

14-DAY MAHAMUDRA MEDITATION-RETREAT

10-YEAR DHARMA CYCLE

Following the 9th Karmapa's "Mahamudra – Ocean of True Meaning",
Enriched by exercises from Longchenpa's "Excellent Path to Enlightenment"

In 2024: Saturday, June 15th, 19:00 (earliest arrival at 16:00)
to Friday, June 28th, 10:00 (earliest departure at 5:00)

Only in Presence, no video transmission

English teaching by Tilmann Lhundrup
(with a consecutive Greek translation of the main teachings)

This retreat always takes place the last two weeks of June.

Place: Candili Estate, Prokopi, Euboea (Evia), 340 04 Greece, <https://www.candili.gr/>

Contact: Natasha Tsagarakou nattsag@gmail.com

*The retreat is open to everyone interested and sufficiently motivated
for 14 days of intensive dharma study and practice.*

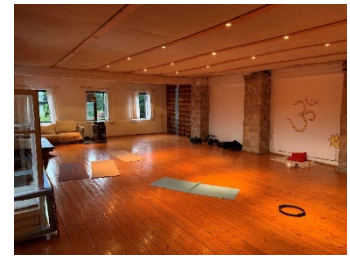


THE RETREAT

The Candili estate offers good conditions for a group retreat with everyone living and eating together on place. Up to 60 people can stay there and practice in the teaching room of 100m².

In the next ten years Lhundrup (Tilmann) will guide the retreat with practical instructions from the two texts mentioned above, evolving from day to day. The focus is on contemplation exercises and meditations that help towards an effective inner transformation. An overview of the intended practices and daily themes is provided beforehand, but will always be adapted to the needs of the participants as we go along.

Lhundrup will base himself on two famous texts by the Ninth Karmapa. The transmission of the meditation manual “Mahāmudrā – Ocean of True Meaning” by master Karmapa Wangchuk Dorje was given in Greece and Brazil in English language during seven years and will not be repeated. Audios and transcripts of those transmissions are available in the Ekayana media library. In addition, we will include practical advice from the Karmapa’s shorter text “Dispelling the Darkness of Ignorance”, translated by Elizabeth Callaghan in “Moonbeams”.



Starting in 2024, over perhaps ten years, we will do the exercises indicated there: preliminaries, mental calm, insight meditation, and resting the mind in its natural state (mahāmudrā) – probably each time a little bit of each section, an inspiring combination. We will learn to contemplate and meditate in order to continue at home in personal practice. The daily teachings and reflections explore those exercises and related themes. In places, where one of the Karmapa’s exercises covers a very wide range of reflections, we use the more limited step by step indications of master Longchenpa.¹ The spirit of the retreat is “One Dharma” or “One Way” (Ekayana) – a deep, unified approach to central themes of dharma practice with an openness to all buddhist traditions while being rooted in the Tibetan Kagyu lineage.



One central wish of this retreat cycle is to promote togetherness in the dharma world. In that spirit we will have daily sangha exchanges on the proposed themes. Each day has its own topic and exercise, announced before the retreat so that everyone can prepare. The groups are formed on the first day, with a possibility to change half way. The groups are encouraged to continue throughout the year, but without obligation.

At the time of those sangha exchanges the participants in the teachers training (TT) will also meet. They are personally invited to join that group by Lhundrup. The TT-group prepares the evening reflections and meditations to be shared with everybody.



DAILY SCHEDULE

- 6:00 Personal or Group Practice
- 8:00 Guided Meditation on the theme of the day
- 10:00 *Breakfast*
- 11:00 Teaching on the theme of the day, with Q&A
- 13:00 Sangha Exchanges
- 15:00 *Lunch, siesta*
- 17:00 Specific Instructions // Personal Practice
- 19:00 Reflections on the theme of the day, followed by Group Practice

¹ See: Master Longchen Rabjam of the Nyingma lineage in his “Excellent Path to Enlightenment” (Jewel Lotus Publishing), an autocommentary to his meditation manual “Finding Rest in the Nature of Mind” (Vol. I, Shambala). All four books from Karmapa and Longchenpa are recommended for study to all participants.

RETREAT STRUCTURE

We focus on practising in retreat undistractedly without pursuing outer contacts and activities. In case of need, relatives can leave a message on a common phone number.

The mornings up to 11 a.m. are spent in silence.

The days are structured in sessions of 1 ½ hours, either in group or individually, usually followed by ½ hour of pause/walking meditation/stretching... We will adapt the schedule to our needs, at times also taking half a day to be in nature.

- At **6:00**, we do our own practice, individually or in a group (silent meditation, sadhana practice, Tara, yoga, Tai Chi, Ngöndro...).
- At **8:00**, Lhundrup guides a morning meditation, introducing the theme of the day.
- At **11:00**, Lhundrup teaches on the theme of the day and answers questions from the sangha exchanges of the previous day.
- At **13:00**, the various sangha groups of 5-10 members practice ½ hour together and exchange on the theme of the day. The TT-groups explore questions like: How to study this dharma topic? How to communicate it? How to guide that exercise or meditation?
- At **17:00**, we have two options: Some might need specific instructions on how to do certain practices like the Mahamudra Preliminaries (Ngöndro), Chenrezig, Tara etc. – and groups will be formed around that. Others might wish to continue with their personal practice, integrating the contemplations and meditations of the day, either in their room or in nature.
- At **19:00**, members of the TT group will share ½ hour reflections on the theme of the day and guide an exercise or meditation.



MORE ABOUT THE PLACE

Euboea (pronounced *Evia*) is a large, mountainous, very beautiful island connected to Central Greece with a bridge at *Chalkida (Chalkis)*, the main town of the island. Some parts of it have been burned in 2022, but the forests and beaches around the retreat place have not been touched. The Candili Estate lies near the mountain of Candili, in the Northern part of Euboea, about two hours drive North-West of Athens. It goes from one side of the island to the other and includes hills forested with Aleppo pine and oak, rivers bordered by plane trees, olive groves and fertile valleys. The guesthouses are a few minutes walk from the village of *Prokopi*, which provides for all basic needs.



There are nice meditation places and walks in nature all around and also enough flat space for group practice outside. To refresh ourselves, we can dive into a small and a large swimming pool with natural water.

Bus connection

The direct bus from Athens to Prokopi leaves KTEL Liosion (Treis Yeffires) at 4 p.m. and takes 2 ½ hours. There are two more connections per day however, if one changes in Chalkida.

LODGING

- The guest house “Candili” has 13 bedrooms with 26-33 places, mostly double rooms.
- The comfortable manor house “Konaki” has 6 bedrooms with 11-16 places.
- The garden house “Ktouni” has 2 rooms with 2-5 sleeping places, one double room and a living. It is situated in an olive grove, 20 minutes walk away.
- A maximum of 4 tents is graciously allowed in the garden. They are however reserved for participants with little income.

→ We need to fill the Candili guesthouse first, before the other options become available! That’s why we ask for early registrations. Sleeping with more people in a room reduces your costs significantly! Here is a list of the available sleeping places (the prices are per person and for the full retreat):



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|--|--------------|
| - 4-8 places in max. 4 tents | for 130€ |
| - 8 places in rooms shared by 4 people | for 190€ |
| - 9 places in rooms shared by 3 people | for 250€ |
| - 22 places in Candili double rooms | for 375€ |
| - 3 places in a Konaki triple room | for 420€ |
| - 6 places in Konaki double rooms | for 560€ |
| - 2 places in a Konaki double room | for 630€ |
| - 1 place in a Konaki single room | for 630€ |
| - 2-5 places in Ktouni garden house | for 260-650€ |



Further single rooms cost the prize of a double room (750€).

To all these prices, taxes have to be added! Please wait with your payment until you have an invoice from Ekayana.

Please note: Everyone should participate fully, not coming late, and not leaving earlier. If for any reason your stay is shorter, you nevertheless have to pay the full charges.

FOOD

We have 2 vegetarian meals per day at 25€/person: a copious breakfast and a warm lunch, plus fruit, tea and coffee throughout the day – 325€ in all. The arrival dinner and departure breakfast count together as one day.



It is not possible to cook for oneself, but there is a fridge to store personal food and a dining room to eat dinner. We can use a small cooking point with two flames and a microwave oven for hot water, tea, coffee and warming up dishes.

COSTS

Your retreat costs approximately:

- | | |
|---|----------------------|
| - Sleeping place | 190€ to 375€ or more |
| - Food | 325€ |
| - Organisation fee (teacher and translator room, food, travels) | 100€ |
| - Donation for the teaching | 200€ to 500€ |

Total sum for two weeks of retreat: 815€ to 1,300€ (+ 7% taxes!)

→ *People who cannot afford this, please contact us personally.*

REGISTRATION

We need a minimum of 30 participants to prepay our booking to Candili in April. This is why we ask you to send a registration deposit.

1. First contact Natasha by email to know which room you can be in.
2. After January 1st and before March 31st (to make our book keeping easier) please send the amount you have to pay for your room to the Ekayana bank account:
“Ekayana gGmbH” at: Raitenbucher Str. 17, D-79853 Lenzkirch, Germany
GLS Bank, IBAN: DE47 4306 0967 7926 6871 00, BIC: GENODEM1GLS.
!!!Do not forget to specify: „Candili Registration“!!!
3. Send Natasha (nattsag@gmail.com) and Ekayana (buchhaltung@ekayana-institut.de) an email stating your money transfer and registration to receive a confirmation email.

Please note the following agreement: The money is not refunded. In case you cannot come to the retreat in June this money will either be used as a donation for a scholarship for retreatants with little income or it is counted for your next year's registration. You decide.

PLEASE BRING

- your meditation cushion
- perhaps a yoga mat (only 15 on site)
- mosquito spray (mosquito repellent electric plugs are available on site)

Looking forward to seeing you there!

Lhundrup, Natasha,
and the Candili Retreat Team