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Retreat at Palyul USA

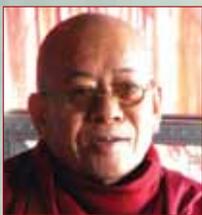
## Retreat Masters



**H**is Eminence **Khentul Gyangkhang Rinpoche** was recognized by HH Dudjom Rinpoche, HH Dilgo Khyentse Rinpoche, and HH Penor Rinpoche (from whom he received Ngöndro, Tsa Lung, and Dzogchen instructions), and he has also received many profound transmissions from these great masters. He excelled in his studies at shedra, earning the title "Khentul." He currently serves as co-head of Namdroling Monastery.



**H**is Eminence **Mugsang Kuchen Rinpoche** was recognized as Chogtrul Kunzang Sherab, founder of the Palyul Monastery in Tibet, and received all the basic and advanced monastic training and instructions from HH Penor Rinpoche. Thus he continues to uphold the vital activities of his predecessor. At present, he fulfills administrative responsibilities as co-head of Namdroling Monastery in India.



**K**henchen **Pema Sherab Rinpoche** is one of the senior-most Khenpos in the Nyingma tradition. He has led the nine-year Buddhist University at Namdroling Monastery for the past 30 years. Recently, he reorganized the study program at the Palyul Monastery in Tibet, where he lived as a youth. He also currently teaches in the annual advanced studies seminar at the Association du Centre d'Études de Chanteloube in Dordogne, France.



**K**henchen **Tsewang Gyatso Rinpoche**, with Khenchen Pema Sherab Rinpoche, Rinpoche is one of the three senior-most Khenpos at the Ngagyur Nyingma Institute of Namdroling Monastery in India, and has traveled and taught in the United States for the past 20 years. Khen Rinpoche is known and loved for his keen understanding of issues confronting contemporary students of Buddhism. He speaks fluent English.



**K**henpo **Tenzin Norgay Rinpoche** was trained at Ngagyur Nyingma Institute and enthroned as Khenpo by His Holiness Penor Rinpoche in 1998. He lived and taught at the Palyul Monastery in Tibet under the tutelage of Tulku Tubsang Rinpoche. Currently based in New York City, Khen Rinpoche travels and teaches at Palyul centers in the United States, Canada, Mexico, Europe and Australia.

## Program

### First-Year Students: Ngöndro

Students begin with the teachings and practice known as Ngöndro, or the Foundational Practices. The first week covers "The Four Thoughts," one of the most important contemplative practices.

July 10-18	The Four Thoughts that Turn the Mind to Dharma
July 19-21	Refuge Vows & Practice
July 22-24	Bodhisattva Vows & Compassion Practice
July 25-28	Mandala Offering
July 29-Aug 1	Vajrasattva Purification Practice
Aug 2-5	Guru Yoga
Aug 5-10	Phowa

### Second-Year Students: Tsa Lung Tummo

"Tsa" means "channel" and "Lung" means "vital air." Tsa Lung is a heat-generating yoga practice for purifying one's obscurations through working with aspects of the subtle body.

### Third and Fourth Year Students: Dzogchen Tögyal

Students must complete the first and second year to qualify for these Dzogchen teachings.

### Fifth and Sixth Year Students: Dzogchen Trekchöd

Trekchöd, or "cutting-through," involves the practice of single-pointed concentration (shiney/shamatha) through which one can recognize naked awareness.

Retreats are conducted progressively, with each year serving as pre-requisite to the next. Also, with the exception of Tsa Lung, it is possible to complete retreat in one or two week-long segments over several years.



Practice session leaders with Khenpo Tenzin Norgay (3rd from left). This year Khenpo Sonam Tsewang will join the teaching staff (not pictured).



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# Liberation is in the Palm of Your Hand



## 2012 Palyul Summer Retreat Program

### Retreat Center Founder: His Holiness Drupwang Pema Norbu Rinpoche



The Palyul Retreat Center was inaugurated in 1998 by the His Holiness Pema Norbu Rinpoche (1932-2009), the Eleventh Throne Holder of the Palyul Monastery in Tibet, and Supreme Head of the Nyingmapa and Lineage-Holder of the Nam Chö. Every year, students from around the world have come to experience the authentic traditional retreats as His Holiness directed: conducted according to method originally revealed by Tertön Migyur Dorje in the 16th century. Each of the seven levels of retreat consists of a month-long series of teachings and practice sessions, presenting one of the most comprehensive methods for learning how to generate the wisdom and compassion of enlightenment. Students have the opportunity to learn the practices and to be coached by senior monks who were trained by His Holiness.

**H**is Holiness Karma Kuchen Rinpoche is the Twelfth Throne Holder of the Palyul Lineage. He was recognized by HH Penor Rinpoche and HH Dudjom Rinpoche as the reincarnation of the Fourth Karma Kuchen Rinpoche, and raised and educated in Tibet. After the parinirvana of HH Penor Rinpoche in 2009, Kuchen Rinpoche has cared for Namdroling Monastery in India and Palyul Dharma centers worldwide. Although Kuchen Rinpoche will not lead our retreat this year, he sends his love and blessings, encouraging us to work hard... as he'll be back to check on us next year!

