

Details on content of the course, teacher and organisation (how to reach us etc.)

The Treasury of Precious Qualities

Vajrayana Studies in 3 Parts

Ven. Tolpo Tulku Rinpoche

Tibetan – German by Daniela Hartmann
Please ask for english Translation

Jigme Lingpa (1729-1798) is one of the best known masters of the Nyingma tradition in Tibet. Also known as 'Khyentse Ozer' (light beams of wisdom and compassion), he was an excellent teacher and visionary who received the Longchen Nyingthik instruction and practice cycle from Longchenpa, the great master of the 14th century through a series of visions. Thanks to the support of the royal family of Derge, Jigme Lingpa published the *Nyingma Gyubum*, a detailed compendium of all Nyingma tantras. Another famous text in the Nyingma tradition is his *Treasure of precious Qualities (Yonten Rinpoche Dzo)*. Here all the stages of the Buddhist path, from the Four Noble Truths to the highest insights of dzogchen are explained in unique and systematic detail. The first nine chapters are devoted to the Hinayana and Mahayana paths and were commented on by Kangyur Rinpoche in the book *Treasury of Precious Qualities*. In this course, Dolpo Tulku Rinpoche will begin directly with explanations based on chapter 10, the Vajrayana chapter.

Course Structure and Participation: This course will continue over a period of 3 years. The prerequisite for participation is that the student should practice either ngondro or a sadhana. This year Dolpo Tulku Rinpoche will give three lectures daily for four days. The following year, at the beginning of the course, Rinpoche will ask questions to make sure that the participants have understood the material so far.

The text *The Treasury of Precious Qualities* consists of 13 chapters. It explains not only how an individual can progress from the hinayana vehicle to dzogchen, it also explains the various philosophical points of view. During this three year course, we will concentrate on the tenth chapter which explains the mantra vehicle. It treats the following points in detail: 1) the similarities and differences between sutra and tantra 2) the four distinct categories of mantra - kriya tantra, charya tantra, yoga tantra and mahayoga tantra - each with their own distinct view, meditation and application and what distinguishes them from one another. 3) The contents of the main practice, maturation through empowerments, the exercises of the generation phase leading to liberation and the completion phase as well as the supporting samaya.

Ven. Dolpo Tulku Rinpoche

Ven. Dolpo Tulku (1982) was born in the twelfth month in the year of the Tibetan metal rooster in Dho Tarap Tal in Dolpo/Nepal. At the age of ten years he decided to enter Kanying monastery in Boudha, Nepal as a monk. The abbot at the time was Tulku Urgyen. A few months later, he was recognised by Dilgo Khyentse Rinpoche as the reincarnation of the third Dolpo Nyinchung Drubthob. He was then sent to Namdroling monastery under the guidance of Penor Rinpoche in South India.

In 1997 he began his higher Buddhist studies at the Nyingma Ngagyur institute, the highly regarded monastic university of Namdroling monastery. He was only 16 years old. There he studied, debated and researched all the sutra and tantra teachings of the Buddha for 10 years guided by more than 40 teachers and masters, including His Holiness Penor Rinpoche. He also studied Tibetan poetry, literature, history and Buddhist history. At the exams, he always took first place. On account of his great knowledge and experience he was declared a junior teacher in his eighth year of studies and a member of the Rigzod editorial committee, responsible for all the publications of the monastery.

Penor Rinpoche instructed him in the exercises of the Namcho cycles, which unites the practices of dzogchen and mahamudra. Nowadays, Dolpo Tulku teaches these exercises to his students in accordance with their abilities.

He completed his higher Buddhist studies in 2007 and became a teacher at the Ngagyur Nyingma Institute. Since then he has the same status as a university professor.

In 2008 he returned to his native Dolpo after 17 years to visit his monastery and was enthroned there. He was accompanied by a German film team which produced the award winning documentary 'Dolpo Tulku – Himalayan Homecoming'. Since then he travels through Asia and Europe teaching Buddhist philosophy, giving open lectures on the theme of mind training, teaching seminars on stress and burnout and raising consciousness about the situation in his home area.

In 2007 he began work on social projects together with the local population. In January 2010 the Dolpo Tulku Charitable Foundation was recognised by the Nepalese government. Its focus is environmental protection, medical care and an effective relationship between traditional and modern education.

Course information

Thursday, 4th November 2015

Arrival: 4 – 6 pm

Dinner: 6 pm

Start 7.30 pm

Sunday 8th November 2015

End: 2 pm

How to get here by train

(from Zürich 1h 40min)

There are hourly connections from Zürich main train station to Chur. From Chur main station take the bus to Churwalden. Get off at the bus stop "Funershus". Just after the bus stop to the right is a small road leading uphill past a farmhouse, through the meadows and then through the woods in the direction of Pradaschier to the Ganden Chökhör Center (formerly Pension Waldhotel). The walk is circa 20 minutes. We recommend light walking shoes/ sport shoes.

Return: If you wish to be driven to or from the bus stop or you would like to have your luggage transported, please contact us beforehand or mention it when you register with us. Costs per person/ride CHF 3.–.

How to get here by car

(from Zürich 1h 30min)

Motorway Zürich – Chur / Exit Lenzerheide, Direction Lenzerheide. At the entrance to the village Churwalden (opposite the big church) you will find on the side towards the mountain ca. 10 parking spaces. There are further parking spaces on the valley side by the meat drying facility approx. 100 meters after the church. A little road, tarmacked for the first 200 meters, then a natural road, leads from the parking space uphill to Pradaschier and the Ganden Chökhör center (formerly Pension Waldhotel). The walk is approx. 20 minutes. We recommend light walking shoes/sport shoes. The road is narrow and in winter you can only drive on it with the proper equipment (e.g. snow chains). There are a few parking spaces in Ganden Chökhör which must be reserved in advance. However, you can drive up your luggage and then park your car in the village.

Please note:

In order to drive up to the center you will need to have a special driving permit from the local village authorities (daily rate: CHF 10.–, yearly rate: CHF 60.–).

There is a limited number of parking spaces at the house: daily rate CHF 8.–

Parking spaces in the village: daily rate CHF 5.–

RECOMMENDATION FOR THE RETREAT

Comfortable clothing and slippers. A meditation shawl (optional) is available in the centre shop.

For courses and retreats: possibly one's own seat cushion (seat cushions and blankets are provided in the temple)

For further information please go to: ganden.ch / **Contact/Information**

We are looking forward to welcoming you soon at Meditation Center Ganden Chökhör. We wish you a safe journey and a pleasant retreat in our house.

The Ganden Team

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