

Meditation Seminar

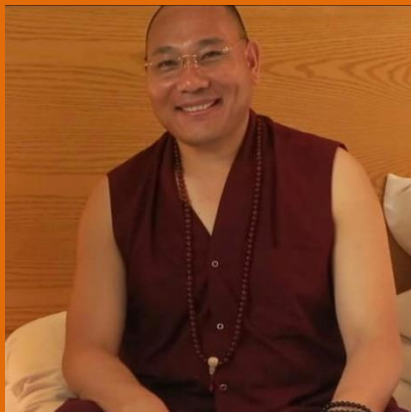
15.- 18. September 2022

Tummo

Introduction to the Buddhist meditation technique of developing the Inner Wisdom Fire



Practice Retreat with
Adzom Jurmey Jamtso Rinpoche



Venue



Retreat-House
Jigme Kunsang ling
Forest House Göhrde
Nieperfitz 12

21369 Nahrendorf

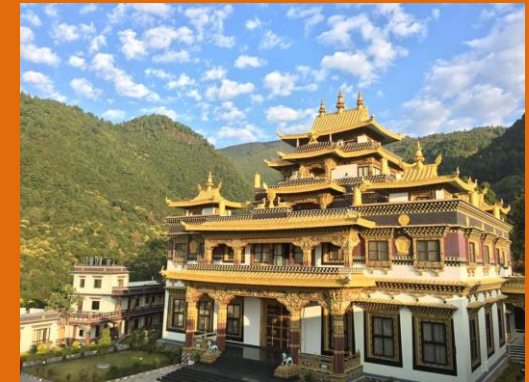
Telefon : 0179 / 520 222 6

Email: gururinpoche@gmx.de

www.meditationsgruppe-padmasambhava.de

Registration

Participation only possible after binding personal registration, as the number of participants is limited.
by phone at
Tel. 0049 (0) 1795 20 22 26
or via email
gururinpoche@gmx.de



Rinpoches Monestery in Nepal/ Parping

Adzom Gyurme Jamtso Rinpoche was born in the eastern region of Tibet, in Kham. His life as a monk began when he was a little boy. After his three year retreat, he attended Larung Gong Möchs University in Tibet, where he studied extensively Buddhist philosophy with his teacher Khenchen Jigme Phunstok. Kitchen Jigme Phunstok is one of the most important Dzogchen masters of modern times, who founded the world's largest Buddhist institute in Tibet. Adzom Gyurme Jamtso Rinpoche's abilities are very far-reaching; He is particularly well trained in Tibetan yoga techniques and various Powa rituals. He is a born-again master and was rediscovered as the reincarnation of Adzom Namtul Rinpoche. Adzom Namtul Rinpoche was a great master who realized the rainbow body. This was confirmed by the second Adzom Drukpa Rinpoche, Jamyang Choukyi Nyima Rinpoche and His Holiness the Dalai Lama.

Adzom Gyurme Jamtso Rinpoche is patron of the Jigme Kunsang Ling Retreat Center. He visits it regularly once a year. This is now the third Tummo course he will be giving at Jigme Kunsang Ling.

What does "the inner fire" mean in tummo meditation practice?



The Tummo practice is a Buddhist meditation practice in the completion phase of Highest Yoga Tantra, which essentially involves meditations related to the breath, the energy channels and the chakras. Through them, body and mind become very docile.

The intoxicating heat resulting from the exercise cleanses the body and elements of impurities. The tummo fire is said to destroy disease and the attachment of inner compulsions as well. In particular, it is a method to create the four joys and wisdom. This wisdom spirit has the power to purify all veils of the mind. Even at the initial stage of generation, many obstacles are overcome through the exercise of inner warmth.

The practice of "Inner Heat", Tummo, is a well-known practice in the six yogas of Naropa. It is particularly reported in the Highest Yoga Tantra Mother Tantra such as the Chakrasamvara Tantra.

Program

Thursday	15.09.2022	16:00 - 18:00
Friday	16.09.2022	10:00 - 12:00 16:00 - 18:00
Saturday	17.09.2022	10:00 - 12:00 16:00 - 18:00
Sunday	18.09.2022	10:00 - 12:00 15:00 - 17:30

At the beginning of the retreat, Rinpoche will give a short introduction for newcomers. On Sunday, during the afternoon session with Rinpoche, we will practice a final meditation with chanting, which will also include food offerings. (Tsog Puja)

Cost contribution

For the whole course: 190 €
Attending individual sessions 30 €

Meals

A simple lunch will be offered from Friday to Sunday, but only after a binding registration.

(Costs about 8-10 €)

We ask the participants to take care of the other meals themselves.

Overnight stay

Unfortunately, our in-house beds are already occupied.

We therefore ask all participants to find accommodation themselves in good time. There are many seminar houses and hotels etc. in the immediate vicinity that rent rooms:

Hotel directly in front of our house:

<http://meyers-ferienhof.de/index.php/de/pension>

<http://www.kenners-landlust.de/>
Footpath 10 Minutes

<https://www.duebbekold.de/>
Footpath 10 Minutes

<http://www.bahnhof-goehrde.de/>
Footpath 30 Minutes

https://www.airbnb.de/rooms/7170139?source_impression_id=p3_1660486924_cqWawHpH-Hw8%2B3xo0
Footpath 20 Minutes

<https://www.google.com/travel/hotels/s/4Gjsy75iR1a1pz9c6>
By car 15 Minutes

<https://www.google.com/travel/hotels/s/n9xa4cmbFesa2Fkv9>
By car 15 Minutes