

**Visit of Ven. Tenga Rinpoche  
in the Benchen Karma Kamtsang Buddhist Centre in Grabnik  
August 19th - 25th, 2008**

August 17th - arrival in Warsaw

August 18th - free day for Rinpoche

**August 19th (Tuesday) - a lecture in Warsaw** (*organizational matters haven't been settled yet*)

**August 20th - 25th - a course in the Grabnik Centre (6 days)**

August 26th - 28th - additional days of Rinpoche's stay in Grabnik

August 29th - departure from Poland

*The teachings will be translated into English and Polish.*

**Registrations for private audiences** with Rinpoche start at 9:00 a.m on the 1<sup>st</sup> of August. They will be available at the telephone number: (+48) 22 211 37 51. The ones, which are registered at the beginning of the list, will have a priority in selecting the date of their meeting.

**The full program in Grabnik:**

August 19th (Tuesday) at about 7.00 p.m. - arrival of Rinpoche to Grabnik

August 20th (Wednesday)

10.00 a.m. - **introduction to the Medicine Buddha practice**

3.00 p.m. - **Yutok Yonten Gonpo empowerment** (to the practice of Medicine Buddha)

5.00 p.m. - Mahakala puja

8.00 p.m. - Chenrezig puja

August 21st - 22nd (Thursday and Friday)

7.00 a.m. - Green Tara puja

10.00 a.m. - **teachings on the Medicine Buddha practice (includes the palace and the deities of the mandala)**

3.00 p.m. - **Medicine Buddha practice**

5.00 p.m. - Mahakala puja

8.30 p.m. - **Medicine Buddha practice**

August 23rd - 25th (from Saturday until Monday)

7.00 a.m. - Green Tara puja

10.00 a.m. - **teachings on the six paramitas**

3.00 p.m. - **teachings on the six paramitas (on Sunday - the Three Wrathful Ones empowerment)**

5.00 p.m. - Mahakala puja

8.00 p.m. - Chenrezig puja

August 26th -28th (Tuesday, Wednesday and Thursday)

9.30 a.m. - private audiences with Rinpoche

in the afternoon - free time for Rinpoche

**Only those who formally entered the Buddhist path by taking Refuge in the Three Jewels can participate in the empowerments.**

*Please bring with you texts of Green Tara, Mahakala and Chenrezig pujas as we will probably recite them every day!*

## **Yutok Yonten Gonpo empowerment**

Yutok Yonten was a leading Tibetan Lama, who lived in the VIII century. He achieved the highest stage of enlightenment due to the practice of Medicine Buddha. He was also a great doctor and a founder of the first Institute of Medicine in Lhasa. This Lama is recognized to be the embodiment of Medicine Buddha. Empowerment to the Guru Yoga of Yutok Yonten Gonpo is known to be an expanded version of the Medicine Buddha practice empowerment.

## **Medicine Buddha practice**

The empowerment of Medicine Buddha is essential in order to take part in the course. The Medicine Buddha practice is a complete path leading to the full state of Buddha. Before we achieve the final goal however, blessings coming from this practice, helps to purify our negative karma, which manifests itself in the forms of suffering and diseases. The power of compassion of Sangye Menla brings inspiration and strength in helping the sick. The empowerment and the practice of Medicine Buddha also leads to a beneficial rebirth, therefore this puja is often recited for the living, as well as for the dead.

## **Teachings on the six paramitas**

Teachings on the six paramitas - generosity, ethic discipline, patience, joyous efforts, concentration and wisdom - represent the essence of the Bodhisattva path. Many times we have received from Rinpoche teachings on ways of developing the Bodhisattva motivation. But motivation alone won't help if we don't know how to use it in our everyday behaviours. That is the reason for precise teachings on adapting the six paramitas in our daily lives.

## **The Three Wrathful Ones empowerment (Vajrapani, Hayagriva, Garuda)**

This empowerment combines the three wrathful aspects of Buddha. Their blessing and activity helps in overcoming many daily obstacles and difficulties, which appear on the Dharma path. Receiving this empowerment is especially helpful in overcoming diseases, which are caused by nagas, such as skin diseases or allergies.

## **REGISTRATION**

**In order to settle down all of the formalities please report to the office at least half an hour before the session!**

During the lectures and empowerments the office will be closed. Those, who will be late or come at the last moment can receive an entry card at the entrance of the tent for such an amount of money, as if they haven't made a reservation earlier!

The date of the reservation for the course in Grabnik: **until the 12<sup>th</sup> of August 2008.**

<b>Suggested donation</b> (for the course)	Full price	Prepayment	For the members of the Association	For children and accompanying persons
One day	23,5 EU	20,5 EU	19 EU	2 EU
The full course (without meals)	141 EU	123 EU	114 EU	12 EU
Only lecture	12 EU	12 EU	12 EU	-
Only empowerment	16 EU	16 EU	16 EU	-
Additional night	2 EU	2 EU	2 EU	2 EU

Young people, who are still studying have a possibility to receive an additional discount.

If you intend to stay in the Centre **after August 25th** please make an additional payment (2 EU per day).

„*Prepayment*” means that only those are entitled to the discount, who register for the course and pay minimum 50% of the whole sum **until August 5<sup>th</sup>**.

Remember that you will have no discount **if you change your application** later than two days before the beginning of the course (the full price will be counted for the new application).

<b>Meals</b>	breakfast	dinner	supper	standard	full
Booked and paid on time	2 EU	3 EU	2 EU	38 EU	42 EU
Not booked or paid on time	3 EU	4 EU	3 EU	54 EU	60 EU

“full” meals – all meals throughout the whole course

“standard” meals – without breakfast on the first day and supper on the last day of the course

We provide plastic plates and cutlery for each participant. But it is *necessary* to bring your own cups with you!

The date of the reservation and prepayment for the meals: **until August 5<sup>th</sup>**.

**We cannot guarantee meals** for those who do not book or pay on time. Please think your decision over. Due to organizational reasons there is no possibility of changing your application later on. Those who intend to cook their own meals, are asked to bring their own appropriate equipment (portable gas-cooker, pots etc.).

#### **Accommodation in tents.**

If somebody doesn't have their own tent, it is also possible to sleep in the “summer lhakang” (a big tent with wooden floor, in which the course will take place). You can bring your own caravan or a mobile home on the territory of the centre, only for the time of the course.

#### **Recording the lectures**

Lectures can be recorded and noted down only for personal use. Any copying, publishing or spreading of the lectures (also in the internet) requires the agreement of Rinpoche (if using the original version) and additional authorization of the translator (if using the translated version).

The matter of **personal offering for the Rinpoche** as a token of gratitude for the given Teachings, we leave to the participants. In the Tibetan Buddhist tradition it usually takes form of a kathak scarf with some financial offering.

*We ask to pay special attention to any valuable, personal belongings, while staying in the Centre! The Centre doesn't take any responsibility for things, which were lost or left after the course; or for any material losses, which happened during the course, which are not of a fault of the Centre.*

To avoid any misunderstandings please read “The Manual For Participants of the Courses”.