



## DOLPO TULKU RINPOCHE

### Online Seminars (via Zoom) with Dolpo Tulku Rinpoche

<b>Vajrasattva</b>	Sat 25 <sup>th</sup> of July	3:15 – 5:15 pm (Central European Summer Time)
<b>Bodhicaryavatara (Shantideva)</b> 3 <sup>rd</sup> chapter “Full Acceptance of the Awakening Mind”	Sun 26 <sup>th</sup> of July	11:15 am – 13:15 pm and 3:15 – 5:15 pm (Central European Summer Time)

*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](mailto:carmen@dolpotulku.org)

**Course language:** Rinpoche will teach in English and will be translated into German (if needed).

**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 give 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 SSKMDEMMXXX  
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](mailto: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.

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## Vajrasattva

Sat 25<sup>th</sup> of July 2020, 3:15 pm– 5:15 pm (Central European Summer Time)

Vajrasattva is a Buddhist purification practice based on the so-called “four strengths”: regret, support, antidote and determination. It helps us to shift our viewpoint and thereby abandon negative habits.

In order to free ourselves from habitual patterns and to purify non-virtuous actions, we must first recognise and admit our faults. However, this confession alone is not enough, because without honest regret we will always fall back into our old patterns. We must therefore develop sincere compassion and, based on this, make the firm decision not to repeat our actions.

To support this psychological process, the 100 syllable mantra is recited and a visualisation is built up so that we can let go of our conceptual ideas and negative emotions and transform them into a pure view characterised by love and compassion.

Dolpo Tulku Rinpoche will explain the essential meaning of Vajrasattva practice and show us how to connect it to our daily lives.

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## **Bodhicaryavatara (Shantideva)**

3<sup>rd</sup> chapter "Full Acceptance of the Awakening Mind"

Sun 26<sup>th</sup> of July 11:15 am – 1:15 pm and 3:15 pm – 5:15 pm (Central European Summer Time)

As a basic text for awakening the mind of enlightenment (Bodhicitta), Shantideva describes how we can develop and cultivate an altruistic state of mind.

By turning to others we develop understanding and from this empathy arises. If we deepen our empathy, unconditional love and boundless compassion will grow, which is the basis of the mind of enlightenment (Bodhicitta). All our actions should be based on this desire to attain enlightenment not only for ourselves, but for the benefit of all beings.

During the seminar Dolpo Tulku Rinpoche will explain the 3<sup>rd</sup> chapter of the Bodhicaryavatara "Acceptance of the Striving for Awakening" and show how we can transfer the verses of Shantideva into everyday life.

"All the joy the world contains has come from wishing happiness for others. All the misery the world contains has come from wanting pleasure for oneself."  
(Shantideva)