

The Heart Essence: „My Heart Advice“ by Khenpo Jigme Phuntsok

Guru Yoga Retreat with Chamtrul Rinpoche

11.-13.August 2023.

***Retreat House Jigme Kunsang Ling in
the Göhrde 100 km far from Hamburg***



Chamtrul Rinpoche Lobsang Gyatso was born in Tibet and recognized as the reincarnation of the second Katok Chamtrul Pema Nangsal Dorje Rinpoche from the Mardo Tashi Chöling Monastery, a branch monastery of Katok.

His first teacher was Naljor Yeshe Wangchuk Rinpoche, under whom he studied and practiced Tummo and Dzogchen intensively. He later studied at the Institute of Buddhist Philosophy in the Katok Monastery and then joined the Shedra University of the Larung Gar Monastery in Sertar, eastern Tibet. While studying with his root guru Khenpo Jikme Phuntsok Rinpoche, he received a Khenpo degree and began teaching Madhyamaka, Pramana and other subjects.

When Jigme Phuntsok Rinpoche asked him to create a shedra in Mardo Tashi Choling, Rinpoche returned to his home monastery, where he taught and worked for the next six years. In 1999 he settled in Dharamsala, northern India. There Rinpoche teaches students from many different countries, including Tibet. When he's not in India, Chamtrul Rinpoche travels the world to teach his students in the United States, the United Kingdom, Israel, Germany, Greece, Italy, Portugal and other countries.

Rinpoche has been visiting our center for several years.

We appreciate him as a very valuable teacher of the Long Chen Nyingtik Dzogchen Line and are extremely grateful for his commitment all over the world and also in our center,

In this year's retreat, Rinpoche will be running a Guru Yoga Retreat, which will teach about the "Heart Essence - The Heart's Instruction," Khenpo Jigme Phuntsok.

***Your highest refuge is the primordial Buddha,
the nature of your own mind.***

Chamtrul Rinpoche

The Retreat - Haus Jigme Kunsang Ling is a privately operated country retreat house and seat of the association Jigme Kunsang Ling e.V., which has set itself the task of promoting Buddhism, in particular Tibetan Buddhism, in a non-profit organization.

Rinpoche comes to us as a private guest.

Contribution to expenses

Overnight stay in shared room: 20 € per night

Full board 3 meals: 30 € per day

Share of travel expenses, labor costs, purchases, translator costs, gumpa, etc. for the whole retreat: 100 € - reduced 80 €

We ask for a donation for the teacher between 80-300 €.

We would also like to draw our guests' attention to the fact that two white shepherds live with us in our house.

They are very people-friendly but still playful and lively.

We kindly ask you not to bring your own pets. It should also be mentioned that assistance with meal preparation and other work during the retreat is expressly desired and required.

Participation in the event only after prior registration!



Guru Yoga Retreat	Heart Essence Advice from Jigme Puntsok	Retreat given by Chamtrul Rinpoche
Friday 11.08.23	17:00	Welcome, hot soup and tea
	19:00 - 21:00	Teaching and practice
	22:00	sleep
Saturday 12.08.23	7:00 - 8:00	optional: individual Meditation practice
	8:00 - 9:00	Breakfast
	9:30 -12:00	Teaching and Practice
	12:00 - 15:00	Lunch break
	15:00 - 17:30	Teaching and Practice
	18:00 - 20:00	Dinner
Sunday 13.08.23	20:30 - 21:30	optional: individual Meditation practice
	22:00	sleep
	7:00 - 8:00	optional: individual Meditation practice
	8:00 - 9:00	Breakfast
	9:30 - 12:00	Teaching and Practice
	12:30 - 14:30	Lunch break
	14:30 - 17:00	Teaching and Practice
	17:30 - 18:30	Dinner End of Retreat



Padmasambhava

means "born in the lotus" and refers to the birth of Guru Rinpoche from a lotus in the land of Oddiyana. Guru Rinpoche is the founder of Tibetan Buddhism and seen as the second Buddha of our time.



Jigme Puntsok Rinpoche

Jigme Phuntsok arguably was the most influential Dzogchen Lama of the Nyingma tradition of Tibetan Buddhism in Tibet today. In 1980 he founded the Sertha Buddhist Institute, known as Larung Gar, a non-sectarian teaching center with around 10,000 monks and nuns. He died in 2004 at the age of 70.



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