



Dhagpo Kundreul Ling

CENTRE FOR BUDDHIST STUDIES AND MEDITATION

Programme

February to May 2024



DHAGPO KUNDREUL LING

**Monastery and centre for Buddhist study and meditation
under the spiritual authority
of Thaye Dorje, His Holiness the 17th Gyalwa Karmapa**

We are delighted to present the programme for February to May 2024. This programme offers courses and Chenrezik accumulation days.

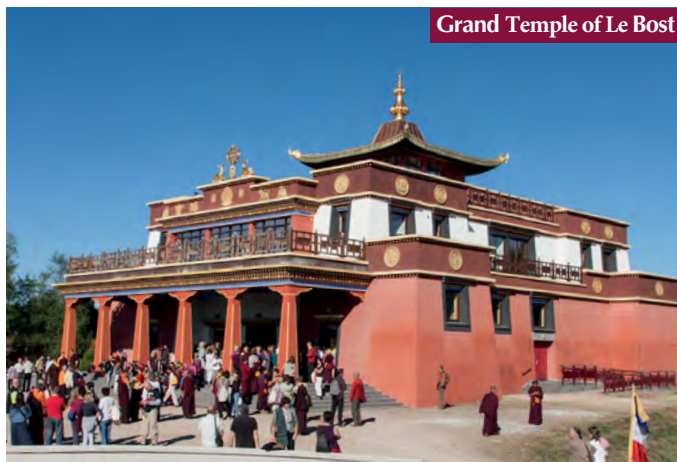
Dhagpo Kundreul Ling is located in two places: Le Bost where the monks' monastery, the great temple and the PendeLing hermitage are situated (a place mainly dedicated to short-term retreats) and, three kilometres away, Laussedat where the nuns' monastery is situated. Courses take place at either Le Bost or Laussedat.

For all courses, please register at least 10 days in advance with the reception desk, in order to facilitate organisation.

Payment can be made the day before or on the first day of the course. The reception office is now at Le Bost.

English translation is available if at least four people ask for it ten days in advance.

You can obtain the necessary texts from the Soujata shop at Dhagpo Kundreul Ling, Le Bost.



Choose an internship

Discover

Access new resources



The Internships are an :

- **exploration** of the timeless wisdom of the Buddha, the treasures of the site and our inner richness
- **resources** that give us access to help with everyday situations, to live more consciously, to better understand how we function and how we relate to others
- **introduction** to the essential concepts of Buddhism and prepare you for the Institute and Meditation courses.

Institute

Acquiring an education



Learning the fundamental texts of Buddhism enables you to :

- acquire knowledge that changes the way we see ourselves and our environment
- give direction to our meditation and our daily lives
- know what we need to cultivate and what we need to give up in order to progress along the path

Meditation

Calming and clarifying the mind



Combined with the key concepts of Buddhism, meditation enables you to :

- become familiar with the relaxation and lucidity that are useful in everyday life
- cultivate an inner outlook and practise remaining in the mind's natural state, free from agitation
- reveal a profound knowledge of the true nature of the mind and the world, based on experience

INSTITUTE

Sunday 28 January

Listen, Reflect, Meditate

Khenpo Wangdu

The Buddha taught that meditation, combined with listening to the teachings and reflection, leads to definitive liberation from all malaise and to enlightenment.

During this session, which is open to the general public, khenpo Whangdu details these three stages of integrating the Buddhist teachings: listening, reflection and meditation.

Open to all

Great temple of Dhagpo Kundreul Ling, 10am. Meals are available on site.

Please let the reception desk know 48 hours in advance.

Session fee: €14 per day.

MEDITATION

2 - 10 February

Friday 2 February to Thursday 8 February

New Year Ceremony

Grand Ritual of the Protectors

Traditionally, the New Year period is seen as a time for purifying the veils of the mind and achieving spiritual fulfilment. During the seven days preceding the Tibetan New Year, we perform the ritual dedicated to the Dharma Protectors: the aim of this practice is to purify the negativities of the past year. Practitioners are welcome to attend.

Friday 9 February

Smoke Purification Ritual

On the last day of the year, this ritual of offerings is performed to purify the negativity of the past year.

Saturday 10 February

Tibetan New Year, Wood Dragon

The Tibetan New Year, the first new moon of the year, is particularly important for Dharma practice.



INSTITUTE

Wednesday 14 to Sunday 18 February
Chenrezik Cycle - Year 6 - Stage 2



This course of study and meditation, developed by Shamar Rinpoche, has been guided by Lama Jigme Rinpoche for the last five years. It is aimed at all those who wish to deepen their practice and enable them to gradually acquire the foundations needed to train in Chenrezik meditation and, in time, bring it up to date. The cycle is spread over three intensive annual retreats. It consists of themes to learn and meditations to apply. Between retreats, participants are asked to practise applying the instructions they have received. The content of each meeting depends on how the participants' practice develops.

The teachings of the Chenrezik cycle are given at Dhagpo Kagyu Ling, in the Dordogne. We broadcast them on video from the great temple of Dhagpo Kundreul Ling.

DISCOVER - EXPLORATION

Sunday 25 February
Buddhism Discovery Day

This day of discovery of Buddhism is an opportunity for the general public to meet the place, the community and the activities of Dhagpo Kundreul Ling. It begins in the morning with a guided tour of the main temple from 10am to 12pm. It continues in the afternoon with an introduction to meditation from 2.30 to 4pm.

Open to all

Meals are available on site. Please inform reception 48 hours in advance.
Session fee: €7 per half-day.

DISCOVER - INTRODUCTION

Tuesday 27 February to Thursday 29 February

The four schools of Buddhist thought

Khenpo Samdrup Rinpoche



Khenpo Samdrup Rinpoche was born in Tibet in 1975. He became a monk at the age of 11, studying Tibetan literature for seven years and completing retreats at Dhongtsang monastery. In 1993, he received all the teachings of the Way and the Fruit from Luding Khenpo. He then joined the Dzongsar *shedra* (monastic university) where he studied philosophy and Vajrayana. During this period, he also received important teachings from His Holiness Sakya Trizin. Finally, in 2016, Kyabje Dzongsar Khyentse Rinpoche appointed him principal khenpo of the Dzongsar *shedra*, of which he is still the abbot.

Buddhism uses four philosophical systems of thought to describe relative and ultimate reality. The first two philosophical schools - vaibhashika and sauriantika - belong to the fundamental vehicle tradition. The other two - cittamatra and madhyamaka - belong to the mahayana or great vehicle. By studying these schools of thought, we can gradually approach the notion of emptiness. It helps to establish a correct view, which is the necessary foundation for authentic meditation.

Open to all

This teaching will take place in the great temple of Dhagpo Kundreul Ling, from Tuesday 27 at 10am to Thursday 29 February at 4pm. Session fee: €23 per day.

DISCOVER - RESOURCE

Friday 1 March to Sunday 3 March

Drawing the face of the Buddha

Lama Kunkyab

Drawing can be a means of understanding Buddhist iconography. Learning to draw the Buddha allows us to familiarise ourselves with his appearance, and to connect with his qualities. After initial training in the plastic arts and several years of teaching in this field, Kunkyab painted alongside the master painter Denzhong Norbou during the thirteen years he devoted to creating the temple's works. During this period, Kunkyab co-ordinated the decoration of the great temple of Dhagpo Kundreul Ling and provided technical training for the artists. He is qualified to transmit Buddhist art in the Karma Gadri tradition.

Open to all

Laussedat temple, from Friday 1 at 10am to Sunday 3 March at 4pm. Session fee: €14 per day.

INSTITUTE

Thursday 7 March to Sunday 10 March

Cycle of teachings - *Entering the state of a pandit*

THE TRUTH OF ORIGIN

The students of the Institute

This course continues the explanations in Mipham Rinpoche's treatise *Entry into the State of a Pandit*. We are now at the stage of explaining the fundamental observation that the Buddha made in the 4 truths of the nobles: our situation is suffering, and this suffering has a cause. This cause can be eliminated by practising the path proposed by the Buddha, which will lead us to liberation from all suffering. During the previous course, the beginning of the chapter on the 2nd truth, that of origin, was explained. We will continue the detailed explanation of this chapter.

Open to all

Laussedat temple, from Thursday 7 March at 10am to Sunday 10 March at 4pm.

Session fee: €14 per day (face-to-face and distance learning).

This teaching will take place face-to-face and simultaneously online on Zoom.

For connection information specific to this course, please contact reception.

INSTITUTE

Wednesday 13 March to Tuesday 19 March

A treatise on the unsurpassable continuity of the great vehicle

Dongsung Shabdrung Rinpoche



Dongsung Shabdrung Rinpoche is a highly realised lama of the Sakyapa lineage, one of the four lineages of Tibetan Buddhism. He is considered to be the emanation of Sangye Yeshe, one of Guru Rinpoche's 25 close disciples. Recognised at the age of 8 by the hierarch of the Sakya lineage, Sakya Trizin, and by Shamar Rinpoche, he is a scholar in the Sakya and Kagyu traditions. In his previous incarnation, he was the elder brother of the 16th Karmapa. He has completed his studies in Buddhist philosophy and now teaches both philosophy and the vajrayana tantras. He is the holder of a lineage of Hevajra practice, one of the main

yidams of the tantras of Vajrayana Buddhism. Although he belongs to the Sakyapa lineage, he has received the most important transmissions and initiation cycles from masters of different schools, including Thayé Dorjé, the 17th Gyalwa Karmapa. He is currently the principal instructor at the Dhongtsang monastery (China).

Dongsung Shabdrung Rinpoche will explain the *Treatise on the Unsurpassable Continuity of the Great Vehicle - Gyu Lama* in Tibetan - one of the most important texts of the Great Vehicle. This text, transmitted by Maitreya to Asanga in the fifth century AD deals with Buddha nature.

Perfectly pure, uncompounded, unalterable, this is the fundamental nature of all sentient beings. The whole point of the Buddhist path is to make it manifest by eliminating the adventitious obscurations that temporarily cover it up. By studying this text, you will become familiar with this essential concept presented by Shakyamuni Buddha in his third cycle of teachings.

Information

Although accessible to all, this teaching requires familiarity with Buddhist philosophical concepts.

Great temple of Dhagpo Kundreul Ling, from Wednesday 13 March at 10am to Tuesday 19 March at 4pm. The teaching is given in Tibetan and translated into French; for other languages, please contact reception.

Session fee: €23 per day.

DISCOVER - EXPLORE

Sunday 24 March

Buddhism Discovery Day

This day of discovery of Buddhism is an opportunity for the general public to meet the place, the community and the activities of Dhagpo Kundreul Ling. It begins in the morning with a guided tour of the main temple from 10am to 12pm. It continues in the afternoon with an introduction to meditation from 2.30 to 4pm.

Open to all

Meals are available on site. Please inform reception 48 hours in advance. Session fee: €7 per half-day.

"Buddhism is a way of life through which we develop the qualities of our mind. It's a very special way of life, because it's a way of achieving happiness without harming others."

THAYE DORJE, HIS HOLINESS THE XVII GYALWA KARMAPA

DISCOVER - INTRODUCTION

Friday 22 March to Sunday 24 March

Introduction to the four limitless qualities

Lama Jean Guy

The four limitless qualities express our capacity to cultivate altruism in a vast way. Love, compassion, joy and equanimity are different ways of responding to the suffering and happiness of others. Accessible to all, they are practised through progressive contemplation, and are deployed concretely in our daily lives, first in a limited way and then gradually on a wider scale. They generate peace of mind for ourselves, support a genuine openness to others and nourish our meditative practice. This course gives us the means to understand the meaning of each of these qualities, which are essential to the path, and to apply them gradually to our own situation.

Open to all

Laussedat temple, from Friday 22 March at 10am to Sunday 24 March at 4pm.
Session fee: €14 per day.

MEDITATION

Friday 29 March to Sunday 31 March

An approach to lodjong – spirituality in everyday life

Lama Shedroup

Based on a practical approach that can be applied to everyday life, training the mind involves developing wisdom and compassion. Through reflection and meditation, starting from our egocentric habits, we transform the way our mind works to gradually open up to the reality of being. Lama Shedroup draws his inspiration from the lodjong, the teaching of the Indian Buddhist master Atisha (982 -1054), which explains in the form of concise maxims how to integrate each situation into the spiritual path.

Open to all

Laussedat temple, from Friday 29 March at 10am to Sunday 31 March at 4pm.
Session fee: €14 per day.

Hermitage Pendé Ling



INSTITUTE

Saturday 6 April to Friday 12 April

Introduction to the tantras

Lama Jampa Thayé



Lama Jampa Thayé is a scholar and meditation master, regent of Karma Thinley Rinpoche, master of the Sakya and Kagyü traditions. Of British origin, he is the author of several works on Buddhism. Lama Jampa Thayé presents ways of understanding the teaching of the tantras. It is based on an exceptional text by the renowned scholar Sönam Tsemo (1141-1182), intended for those who wish to study the Buddha's teaching in detail in order to nurture and establish a stable trust in the Vajrayana. Like a grove of treasures, this work gives an insight into the Buddha's teachings,

an inspiring description of the origin of the teachings of the tantras. In addition, it sets out detailed refutations of erroneous views with great precision.

Information

Although accessible to all, this teaching requires a familiarity with Buddhist philosophical concepts. It will take place in the Great Temple of Dhagpo Kundreul Ling, from Saturday 6 at 10am to Friday 12 April at 4pm. The teaching is given in English and translated into French; for other languages, please contact reception. Session fee: €23 per day.

DISCOVER - INTRODUCTION

Saturday 13 and Sunday 14 April

Introduction to karma

Lama Tcheudreun

Karma is not inevitable! It is the process by which we experience the conditions we encounter, whether happy or unhappy. The word 'karma' means 'action' and refers to acts that we have performed and that we perform, motivated by the different states of mind that pass through us. By working on our own spirit, we can gradually free ourselves from the grip of events and approach them more constructively and creatively. This workshop explains how to approach karma in such a way as to turn it into a process of inner transformation.

Open to all

Laussedat temple, from Saturday 13 April at 9.30am to Sunday 14 April at 4pm. Session fee: €14 per day.

DISCOVER - EXPLORATION

Saturday 20 and Sunday 21 April

In the Footsteps of Buddha

The team of Dhagpo Kundreul Ling

Two days to discover the place, its artistic heritage, the fundamental principles of Buddhism and try your hand at meditation. A discovery of the Buddha and the universality of his approach, which spans the ages.

Open to all

Session fee : 14 € per day.

MEDITATION

Saturday 27 April to Wednesday 1 May

Buddhist Meditation

Tenzin Wangchouk

The practice of meditation leads to a mind that is more peaceful and at ease. As our mind relaxes, the events that usually disturb us lose their importance and we consider them in a less dramatic way. Through meditation, the mind gradually learns not to be distracted by circumstances. When the mind is unaffected by inner and outer movements, it is able to discover its own stability and tranquillity. A stable, undisturbed mind leads us to experience less unhappiness in our lives.

Open to all

Laussedat temple, from Saturday 27 April at 10am to Wednesday 1 May at 4pm.

Session fee: €14 per day.

INSTITUTE

Saturday 4 and Sunday 5 May

Cycle of teachings - *Entry into the state of a pandit*

THE TRUTH OF ORIGIN

The students of the Institute

This course continues the explanations in Mipham Rinpoche's treatise *Entry into the state of a pandit*. We are now at the stage of explaining the fundamental observation that the Buddha made in the 4 truths of the nobles: our situation is suffering, and this suffering has a cause. This cause can be eliminated by practising the path proposed by the Buddha, which will lead us to liberation from all suffering. During the previous course, the beginning of the chapter on the 2nd truth, that of origin, was explained. We will continue the detailed explanation of this chapter.

Open to all

Laussedat temple, from Saturday 4 May at 9.30am to Sunday 5 May at 4pm.

Session fee: €14 per day.

This teaching will take place face-to-face and simultaneously online on Zoom. For login details specific to this course, please contact reception.

DISCOVER - EXPLORATION

Sunday 5 May

Buddhism Discovery Day

This day of discovery of Buddhism is an opportunity for the general public to meet the place, the community and the activities of Dhagpo Kundreul Ling. It begins in the morning with a guided tour of the main temple from 10am to 12pm. It continues in the afternoon with an introduction to meditation from 2.30 to 4pm.

INSTITUTE

Wednesday 8 May to Sunday 12 May
Chenrezik Cycle- Year 6- Stage 3



This course of study and meditation, developed by Shamar Rinpoche, has been guided by Lama Jigme Rinpoche for the past five years. It is aimed at all those who wish to deepen their practice, enabling them to gradually acquire the foundations needed to train in Chenrezik meditation and, in time, bring it up to date. The cycle is spread over three intensive annual retreats. It consists of themes to learn and meditations to apply. Between courses, participants are asked to practise applying the instructions they have received. The content of each session depends on how the participants' practice develops.

The teachings of the Chenrezik cycle are given at Dhagpo Kagyu Ling, in the Dordogne. We broadcast them on video from the great temple of Dhagpo Kundreul Ling.

MEDITATION

Saturday 18 May to Monday 20 May
Approach to the practice of green Tara

Lama Lodreu

Called the Liberator, Tara is the personification, in a feminine guise, of the spontaneous activity of the Buddhas. Her meditation protects against fear, removes obstacles for oneself and others, and leads to enlightenment. Lama Lodreu explains this practice, as well as the twenty-one praises. She also leads practice sessions.

Open to people who have taken refuge.

Laussedat temple, from Saturday 18 May at 10am to Monday 20 May at 4pm.

Text required: the practice of Green Tara

Session fee : 14 euros per day

MEDITATION

Tuesday 21 May to Thursday 23 May

Commemoration of Kunzig Shamar Rinpoche's parinirvana Accumulation of Gyalwa Gyamtso's practice

Mipham Chokyi Lodrö (1952-2014) was the fourteenth incarnation of the Shampas incarnation lineage. On 23 May, the day of Saga Dawa dütschen, we will commemorate not only the birth, awakening and parinirvana of Shakyamuni Buddha, but also the anniversary of the day Kunzig Shamar Rinpoche entered parinirvana. We will be celebrating these two events with an accumulation of Gyalwa Gyamtso practice in the main temple from 21 to 23 May. The Gyalwa Gyamtso ritual, an aspect of Red Chenrezik, is an elaborate yidam practice linking the mind to its wisdom dimension. It is possible to join in this accumulation of practice by coming to the temple on this occasion.

DISCOVER - INTRODUCTION

Saturday 25 May and Sunday 26 May

Introduction to the nonexistence of self

Lama Jean Guy

In Buddhism, what we call the grasp of a self corresponds to a dual belief: on the one hand, we identify with a combination of body and mind that we call 'I'; on the other hand, we grasp external phenomena as really existing and call them 'mine' or 'other'. This dual experience is based on the belief that we ourselves, the subject, and the world we experience, the objects, have an autonomous, separate existence. Through logic based on reasoning and through meditative practice, the Buddha showed that these two aspects (the self and phenomena) do not have the reality we attribute to them. Lama Jean-Guy gives us the elements that enable us to recognise as erroneous the realistic grasp of the self of the person and the self of phenomena, the cause of the malaise of samsara. He also suggests some ways in which we can gradually free ourselves from this grasp.

Open to all

Le Bost small temple, from 25 May at 9.30am to Sunday 26 May at 4pm.
Session fee: €14 per day.

MEDITATION

Wednesday 29 May to Sunday 2 June

Approach to the practice of Milarepa guru yoga

Lama Teundroup

Milarepa (1040 -1123), saint, poet and hermit, is the spiritual influence of the Kagyü lineage. Guru yoga is a meditative practice during which we link our mind to the awakened mind by taking as support an accomplished being from the past, in this case Milarepa. The explanations of this practice are based on Jamgön Kungtrül Lodrö Thayé's commentary. Lama Teundroup explains the meaning and benefits of this practice, as well as its different phases.

Open to people who have taken refuge.

Laussedat temple, from Wednesday 29 May at 10am to Sunday 2 June at 4pm.
Text required: Milarepa's guru-yoga practice.
Session fee: €14 per day.

DAYS OF PRACTICE

Chenrezik

Practice of the Buddha of compassion

One day per month, grand temple of Le Bost

- Saturday 27 January
- Saturday 13 April
- Saturday 24 February
- Saturday 18 May
- Saturday 23 March

From 10h-11h, 11h30-12h15, 14h30-15h30 and 16h-17h.

The practice sessions take place in person as well as via YouTube.

Sangyé Menla

Medicine Buddha practice

- Saturday 2 March
- Saturday 4 May

Grand temple or small temple at Laussedat from 9h-10h30, 11h-12h30, 14h-15h30 and 16h-17h30.

MONTHLY AND OCCASIONAL PRACTICES

For all these dates, please refer to the Dhagpo Kundreul Ling website, "monthly rituals" tab.

Milarepa

"Guru-yoga" practice of union with the mind of the master.

Full moon days and occasional events, with accumulation of offerings (tsok).

Sangyé Menla

Medicine Buddha practice

One Thursday evening a month (Thursday 18 January, 22 February)

Amitabha - MEDIUM VERSION OF THIS PRACTICE

Practice of Amitabha Buddha associated with the land of Dewachen

One time per month.

Contribution towards accommodation costs

Your financial contribution helps to keep the monastery's finances in balance and enables us to maintain and improve the quality of our welcome. A scale adapted to each person's monthly income enables us to welcome as many people as possible.

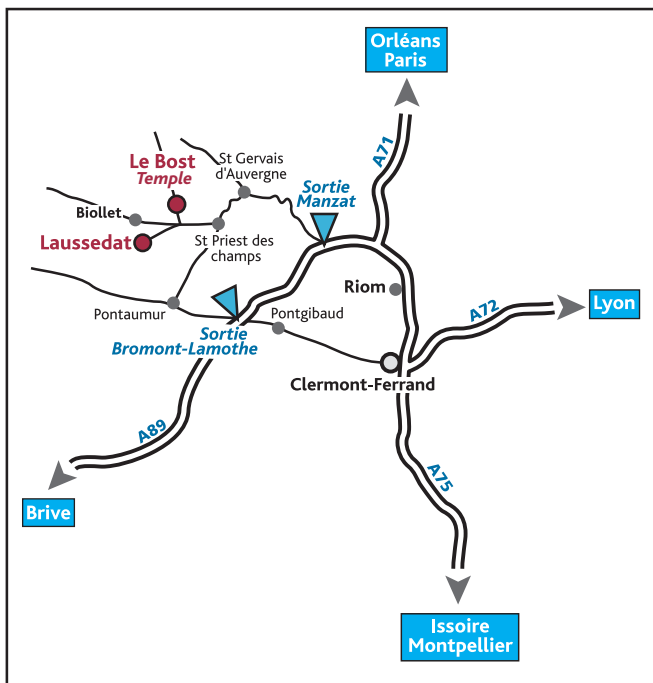
Depending on your income, the accommodation package (including meals) ranges from €29 to €41 per day, in a single or double room, depending on the course.

Session Fees

These are intended to cover the costs of organising lessons and teacher travel. The amounts are indicated in the description of each course.

Financial considerations should not be an obstacle to your coming to Dhagpo Kundreul Ling. For further information, please contact us.

HOW TO GET TO DHAGPO KUNDREUL LING



SUPPORT DHAGPO KUNDREUL LING

Dhagpo Kundreul Ling would like to thank all those who offer their time, availability or financial support to ensure the smooth running of the monasteries and the completion of the great temple. It is thanks to everyone's generosity that these monasteries can exist and that the teachings can continue to be given.

SUPPORT DHAGPO KUNDREUL LING WITH AN ONLINE DONATION

If you would like to contribute to the continued maintenance and development of Dhagpo Kundreul Ling, you can make an online donation on our website.

MAKE AN OFFERING FOR A COURSE

If you would like to make a donation towards the teaching offered, you can do so by cheque made payable to the KTL Congregation.

Please send to the following address

Kundreul Ling Accounting - 4 Le Bost - 63640 BIOLLET

We kindly ask you to specify the course you are making a donation to in the letter enclosed with your cheque. Please note, however, that in this particular case your donation will not be eligible for a tax receipt.

Reception

4 Le Bost – 63640 Biollet

Tél. : 04 73 52 24 34

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www.dhagpo-kundreul.org

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