

Rigdzin Düpa Retreat at Palri Pema Od Ling

August 21 - 28, 2016



SCHEDULE

Sunday, August 21

11:00AM : Lama Lobtsul Rinpoche gives
Empowerment and Reading Transmission

Wednesday, August 24

7:00 - 9:00PM : Rigdzin Düpa Practice

Thursday, August 25

7:00 - 9:00PM : Rigdzin Düpa Practice

Friday, August 26

7:00 - 9:00PM : Rigdzin Düpa Practice

Saturday, August 27

10:00AM - 12:00PM : Rigdzin Düpa Practice

2:00PM - 5:00PM : Dakini Day Tsog

Sunday, August 28

10:00AM - 12:00PM : Rigdzin Düpa Practice

12:00 PM - 12:30 PM : Board Sangha info meeting

Short presentation on recent board activities and time for Q & A

2:00 PM - 5:00PM : Long Life Blessing with Substances,
and Riwo Sangchod

A drubchen ('great accomplishment') consists of 8-10 days of practice as a group, and when undertaken with altruistic motivation is traditionally considered to bring considerable benefits, such as reducing mental afflictions, restoring broken spiritual commitments, and establishing auspicious conditions for peace, harmony and further spiritual progress -- both for oneself and on a much broader scale. Guru Rinpoche said that anyone who sincerely engages in a drubchen will gain the same benefits as practising for three years in a solitary retreat.

The *Rigdzin Düpa sadhana* belongs to the *Longchen Nyingthig* (Heart Essence of the Great Expanse) cycle, which relates primarily to the teachings of Dzogchen. This cycle was bestowed upon Jigme Lingpa (1729-1798) through a series of three visions he had of the great master Longchen Rabjampa (1308-1363), and was soon propagated throughout Tibet, becoming one of the most influential lineages of the Nyingma tradition that continues to this day.

SUGGESTED DONATION*: \$20 per session or \$160 for entire retreat.

Volunteers will be needed: Please contact Info@palri.org

*No one will ever be turned away for an inability to make a monetary donation.

Please visit our website or Facebook page to find more in-depth information about the practice, it's history and how to register. Don't miss this wonderful opportunity. <http://www.palri.org>