



DOLPO TULKU RINPOCHE

Online-Seminars with Dolpo Tulku Rinpoche Autumn & Winter 2020/21

The Way of the Bodhisattva - Bodhicaryavavata (Shantideva) Chapter 4 "Conscientiousness"	Sat 24 October and Sun 25 October 2020	Each day 10 am – 12 pm *
Pranayama & Open Questions with Dolpo Tulku Rinpoche	Sat 14 November and Sun 15 November 2020	Each day 10 am– 12 pm and 2 – 4 pm *
The Skiing Monk Fearlessness & Self-confidence	Sun 29 November 2020	3 – 5 pm *
Gegsel Retreat Yoga exercises from the Nam Chö or Sky Dharma Tradition	Fri 11 Dezember – Sun 13 Dezember 2020	Each day 10 am – 12 pm and 2 – 4 pm *
Vajrayana study course (part 1) Jigme Lingpa's "Treasury of Precious Qualities"	Fri 01 January – Wed 06 January 2021	find further infos here

Please find a more detailed description of each topic below!

** All times are given in Central European Time; please note that during the night from October 24 to 25, 2020 the clock will be set back one hour!*

Registration & Contact: carmen@dolpotulku.org

Technical requirements: The online sessions will take place via Zoom. Zoom is a fairly user-friendly online meeting program that allows participation via computer, tablet or smartphone. Under the following link you will find instructions on how to join a meeting and the possibility to test the connection with Zoom:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

There is also the possibility to dial in free of charge via telephone if you don't have internet, but then without video.

If you have any questions or technical problems please contact Carmen:
carmen@dolpotulku.org

Expenses: In order to appreciate the efforts of Dolpo Tulku Rinpoche and his translators and tutors, as well as to compensate for the organizational effort of the Dolpo Tulku e.V., we ask for a contribution of a self-chosen amount.

Please transfer the course fee to the account of the Dolpo Tulku e.V. or send it to us via Paypal.

Account: *Dolpo Tulku e.V., Stadtparkasse München,
Kto. 100 199 5404, BLZ 701 500 00
IBAN DE82 7015 0000 1001 9954 04 / BIC SSKMDEMMXXX
Purpose: **Please indicate the title of the seminar***

Paypal: www.paypal.me/dolpotulkuev

Liability: Participation in this retreat is at your own risk. The organiser, Dolpo Tulku e.V., as well as the instructor shall accept no liability for any personal injury and damage to property, caused on the occasion of course participation. Intensive meditation retreats are often not suitable for people with a history of psychiatric illness. In case of doubt, we ask for consultation in advance.

The Way of the Bodhisattva - Bodhicaryavatara (Shantideva)

Chapter 4 "Conscientiousness"

*Sat 24 October and Sun 25 October 2020,
10:00 am - 12:00 pm (Central European Time) each day*

How can we open our heart and cultivate all-pervading compassion? What can we do to improve our own (mental) health at this time and how can we contribute to overcoming the challenges that we are currently facing?

The much quoted verses of Shantideva form the basis of many prayers, dedications and wishes, and Dolpo Tulku Rinpoche reminds us to rely on Shantideva's wonderful words especially in times of Corona to send a sign of connectedness into the world.

During the seminar Dolpo Tulku Rinpoche will explain the 4th chapter of the Bodhicaryavatara "Conscientiousness" and show how we can apply the words of Shantideva in everyday life.

"May every being ailing with disease, be freed at once from every malady. May every sickness that afflicts the living, be wholly and forever absent from the world." (Shantideva)

Course language: English

Pranayama and Open Questions with Dolpo Tulku Rinpoche

*Sat November 14 and Sun November 15 2020,
10:00 am – 12:00 pm and 2:00 pm – 4 pm (CET) each day*

Dolpo Tulku Rinpoche will teach an easy to learn combination of different breathing exercises (Pranayama) from the Indian and Nam Chö traditions in the morning sessions. These exercises can be easily implemented and applied in everyday life. Dolpo Tulku Rinpoche was trained in both traditions at Namdroling Monastery, South India.

During the two afternoon sessions there will be the opportunity for Q&A with Rinpoche. However we ask participants to send us their questions in advance so that Rinpoche can arrange them into a structured lecture.

Course language: English with German translation

The Skiing Monk Fearlessness and Self-confidence

Sun November 29 2020, 3:00 – 5:00 pm (CET)

During his visit to the USA in early 2017 in Santa Fe, Dolpo Tulku Rinpoche learned how to ski in only four days and was accompanied by a camera.

With the help of this video, Rinpoche will explain how we can use the skilful means of meditation in our daily lives to become more fearless, to believe in ourselves and to free ourselves from what others think of us.

Course language: English with simultaneous German translation

Gegsel Retreat

Yoga exercises from the Nam Chö or Sky Dharma Tradition

*Fri December 11 – Sun December 13 2020,
10:00 am – 12:00 pm and 2:00 pm – 4:00 pm (CET) each day*

The Namchö Tsa Lung Gegsel exercises, which have been passed down in unbroken lineage from Tertön (treasure finder) Tulku Mingyur Dorje (1645-1667) to Dolpo Tulku Rinpoche, combine dynamic movements with the visualization of specific seed syllables and the use of controlled breathing.

These powerful exercises address subtle areas where blockages are often found. They help us to let go of stress and built-up emotions (especially in the upper body and shoulder area) and thus stimulate a deep healing process.

Course language: English with German translation

Three-part Vajrayana study course

Dolpo Tulku Rinpoche comments on the famous Vajrayana chapter of Jigme Lingpa's "Treasury of Precious Qualities"

January 01, 2021 - January 06, 2021 (Part 1)

The text "**Treasury of Precious Qualities**" contains a total of 13 chapters. In them, not only the individual vehicles are explained, but also the different views of the philosophical schools.

In this three-part study course we will deal with the third vehicle, the Vajrayana or Mantrayana.

Jigme Lingpa (1729-1798) is one of the most famous masters of the Nyingma tradition of Tibet. Also known as the "Khyentse Özer" ("*Rays of Light of Wisdom and Compassion*"), he was a great scholar and visionary who had received the Longchen Nyingthik teaching and practice cycle through several visions from

Longchenpa, the outstanding master of the 14th century. With the support of the royal family of Derge, Jigme Lingpa was able to publish the "*Nyingma Gyübum*", a detailed compilation of all Nyingma Tantras.

One of his most famous texts is the "*Treasury of Precious Qualities*" (Yönten Rinpoche Dzö), in which all the contents of the Buddhist path, from the Four Noble Truths to the highest view of Dzogchen, are explained in unique detail and systematics. The first nine chapters cover the Theravada and Mahayana path. Dolpo Tulku Rinpoche will begin the 10th chapter - the Vajrayana chapter - in this course.

The following points will be explained in the **first part**:

- 1) The similarities and differences of the Sutra and Tantra vehicles
- 2) The four different Tantra classes: Kriya Tantra, Charya Tantra, Yoga Tantra and Anuttara Tantra
- 3) The empowerment leading to maturation, which is the entrance to the Vajrayana

In the **second part** the path of Vajrayana is explained: the practice, the formation and the completion phases.

The **third part** focuses on the vows, also called samayas, which provide the framework of behavior for a practitioner.

Course language:

Rinpoche will teach in Tibetan and English. Daniela Hartmann and Arne Schelling will translate into German and English.

[Find further infos here](#)