

MANI RETREAT

with Lama Zopa Rinpoche

5 May to 6 June, 2009

RETREAT INFORMATION

Calender

5 May - 6 June : Mani retreat

6 and 7 May : 1,000 arm Chenrezig initiation

Start of the retreat

The retreat will begin the **5 May 2008** in the evening with the placing of cushions in the tent, the introductory speech by Lama Zopa Rinpoche's retreat assistant, who's name we'll know in the up-coming weeks and a few words about the organisation from the Institute team.

Lama Zopa Rinpoche has offered to begin the retreat by conferring the 1,000 arm Chenrezig initiation the 6 and 7 May. 1,000 arm Chenrezig is the aspect of the compassion of all the buddhas. This initiation belongs to the kryia class of tantra. There is a preparatory session on the first day and the initiation itself the second day. We should tell you that Lama Zopa Rinpoche is known for his inspiring motivations that can sometimes last well into the night. The exact hours of the initiation will undoubtedly be known only at the last moment. We should also tell you that

Lama Zopa Rinpoche's teachings

Rinpoche will not necessarily be teaching each day of the retreat. Whatever happens, he's more often than not likely to decide at the last moment when will be the best opportunity to teach. So we advise those that are not residing on the site to always stay in contact with us so that we can keep you informed. Information about the teachings will be put on the Institute's site at all times. It's important to maintain a certain 'group cohesion' and even if you're lodged outside the Institute to be present as much as possible for all the sessions but if Rinpoche decides to come to teach unexpectedly, you can perhaps organise a chain so that everyone will be informed in the shortest time after we've given you the information. The teachings might be held at breakfast time, dinner-time or way into the night...

Hours (subject to change)

5h30 : first session (Lama Chöpa Jorchö)

9h30 : second session

11h00 : lunch

13h30 : discussion groups

15h00 : third session

18h00 : light dinner (for those not taking precepts)

19h30 : fourth session and/or teaching

Concluding Fire puja

The retreat will probably finish with a Vajradaka Fire puja, a method for purifying the negativities and errors created during the retreat.

Retreat discipline

Retreatants are asked to participate in all sessions, even those participating for only a day, and to keep a retreat atmosphere following Rinpoche wishes, between sessions by **keeping silence** until after lunch and to avoid all futile speech for the rest of the day.

Retreatants should also keep the **five precepts** (to not kill, not steal, not commit sexual misconduct, not lie and not to take intoxicants) and are strongly encouraged to take the Eight Mahayana Precepts as often as possible.