



## DOLPO TULKU RINPOCHE

### The Way of the Bodhisattva - Bodhicaryavatara (Shantideva) Chapter 5 "Guarding Alertness"

#### Online-Seminar

Sat 23 January and Sun 24 January 2021,

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 5<sup>th</sup> chapter of the Bodhicaryavatara "Guarding Alertness" 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

**Registration & Contact:** [carmen@dolpotulku.org](mailto: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](mailto: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: **Shantideva***

**Paypal:** [www.paypal.me/dolpotulkuev](http://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.