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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

**with Khenchen Pema Sherab Rinpoche, Khen Rinpoche Pema Choephel,
Khenpo Sonam Tsewang, Lama Dawa Norbu and Ani Pema Ozer**

24 June – 5 July 2011

German Palyul Center



Khenchen Pema Sherab Rinpoche

Khenchen Pema Sherab Rinpoche was born in 1936, at Riphu, a place in Dege Jomda, in the Kham Province of Tibet.

In 1953, Shechen Kongtrul Rinpoche bestowed novice vows upon him. In 1959, he fled from Tibet to India. He met H.H. Dilgo Khyentse Rinpoche, from whom he received most of his teachings. On various occasions, he has received many teachings and oral transmission from H.H. Dudjom Rinpoche

and H.H. Penor Rinpoche. In 1968, His Holiness Penor Rinpoche invited him to come Namdroling to teach the Dharma. Thought at that time, the Ngagyur Nyingma Institute was not established; Khenchen spent a few years teaching the traditional common and uncommon fields of study to small monks of the monastery.

Since the establishment of the Institute in 1978 until nowadays, Khenchen Pema Sherab Rinpoche has been teaching in this institute out of compassion and kindness to the students.

Among the uncommon traditional studies, he has taught many teachings that illustrate the distinct view, meditation, conduct, and fruition of the Nyingma Lineage.

For the benefit of future generations, he has composed many books on Buddhist philosophy. All in all, he has taken the responsibility to manage the institute with great compassion to this day.

Presently Khenchen Rinpoche is one of the oldest and senior masters in the Nyingma and Palyul Monastery in India. All the Palyul khenpos and tulkus at Namdroling Monastery received Dharma teachings from him. He gave a promise to His Holiness Penor Rinpoche, before his parinirvana, to stay at Namdroling and continue his help there.

Khenchen Rinpoche is traveling all over the world to spread the Buddhist teachings. With his great compassion he is helping to the Buddhist students in the Western countries.

Since many years he is visiting regularly German Palyul Center and Palyul Centre UK.



Khen Rinpoche Pema Choephel

At the age of eight, Khen Rinpoche Pema Choephel found his root master, His Holiness Penor Rinpoche. He took refuge from him and received the Palyul traditional practice of Ngondro, Tsa Lung and Dzogchen from the Namcho cycle.

From His Holiness Dilgo Khyentse Rinpoche, Khen Rinpoche also received teachings on the Nyintig Great Perfection Practices of Trekcho and Togyal. Khen Rinpoche received many profound transmissions from His Holiness Penor Rinpoche, His Holiness Dilgo Khyentse Rinpoche, Nyoshul Khen Rinpoche and many others great Tibetan masters. Khen Rinpoche has thoroughly studied, researched and mastered the Tibetan Studies that cover the vast and profound teachings of Lord Buddha (both Sutra and Tantra), as well as the common studies of Tibetan language, poetry and history.

Khen Rinpoche joined Ngagyur Nyingma Institute at Namdroling Monastery and completed his studies, having mastered the Hinayana, Mahayana and Vajrayana philosophies. He is a highly qualified Buddhist scholar and senior professor of the Nyingma Institute.

Upon the attainment of these, Khen Rinpoche went to Shechen Monastery and conducted Buddhist teachings, over a period of four years. He was the first Khenpo in the Institute of Shechen Monastery in Nepal. During the big Drubchen puja at Shechen Monastery, Khen Rinpoche received a Khenpo hat from His Holiness Dilgo Khyentse Rinpoche as a great blessing. In a poem written by His Holiness Dilgo Khyentse Rinpoche, he prophesied that Khen Rinpoche would be of great benefit to sentient beings everywhere and he wrote his long-life prayer.

When Khen Rinpoche came back from Shechen Monastery, he received once more a Khenpo title and doctorate certificate from His Holiness Penor Rinpoche. With the blessings of His Holiness Penor Rinpoche, Khen Rinpoche has been teaching and spreading Buddhism in many countries. These include India, Bhutan, Nepal, Hong Kong, Taiwan, Singapore, Philippines, Cambodia, Malaysia, and

European Countries such as Greece, France, Germany, England and Bulgaria. He is the founder and the spiritual director of the Palyul Dharma Centre in Europe that includes Palyul Dharma Centre in Greece, Palyul Centre UK, German Palyul Center and Pema Dharma Center in Bulgaria.



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 Jewels – 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.

Retreat Fee:

Twelve days Retreat: 600 Euro

Discount:

Monks and nuns: Free of Charge

Members of German Palyul Center, Palyul Centre UK and Pema Dharma Center in Bulgaria: 450 Euro

* The retreat fee includes the fee of the teachings and practice, accommodation and vegetarian food.

* The suggested donation does not cover the additional offering when requesting interviews and personal instructions from the teacher.

*The texts for the various practices will be offered at cost.

Please, book in advance as the places are limited.

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

Coming programme at the German Palyul Center

We are expecting His Holiness Karma Kuchen Rinpoche, the 12th Throneholder of Palyul tradition and His Eminence Mugsang Kuchen Rinpoche to visit German Palyul Center and Palyul Centre UK in the autumn of 2011.

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