



SADHANA RITUAL COURSE

Trinley Nyingpo, *The Yoga of Essential Activity*

1-30th November, 2010 – Kathmandu, Nepal



For the first time ever, the Chokgyur Lingpa Foundation is organizing a one-month long ritual course which will concentrate on the sadhana practice of Trinley Nyingpo, one of the most well-known sadhanas in the Chokling Tersar. This course will be the first in a series of annual courses which will be designed to teach participants all aspects of ritual practice from the meaning of the sadhana to the actual chant melodies, visualisations, mudras, instruments, tormas and so on. Each year, we will concentrate on different sadhanas. Our objective is for non-Tibetan practitioners to be able to master these Vajrayana rituals, and thus come to practice and uphold the Vajrayana in an authentic way.

The Chokling Tersar (the New Treasures of Chokgyur Lingpa) is the collection of the treasure teachings of the great treasure revealer, Chokgyur Lingpa (1829-1870), one of the greatest masters and treasure revealers in Tibetan history. His teachings are now widely practiced by both the Kagyu and Nyingma schools of Tibetan Buddhism. The Trinley Nyingpo pertains to one of the main cycles of teachings in the Chokling Tersar known as Lamey Tukdrub Barchey Kunsel, (the *Guru's Heart Practice, Dispeller of All Obstacles*).

His Holiness Dilgo Khyentse Rinpoche said about this treasure teaching:

The Barchey Kunsel is the heart essence of the accomplished master Padmasambhava, who perceives the three times in their entirety. It is the quintessence of one billion heart sadhanas of the Guru, the most unique terma buried in the land of Tibet, and it is the first among the Four Cycles of Guru Sadhana. This *Guru's Heart Practice, Dispeller of All Obstacles* contains in completeness all the profound key points of the view, meditation, and conduct of the Three Inner Yoga Tantras.

This pure and perfect teaching, which effortlessly bestows, in accordance with one's wishes, the all-encompassing supreme and common siddhis, temporarily and ultimately, was an unprecedented diffusion of the gemstones of the profound meaning, like opening up the treasury of the universal monarch.

Translation by Rangjung Yeshe Publications.

This year's one-month long ritual course will concentrate on the Trinley Nyingpo sadhana, teaching the participants the chanting, visualisations, and mudras for the practice as well as how to play the different ritual instruments, make the related tormas, and perform the feast offering and so on. Classes will be taught by one of Ka-Nying Shedrub Ling monastery's senior lamas and translated into English. The participants will also perform the practice together each day.

At the beginning of the course, His Eminence Tsikey Chokling Rinpoche will kindly bestow upon all participants the Trinley Nyingpo empowerment and oral transmission. At the end of the course, participants will perform the practice together with Rinpoche at one of Guru Rinpoche's holy sites in Nepal.

The cost for the month-long course will be USD 300, inclusive of all necessary practice texts, and tea and snacks.

For more information and to register, please email us at events@cglf.org. Registration deadline is 30th September, 2010. Participants who sign up before 31 July 2010 will enjoy a 5% early bird discount.