

**Dharmagates programme in Denmark. Location: Langelandsvej 47 A st.tv., 2000 Frederiksberg**

Lama Yonten teaches preliminary practice every second Sunday in even weeks at 13.30 to 16.00.

There will be possibility for other practice forms every other Sunday at uneven weeks for those who wish. Pre-registration for this is necessary.

We will serve tea, coffee and cookies.

**Special programme – besides the usual Sunday teaching:**

**Programme 2015**

**March**

General assembly sunday March 22 at 4 pm.

Agenda:

1. Election of moderator and reporter
2. Annual Accounts
3. Annual statement 2014
4. Deciding the membership fee
5. Election of the board
6. Election of accountant
7. Received proposals

8. Other issues

Proposals has to be send to [penpaandersen@gmail.com](mailto:penpaandersen@gmail.com) before March 12.

Best regards,

The board.

**Programme 2014**

**September**

### **Medicine Buddha - Weekend-retreat**

27.-28. September kl. 10-17 (saturday) and 10-16 on sunday.

The retreat will consist of both teachings and practice revitations.

A vegetarian hot meal will be served at lunch each day.

Suggested offering 300 kr. per day.

### **October**

#### **Chöd Tsog Offering (without instruments)**

18. October at 10-17.

Practice will be led by Penpa.

Chöd Tsog offering

## November

### Nyungne Purification and Fasting Retreat

5 Consecutive 2-Days Sessions

Date: 13 November – 29 November 2014 (morning)

#### 1000 Armed Chenrezig (Avalokiteshvara) **Introduction**

A Nyungne Retreat is a special two-day meditation, fasting and purification retreat based on the practice of Thousand-Armed Chenrezig and is known for its power in the purification of negative karma and the accomplishment of enlightened qualities.

#### **History of the Practice**

This practice was originated by Gelongma Palmo, (Bhikkuni Lakshmi), who was one of the greatest masters of the 1,000-armed Chenrezig practice.

She was born into an Indian royal family but chose Buddhist ordination in her youth. She studied with many of the masters of her time and practiced diligently. Sadly however, due to the ripening of karma, she contracted leprosy and was subsequently abandoned in the forest. She had a vision of King Indrabodhi who advised her to do Avalokiteshvara practices.

Gelongma Palmo recited the mantras of Avalokiteshvara and devised and practiced the purification ritual or Nyungne retreat continuously before a mysterious image of 1,000-armed Avalokiteshvara that appeared to her in a forest clearing.

It is said that she recovered from leprosy and having developed great dedication and compassion for all beings, she became an enlightened guide to many disciples to whom she passed down the practice of Nyungne.

#### **The Retreat**

The Nyungne is a retreat of body, speech and mind from non-virtuous actions, focusing on keeping strict vows for a two-day period, generating the Bodhisattva attitude, and reciting the sadhana of the 1000-armed Chenrezig, the Bodhisattva of compassion. The vows to be observed include refraining from:

- Killing.
- Stealing.
- Lying.
- Sexual activities (celibacy).
- Drinking alcohol, taking drugs, smoking cigarettes.
- Using perfumes, wearing make-up or ornaments, singing, playing music, dancing and other forms of entertainment.
- Eating in inappropriate times.
- Sitting in high seats.

**The Programme** A set of Nyungne consists of 2 days of strict practice. On the first day, participants will take one light meal in the morning and one meal at noon, and fast the rest of the day while engaging in four sessions of practice. Like other Vajrayana sadhanas, the Nyungne sadhana involves visualization of the deity, accompanied by prayers, offerings and prostrations, and extensive recitation of the mantra. The sessions begin early in the morning and conclude in the late afternoon. On the second day, participants will observe complete fasting from food and water, and will also maintain strict silence, except for the recitation of the Sadhana.

The retreat concludes early in the morning of the third day with a short practice session. The vows, fasting and silence are concluded at the end of this session.

The Nyungne Retreat is comprehensive in that it combines practice methods from all three Yanas, or Vehicles, of Buddhism. The vows reflect the rigorous discipline of the Common Vehicle, the generation of the Enlightened Attitude reflects the Greater Vehicle, and the actual practice of 1000-Armed Chenrezig reflects the Vehicle of Secret Mantra.

### **Benefits of the Practice**

Nyungne is a practice of yidam from Kriya-tantra tradition which not only helps to purify a lot of negative karma in a short time and accumulate merits but also aids in healing illness and opening the heart to compassion. It is said that pure practice on one pair of Nyungne closes the gates of rebirth in lower realms, and the pure completion of eight pairs of Nyungne's leads to rebirth in the Dewachen Pure Land.

In addition, reciting the six syllable Mani Mantra during the retreat, not only purifies the six seeds of the six realms within oneself, it also pacifies the sufferings of all beings. In this way, the practice brings peace to the entire world and can be a cause for World Peace, very appropriate and timely in these degenerate times.

### **General Advice for Participants**

Members as well as those who are not members of Dharmagate may join in these retreats, which are generally enjoyed by all (in spite of the difficulties!). Participants can choose to attend all five pairs of Nyungne's, a few or just one set as you wish.

If you have any doubts about your health and your ability to physically handle this retreat, please consult your doctor. The prostrations are strenuous but it is possible to perform them at a slow speed. The Nyungne starts as early as 6 AM with the taking of the 8 Mahayana Precepts and participants have to arrive the day before.

### **Schedule for Nyungne Purification and Fasting Retreat Programme – Dates**

First set of Nyungne	13 November - 14 November	Second set of Nyungne	15
November - 16 November			
Third set of Nyungne	17 November - 18 November		
Fourth set of Nyungne	19 November - 20 November	Fifth set of Nyungne	21
November - 22 November			Sixth set
of Nyungne	23 November - 24 November		
Seventh set of Nyungne	25 November - 26 November		
Eighth set of Nyungne	27 November - 28 November		
Grand Dedication	29 November early morning		

Nyungne will be lead by Penpa. Please bring Sleeping mattress, bed sheet, sleeping bag, towel and necessary personal needs. To cover the meal 100 kr. **Preparation** To participate one should have 1000 arm Chenrezig empowerment and recite the Vajrasatva mantra by heart.

If you are interested please contact Pema on 26353112

Place: Langelandsvej 47 A st.tv., 2000 Frederiksberg