



DOLPO TULKU RINPOCHE

Online Seminars (via Zoom) with Dolpo Tulku Rinpoche

Tonglen - Opening the heart	Sat 23 rd of May	3:00 – 4:30 pm
Experience Meditation	Sun 24 th of May	10:00 – 11:30 am and 2:00 – 3:30 pm
How we are connected to everything	Sat 30 th of May	3:00 – 4:30 pm
Buddha Nature - we have forgotten that we are Buddhas	Sun 31 st of May – Mon 1 st of June	10:00 – 11:30 am and 2:00 – 3:30 pm

More detailed descriptions of the individual topics can be found below.

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

Course language: Rinpoche will teach in English and will be translated into German.

Expenses: We ask for a donation to cover the organizational expenses of the Dolpo Tulku e.V.

To acknowledge the effort of Dolpo Tulku Rinpoche and his translators, it would be nice if participants could bring a certain amount as Dana. Thank you very much!

Please transfer the donation for the course participation to the account of the Dolpo Tulku e.V.

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

Registration & Contact: Since the number of participants is limited we ask for quick registration via E-Mail to Carmen Schaub, carmen@dolpotulku.org

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.

Tonglen

Opening the heart - How we can meet everyday and global political challenges with understanding and compassion

Sat 23rd of May 2020, 3:00 – 4:30 pm (German time)

We are living in difficult times; the challenges of everyday life seem to be growing steadily, while the global political situation is becoming more and more acute. There seems to be hardly any trust, certainty and reliability left and our pace of life

is constantly increasing. So what can we do to keep ourselves healthy in this unstable situation and even bring peace to the world?

Dolpo Tulku Rinpoche shows why compassion and understanding are fundamental for a fulfilled life and how we can thereby not only take our own situation into our own hands, but also actively contribute to a peaceful coexistence. Furthermore Dolpo Tulku Rinpoche will give a short introduction into the practice of Tonglen.

During the meditation practice 'Tonglen' of the Tibetan Buddhist tradition we send out everything positive, our well-being, happiness, health, etc., to other beings and at the same time accept all their suffering. Through this we practice opening our hearts to the needs of others giving them what they need and what is helpful to them.

Experience meditation and integrate it into everyday life

Sun 24th of May 10:00 – 11:30 am and 2:00 – 3:30 pm (German time)

As the world political situation is becoming increasingly unreliable, there seems to be less to depend on in everyday life, yet our pace of life continues to escalate. In these challenging times we often long for a peaceful, grounded and relaxed state of mind. Meditation is a method to achieve this.

However, meditation should not be understood as an escape from this hectic world, but rather as a method that enables us to face the uncertainties and challenges of this age with relaxation and openness.

Dolpo Tulku Rinpoche will speak about the basics of meditation, what real meditation can achieve, if practiced regularly, and will introduce various meditation exercises that can easily be adopted.

In this way we experience how meditation can help us face the challenges of everyday life more calmly and as a result we can open our hearts to the suffering and needs of others.

The seminar is for everyone interested, for beginners as well as those already familiar with meditation.

How we are connected to everything

Sat 30th of May 2020, 3:00 – 4:30 pm (German time)

The Buddhist view of the nature of all phenomena is based on emptiness and interdependence.

Emptiness means that nothing in itself exists autonomously and independently. Every phenomenon, whether material or spiritual, only denotes the interplay of numerous phenomena. For example, if we try to find out what the body is in itself, we quickly realize that the word body merely refers to a variety of parts of the body, but none of these parts is the body itself.

Interdependence means that every phenomenon, i.e. everything that appears, depends on an immeasurable number of causes and circumstances and is constantly changing according to the changing circumstances.

This view of emptiness and interdependence is often in direct contrast to our perception that we are independent individuals and that the world is made up of individual, separate building blocks. At the same time, it teaches us that all human beings and all phenomena are interconnected and that each of our actions has a direct effect on ourselves and our environment.

Buddha Nature – we have forgotten that we are Buddhas

Sun 31st of May – Mon 1st of June 2020 (Pentecost)

each day 10:00 – 11:30 am and 2:00 – 3:30 pm (German time)

The Buddha nature is present as an enlightened essence in all living beings. It remains completely unaffected by the changing mental and emotional states we experience - such as happiness, all forms of suffering and finally death. It is forever the unchanging seed for bliss and enlightenment. However, only very few people are even aware of this precious fact and the inexhaustible possibilities it offers.

Since this inner purity and perfection of the spirit is inherent in all sentient beings without exception since the beginning of time, there is no reason to think of oneself

as better and superior than others or to feel inferior to others. Nor do we need to doubt that we can attain Buddhahood.

Buddha-nature is not just an optimistic concept. It is the true foundation of our being - it is truly who we are. But it is not to be confused with an eternal soul, as in theistic religions. So how then is it to be understood? And how can we develop our full potential for the benefit of all sentient beings?

These and other questions will be clarified in the seminar. Dolpo Tulku Rinpoche will also guide meditations to familiarize us with and resonate with Buddha nature.

This seminar is aimed at both "beginners" and "experienced" practitioners. It is open to any tradition as well as to those interested in other religions. There will also be enough space for questions.