



## Drikung Kagyu Lineage

Drikung Kagyu Lineage is one of the Kagyu lineages which was founded about 850 years ago, by the enlightened spiritual master Kyoba Jigten Sumgon (1143-1217). Teachings came directly from Buddha Shakyamuni and the primordial Buddha, Vajradhara and were handed down to Gampopa (1079-1153) through fully enlightened masters such as Tilopa, Naropa, Marpa, and Milarepa. Gampopa in turn gave all these teachings to Phagmodrupa (1100-1170). Jigten Sumgon was one of the closest and chief disciples of Phagmodrupa. After receiving all the complete teachings from Phagmodrupa, Jigten Sumgon then gave them all to his chief disciple, Gurawa Tsultrim Dorje (1154-1221). All these enlightened energies, blessings and teachings were then handed down unbroken to the present 37th and 36th lineage holders, H.H. Drikung Kyabgon Chetsang Rinpoche who lives in Dehra Dun, India and H.H. Drikung Kyabgon Chungtsang Rinpoche who lives in Tibet. Lord Jigten Sumgon prophesied again and again, "In the future my teachings will flourish by the two Bodhisattvas, who are like the sun and the moon, through their compassion and wisdom." H.H. Chetsang Rinpoche is like the sun. He is the emanation of Chenrezig, the compassionate deity. H.H. Chungtsang Rinpoche is like the moon. He is the emanation of Manjushri, the wisdom deity. As a member of the Kagyu family, it shares with the other Kagyu lineages practices such as Mahāmudrā (*phyag rgya chen po*) and the Six Dharmas of Naropa (*na ro chos drug*). Within this context of a shared heritage with the other Kagyu lineages, the Drikung Kagyu is known for the philosophical view expressed in *The Single Intention* (*dgong gcig*), and the stages of Mahāmudrā practice known as "The Five-fold Profound Path" (*phyag chen lnga dan*). Furthermore, from the 16th century onward the Drikung Kagyu has held the main transmission of a treasure-cycle known as the *Most Profound* (*yang zab*). The Drikung is also known for its Great Phowa Practice and great meditators. There are many stories about those who have attained Enlightenment in one lifetime. More information at <http://www.drikung.org/>

## Ratnashri Meditation Center

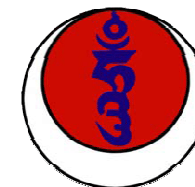
Ratnashri Meditation Center is a nonprofit organization which was established 1997 by Venerable Khenchen Konchog Gyaltsen Rinpoche. The purpose of the Center is to promote Buddha's precious teachings by providing opportunity for Dharma practitioners to study, practice, and progress on the Dharma path. To achieve this goal, the Center invites highly qualified masters to visit regularly for teachings and retreats. The Center is under the supreme guidance from His Holiness Drikung Kyabgon Chetsang Rinpoche.

The Center opens on Sundays for Dharma group study and practice. Our newsletter, Ratnashri Newsletter is published regularly to promote and inspire enthusiasm in the study, practice and application of Buddha's Dharma teachings in our everyday life.

### Directions to Pumpan, Färggårdstorget 1

[Alternative 1: 15-minute walk; alt. 2: 7-minute walk; alt.3-6: about 4-minute walks; alt. 7: 1-minute walk.]

1. From T-Skanstull (exit Ringvägen, and then left exit door), walk along Ringvägen, turn right onto Katarina Bangatan, turn left onto Ljusterögatan, turn right onto Malmgårdsvägen. Pumpan is at the end of Malmgårdsv.
2. From T-Slussen (exit Södermalmstorget), take **bus 3** (towards Södersjukhuset) to bus stop Gotlandsgatan (5 minutes). Cross the first pedestrian crossing in front of the bus and walk across the parking lot, turn right onto Malmgårdsvägen. Pumpan is at the end of Malmgårdsv.
3. From T-Slussen (exit Södermalmstorget), take **bus 2** (towards Sofia) to bus stop Barnängen (12 minutes). After getting off the bus, walk back along Tengdahlsgatan, turn left onto Barnängsgatan, walk along Barnängsgatan that turns into a pedestrian street, keep right on the walking path until Färggårdstorget.
4. From T-Slussen (exit Södermalmstorget), take **bus 76** (towards Norra Hammarbyhammen) to bus stop Ljusterögatan (7 minutes). See alt. 1 above.
5. From T-Medborgarplatsen (exit Folkungagatan, then right exit door), cross Folkungag. and take **bus 66** on Götgatan (towards Sofia) to bus stop Tengdahlsgatan. Walk straight ahead along on Barnängsgatan. See alt. 3.
6. From T-Skanstull (exit Ringvägen., and then left exit door), take **bus 55** on the other side of Ringv. (towards Sofia) to bus stop Tengdahlsgatan (8 minutes). See alt. 5.
7. From T-Medborgarplatsen (exit Folkungagatan, and then right exit door), cross Folkungag. and take **bus 59** (towards N. Hammarbyhammen) to bus stop Malmgårdsv. (10 minutes). Pumpan is just across the street.



## His Eminence Nubpa Rinpoche

July 21 – 27, 2014 Stockholm



### Heart Instructions on Chenrezig

NYUNGNE RETREAT, JULY 21 - 24

PUBLIC TALK, JULY 25

MANI RETREAT, JULY 26 - 27

All teachings will be translated from Tibetan to English by Ani Susanne.

Organized by  
Ratnashri Meditation Center, Sweden

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## H.E. Nubpa Konchok Tenzin Rinpoche

The 12<sup>th</sup> Nubpa Tulku Konchok Tenzin Rinpoche, was recognized (while still in his mother's womb) by the 34th Drikung Throne Holder, His Holiness Shewe Lodro (1874-1945). Rinpoche was enthroned when he was only five years old and started formal studies at the age of six. He learned Tibetan scripture and ritual practices from Pasang until the age of 14. At 15, he joined the Sun-ray Garden Institute (Nyichang Shedra, located near Drikung Thil Monastery) for higher Buddhist philosophical and Tantric studies.

Rinpoche has received all of the Drikung Protector initiations and transmissions from H.E. Lho Drongtul Rinpoche. He has received all of the Fifty Collections of Initiation, the Treasure of Kagyu Instructions, the Treasure Discoverer Yangzab teaching (by Gyalwang Rinchen Phuntsok), and the Yamantaka from Regent HE Tritsab Rinpoche, as well as the Nyingma Collection of Initiations from the previous His Eminence Nyizong Tripa Rinpoche.

By 1959, Rinpoche had mastered the Chinese language. By 1966, due to the political changes in Tibet, he had learned the ways of the farmer. Returning to Lhasa in 1974, he found work as a stone mason, but in 1979, Rinpoche resumed his academic career as the editor of the magazine, the "Tibetan Buddhist Association". In 1989, under the arrangement of the 10th Pachen Lama, Rinpoche joined the Peking Buddhist College of Higher Studies and received his academic degree.

Rinpoche always says that his time spent on learning about Buddhist teachings, as well as the oral transmissions he received from among others Pachung Vajradhara, Khenchen Jigme Phuntsok, and Gyendun Gyatso were very precious.

In 1992, he arrived in India to serve His Holiness Drikung Kyabgon Trinley Lhundub, his root Guru, who was then working to preserve the Drikung Lineage. While there, Rinpoche became the headmaster of the Drikung Institute and the supervisor for the re-publications of the 24th Drikung Throne Holder's, H.H. Kunkhen Ringzen Chodrak's (1595 to 1659), fifteen volume compendium of transcribed oral instructions from the Tibetan Buddhist tradition [Kabum]. Rinpoche has received many authentic teachings and oral transmissions from those living and parinirvana masters.

Since that time, Rinpoche has conducted retreats whenever possible in Lapchi, the holiest place of Yogi Jetsun Milarepa. These retreats involve an arduous, week-long journey by foot. Rinpoche made one extended retreat for more than three years and has since made four additional journeys there. Today, due to Rinpoche's altruistic mind of enlightenment, over thirty practitioners have gathered on "conduct" retreats under his guidance in that holy place.

## HEART INSTRUCTIONS ON CHENREZIG

During this week, Rinpoche will kindly teach us step by step how to through purification, upholding bodhicitta, accumulating merits and wisdom, and benefitting sentient beings, reach the state of Chenrezig (the state of liberation).

## NYUNGNE RETREAT, July 21 - 24, 2014

Nyungne Retreat, revealed by Bhikshuni Palmo, involves keeping vows, fasting, silence while intensively doing sadhana practice of 1000-armed Chenrezig (Bodhisattva of Great Compassion) during two days with visualization, prayers, offering, prostrations and recitation of mantra in order to purify negative karma that obscures our true nature of mind, accumulate merits and wisdom that ease realization. Retreat is open to all. Please read detailed information before registration at [http://home.swipnet.se/ratnashri/Nyungne\\_Retreat.htm](http://home.swipnet.se/ratnashri/Nyungne_Retreat.htm)  
PLACE: Ratnashri Retreat Place, Ingarö  
TIME: From July 21, kl. 17.30 to July 24, kl. 10  
FEE: Sleeping hall: 1500 SEK or Tent hall: 1000 SEK  
Fees include lodging and vegetarian meals for the entire retreat. Donation directly to Rinpoche at the end of the retreat as a symbol of gratitude is recommended. Practical information will be sent to registered students. PRE-REGISTRATION to Ratnashri Meditation Center ([ratnashri@swipnet.se](mailto:ratnashri@swipnet.se)) and PRE-PAYMENT to center's account pg-128 78 06-2 are required before July 14.

### Public Talk:

#### **Awakening the Heart of Selflessness**

**Friday, July 25, KL 18.30 – 20.00**

FEE: 100 SEK (no advance payment or registration)  
PLACE: Färgargårdstorget 1, Pumpan, Södermalm (see directions on last page)

### Private Audience with Rinpoche

PRE-REGISTRATION to Ratnashri Meditation Center ([ratnashri@swipnet.se](mailto:ratnashri@swipnet.se)) is required.

## CHENREZIG INITIATION, July 26

Chenrezig Initiation will be given on Saturday, July 26.

## OM-MANI-PADME-HUNG RETREAT, July 26-27

kl. 9.00	Teachings followed by Mani Recitation (1st session)
kl. 10.30	Break
kl. 11.00	Mani Recitation (2nd session)
kl. 12.30	Vegetarian lunch provided
kl. 13.30	Mani Recitation (3rd session)
kl. 15.00	Break
kl. 15.30	Questions and Answers (4th session)
kl. 17.00	End of practice

PLACE: Färgargårdstorget 1, Pumpan, Södermalm (see directions on last page)

FEE: No specific fee. Donations to cover costs are welcome. Net proceeds will be donated to Rinpoche.

- No pre-registration. Can join any session.

- Please bring text and meditation cushion.

Please read detailed information before joining at [http://home.swipnet.se/ratnashri/Mani\\_retreat.htm](http://home.swipnet.se/ratnashri/Mani_retreat.htm)

### **Rules to Observe:**

- All are responsible for their own belongings.
- Keep movements and noise to a minimum
- No pets and small children under 10 years old.

**Benefits:** Buddhists from all traditions are welcome to join the recitation of Chenrezig's heart mantra OM-MANI-PADME-HUNG.

*"Chenrezig is the bodhisattva of compassion and its mantra OM MANI PADME HUNG is the essence of all Buddhas. Recitation with proper visualization and motivation will help us to purify/transform from the three impure (body, speech and mind) to the three pure (body, speech and mind) through the combination of altruism and wisdom." – H.H. the 14<sup>th</sup> Dalai Lama.*

**Teaching:** Explain the infinite enlightened qualities of Chenrezig that inspire us to develop the heart of bodhicitta boundlessly through infinite ways.

### **Recommended Readings:**

-Chenrezig, Lord of Love by bokar Rinpoche

-Jewel Ornament of Liberation by Gampopa

-Cultivating a Compassionate Heart by Thubten Chödrön

-Teachings from previous Mani-retreats

[http://home.swipnet.se/ratnashri/Mani\\_Retreat.htm](http://home.swipnet.se/ratnashri/Mani_Retreat.htm)