

Powa

Transference of consciousness

Teaching and Practice

Retreat with Chamtrul Rinpoche

Friday 2. August -

Sunday 4. August 2024.

Retreat House Jigme Kunsang Ling in the area
Göhrde 100 km away from Hamburg



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

His first teacher was Naljor Yeshe Wangchuk Rinpoche, under whom he studied and practised Tummo and Dzogchen intensively. He later studied at the Institute of Buddhist Philosophy at Katok Monastery and then entered Shedra University at Larung Gar Monastery in Sertar, Eastern Tibet. While studying with his root guru, Khenpo Jikme Phuntsok Rinpoche, he obtained the degree of 'Khenpo' 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, travelling around the world to teach his students in the USA, UK, Israel, Germany, Greece, Italy, Portugal and other countries. Rinpoche has been visiting our centre for several years. We value him as a very precious teacher of the Long Chen Nyingtik Dzogchen lineage and are extremely grateful for his dedicated teaching all over the world and also in our centre, In his retreat this year, Rinpoche will conduct a Powa retreat with us.

What is Powa?

Powa (Tibetan: transport from one place to another) is a meditation technique with which we can lead our consciousness out of our body into a liberated state at the time of death.

This method, which comes from Varjayana Buddhism (6 Yogas of Naropa), is used and taught in all schools of Tibetan Buddhism.

It is regarded as a quick and effective technique for achieving complete liberation in order to ultimately help all beings. The normal passage through the so-called bardo (intermediate state) is thus avoided. To be able to perform this advanced practice, you must have received an authentic transmission from an authorised teacher.

According to the practice instructions, our consciousness enters directly into the pure land of the Buddha Amithaba, also known as Öpame.

There are various signs by which this opening can be recognised, Rinpoche will give explanations about this during the Retreat.

In general Powa practice is seen as an opportunity to achieve liberation/enlightenment/Buddhahood in an effortless way during the process of dying. Apart from the great possibility of being able to use the practice for yourself during your own dying process, it also enables you to help and accompany other dying people. The practice of Powa has great benefits even during normal living times by increasingly stabilising and clarifying our consciousness. The motivation for Dharma practice is strengthened and the practice becomes more intense and consistent.



Buddha Amithaba of the pure Land

The Jigme Kunsang Ling Retreat House is a privately run country house and home to the Jigme Kunsang Ling Association, which has set itself the task of promoting Buddhism, especially Tibetan Buddhism, for the benefit of the community.
Rinpoche comes to us as a private guest.

Contribution to expenses
Overnight stay in a shared room: €20 per night
Camping in your own tent: 8 €.
Full board 3 meals: 40 € per day

Share of travel costs, labour costs, purchases, translation costs, gumpa, etc. for the entire retreat: 150 € - reduced 120 €
Rinpoche teaches on donation.
Therefore we ask for a recommended donation of between 80 € and 300 €.
We would also like to point out to our guests that two white shepherd dogs live with us in our house.
They are very friendly, but playful and lively.
We kindly ask you to refrain from bringing your own pets.

It should also be mentioned that helping with food preparation and other chores during the retreat is expressly desired and required.

Participation in the event is only possible after prior registration by email or telephone

Participate in this privately hosted retreat at your own risk

Participation is required as a whole, exceptions only by arrangement

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Programme

Powa Retreat		Chamtrul Rinpoche
	Programme	Friday 02.08.- Sunday 04..08.- 2024
Friday 02.08.24	14:00	Arrive, tea and biscuits
	16:00 - 18:00	Teaching and Practice
	18:30 – 20:00	Dinner
	22:00	Nights rest
Saturday 03.08.24	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
	15:00 - 17:30	Teaching und Practice
	18:00 – 20:00	Dinner
	20:30 - 21:30	optional: individual Meditation Practice
	22:00	Nights rest
Sonntag, 04.08.24	7:00 - 8:00	optional: individual Meditation Practice
	8:00 - 9:00	Breakfast
	9:30 - 12:00	Teaching und Practice
	12:00 - 14:30	Lunch
	14:30 – 17:00	Teaching und Practice
	17:30 - 18:30	Dinner optional and end of Retreat