

# FIVE DAY VAJRAYANA-RETREAT

## 10-YEAR CYCLE

English teaching by Lama Tilmann Lhundrup  
(only online!)

Always January 2<sup>nd</sup> – 6<sup>th</sup>  
(starting in Jan. 2025)

This 10 year cycle gives a general introduction to Buddhist tantric practice. We use comparatively simple practices like the Śākyamūni Guru Yoga, Vajrasattva from the Mahāmudrā Preliminaries, or various Avalokiteśvara practices as our basis. They will be explained and practiced together according to the instructions of Karma Chakme Rinpoche in his “Mountain Dharma” and other commentaries (like from the 9<sup>th</sup> and 15<sup>th</sup> Karmapa), which present a gradually deepening understanding of the tantric approach. Other sources, like Jamgon Kongtrul Lodrö Thaye, will also be used. With their help we move step by step through the four levels of Buddhist tantra – Krīya, Caryā, Yoga, and Anuttarayoga – and develop a basic understanding of each level.

**Please note:** This cycle can only be attended by practitioners having received empowerment into Avalokiteśvara (Chenrezig), Vajrasattva and a Guru Yoga like Karmapa, Milarepa or Guru Rinpoche. Tara, Amitabha and the Medicine Buddha are also recommended, but not necessary.

- To start with, in the first year (January 2025), to have received an empowerment into **Avalokiteśvara** and to have faith in that practice is enough in order to participate.
- The course will only be in the second part of the day so that dharma friends from Brazil or the US, Canada etc. can join.

### DAILY SCHEDULE (GERMAN WINTER TIME)

- 13:00 Teaching
- 15:00 Group Practice
- 17:00 Teaching, Questions and Answers
- 19:00 Group Practice