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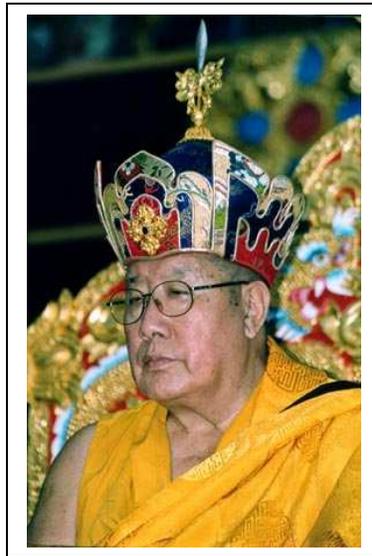
Palyul Dharma Centre Europe
Tibetan Buddhist Centre

Patron: His Holiness Penor Rinpoche
Founder: Khen Rinpoche Pema Choephel

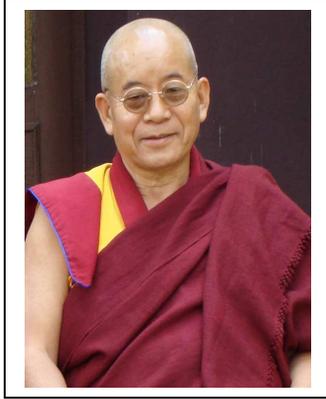
“Liberation in the Palm of Your Hand”

Palyul Namcho Dzogchen Retreat

1 July – 12 July 2014



H.H. Penor Rinpoche



Khenchen Pema Sherab Rinpoche



H.H. Karma Kuchen Rinpoche



Khen Rinpoche Pema Choephel



Palyul Namcho Dzogchen Retreat

The Annual Palyul Namcho Dzogchen Retreat, called “Liberation in the Palm of Your Hand” (Tib. Dzogchen Sangye Lakchang) is held each summer at the German Palyul Center. The authentic retreat begins with an Introductory Class and Ngondro practice, and ends with the highest Dzogchen practice.

The Palyul Namcho Dzogchen Retreat offers traditional Buddhist teachings and practice that help to clear negative karma and to develop inner wisdom. By accomplishing the course of study and practice, one can realize the nature of mind and find a path to final liberation from the suffering in cyclic existence.

Palyul Namcho Lineage

The Namcho teachings are known as "Space Treasures". They were revealed in the 17th Century by the Tertön Migyur Dorje (1645-1667), who received them from Avalokiteshvara and Guru Rinpoche, and have been passed down from master to student through the centuries. The blessings of the Palyul lineage are pure and unbroken till nowadays.

Khen Rinpoche Pema Choephel received the Namcho Ngondro teachings and practice from His Holiness Penor Rinpoche.



Guru Rinpoche



Tertön Migyur Dorje



H.H. Penor Rinpoche

Palyul Namcho Ngondro

Palyul Namcho Ngondro is a profound practice, known as “The Four Foundations”. By accomplishing Ngondro, one can realize the nature of mind – an important and necessary foundation for higher Dzogchen practice. It helps to clear negative karma and to develop inner wisdom.

“Although the Namcho preliminary practice is very deep and profound, it is clear and easy for all to practice. It has many special qualities and the blessings of the lineage are strong and swift. I have full confidence that this practice will benefit all Dharma students and practitioners around the world.” - His Holiness Penor Rinpoche

Outer and Inner Preliminaries

Palyul Namcho Ngondro consists of outer and inner preliminaries practice. The outer preliminaries aim to turn the mind towards Dharma through contemplating the precious human rebirth, impermanence, the law of cause and effect (“karma”) and suffering in cyclic existence.

The inner preliminaries consist of several parts: refuge, or entering into the gate of protection of the Three Jewells – Buddha, Dharma and Sangha; Bodhicitta, the generation of the aspiration to realize Enlightenment for the benefit of sentient beings; offering the Mandala to reduce attachment and to accumulate merit; Vajrasattva, the purification of obscurations; and Guru Yoga, receiving the blessings through which one can attain Enlightenment in a single lifetime.



Refuge Tree



Mandala Offering



Vajrasattva



Guru Rinpoche

* The Ngondro Practice is suitable for all levels: newcomers, intermediate or advanced students.

Tibetan Yoga (Tsa Lung)

Tibetan Yoga is called Tsa Lung (Channel, Wind) or Tummo (Inner heat). This is a practice for purifying one's obscurations through working with the subtle body. The subtle physical body has three main components that are important in the practice of yoga as part of the path to enlightenment. These are the channels (Tib. tsa, Sanskrit: nadis) through which the winds (Tib. lung, Sanskrit: prana) move and in which the drops (Tib. thigle, Sanskrit: bindu) reside. Tsa Lung is a powerful practice that totally engages body, speech and mind.

* In order to practice Tsa Lung it is necessary to complete Palyul Namcho Ngondro Practice. The students you have completed Ngondro accumulation in other lineage can also join the Tsa Lung practice during the retreat if they receive permission from Khen Rinpoche Pema Choephel.

Please, book in advance as the places are limited.

(It is recommended for the retreatant to attend the whole retreat.)

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