



## Khenpo Tsultrim Tenzin

October 15-16, 2011

### Ngondro Teachings and Practice

The Drikung Mahayana Center is pleased to announce this upcoming event.

On Saturday and Sunday, October 15 and 16, Khenpo Tsultrim Tenzin will teach Ngondro, the Extraordinary Preliminary Practices of the Drikung Kagyu. Teachings are scheduled from 10 a.m. to noon and from 2 – 5 p.m. each day.

Initially, practitioners listen, reflect and meditate on the common or ordinary foundations to develop a deep sense of renunciation on which to turn the mind from samsara towards liberation. The four ways of turning the mind are understood as precious human existence, impermanence, karma, and suffering. The four ways of turning the mind are the basis for the successful practice of any of the Yanas.

Then one practices the four extraordinary foundations or preliminaries. These consist of refuge, Vajrasattva, mandala, guru yoga and bodhicitta practices. Lord Jitgen Sumgon, the founder of the Drikung Kagyu lineage and considered the second Nargarjuna, said, "The Ngondro is even more important than the higher practices." One must truly understand and practice the simple, yet profound, Ngondro teachings before one begins the higher teachings, such as Mahamudra or the six yogas of Naropa.



Khenpo Tsultrim Tenzin took his monk's vows at the age of 14. He studied the Thirteen Major Texts with Khenchen Nawang Gyalpo Rinpoche and other khenpos. He also received the entire Lamdré-cycle of empowerments of the Ngor-Sakya lineage from Khensur Khenchen Rinpoche. From Amdo Lama Togden Rinpoche and Dilgo Khyentse Rinpoche he received many Nyingma empowerments and teachings. Khenpo later met His Holiness Drikung Kyabgön Chetsang Rinpoche and the spontaneous devotion Khenpo felt for His Holiness resulted in his request to His Holiness to join the monastery there and continue his education at Drikung Kagyu Institute at Jangchub Ling in Dehra Dun. After three years teaching lower classes in the monastic college, he was enthroned by His Holiness Drikung Kyabgön Chetsang Rinpoche as a "Khenpo" in 1998 and spent three more years teaching Buddhist philosophy at the Institute. In between his busy schedule first as student and later as instructor, Khenpo completed the Ngondro, Cakrasamvara and other practices while in retreat. In April 2001, Khenpo arrived at the Tibetan Meditation Center (TMC). Khenpo is known and loved for his engaging teaching style as well as his complete lack of pretension.

**Location**

de la Cruz Home: 5807 Linder Lane, Bethesda, MD 20817; 301-530-2347

**Meals**

*For Khenpo Tsultrim* -- If you would like to bring a meal for Khenpo or take him out to eat, just let us know in advance so we can coordinate and to ensure that no food or effort is wasted.

*For all of us* – While meals are “on your own,” you are welcome to bring your lunch or a luncheon dish to share. We anticipate that this will be a small group and that we will be able to eat and clean up together.

**Suggested Donations**

\$20-40 for each day (on a sliding scale depending on your ability). No one should fail to attend for inability to make a donation. Please make checks payable to DMC. DMC now accepts credit cards.

**Notes**

- The Center only has a few Ngondro sandhanas; please bring yours if you have one.
- Registration at the door.

Drikung Mahayana Center, Inc.  
子贡大乘佛学中心  
Trung Tâm Drikung Mahayana  
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[www.drikungmahayanacenter.org](http://www.drikungmahayanacenter.org)

The Drikung Mahayana Center is a Tibetan Buddhist center founded by His Eminence Kyabje Garchen Triptrül Rinpoche. While the Drikung Mahayana Center seeks to preserve those practices and insights that are specific to the Drikung Kagyu lineage, His Eminence holds multiple lineages and the Center supports and sponsors teachings from the Mahayana, Vajrayana, Dzogchen and Mahamudra traditions. Our sister organizations include the Garchen Buddhist Institute, which is Rinpoche’s main center, and Gar Drolma.

“I encourage you to emphasize the study and contemplation of the 37 Bodhisattva Practices. This text is like my representative or substitute; it is the principle heart advice that I offer to all of my students. If you can merge your conduct with the teachings in the 37 Bodhisattva Practices, and never be separated from these, this will be of greatest benefit to oneself and others.” H.E. Garchen Rinpoche (7/22/2005)

We always appreciate your comments and suggestions, which can be sent to [drikungmahayana@yahoo.com](mailto:drikungmahayana@yahoo.com)