This ancient text is defined as the text that gives joy in reading it because it considers from the beginning the result, the state of Buddha, that we will all realize.

7 November: LHABAB DÜCHEN

10:00 (Saturday) Sixteen Arhats Ritual

13 - 15 November: Parting from the four attachments (Zenpa Zidrel/tib.) - Khenpo Tashi

“Parting from the four attachments” includes the essential teachings on how to genuinely engage in the practice of the Dharma by going to the very heart of the path. This teaching was received by Sachen Kunga Nyingpo (1092-1158) directly from Manjushri and is considered to be one of the pearls of Tibetan Buddhism. The four root verses include the essence of the Dharma:

“If you are attached to this life, you are not a Dharma practitioner. If you are attached to the cyclic existence, you do not have renunciation. If you are attached to your own self-interest, you do not have the thought of enlightenment. If grasping arises, you do not have the view.”

29 November: Khenpo Dakpa Woesser Lag’s Commemoration

15:00 Prayers & Meditation

26 December – 1st January 2021: Winter retreat on Buddha Vajrakilaya

Only by registration, and only for those who already received the Vajrakilaya initiation by a Sakya master.

Teachings will be given by Khenpo Tashi Sangpo.