



BAROM KAGYU CHODRAK DRUPJU CHULING (INCORPORATED)

INC 9888339 - ABN 72 168 544 397

50B Woods Road – Sefton, NSW 2162

Phone: 612-97865513 - Email: baromkagyu.syd@gmail.com

NYUNGNE RETREAT



Friday 26th May 2017 – Monday 29th May 2017

Nyungne retreat involves 1000 Arms Chenrezig practice with visualization and recitation of the long and short Compassion mantra, Participants are required to take the Mahayana precepts and strictly observe fasting and silence vows. This retreat is for full time participants only. Visitors can join in for recitation at anytime, but to actually do the retreat, one need to attend full-time. Please carefully read all practical information that follows to know what to expect during the retreat.

PREREQUISITES: Please read all information related to Nyungne retreat. If you have health concerned, or need to take medications daily, please discuss early with Lama Namsai

REGISTRATION: Please pre-register your participation by sending an email to baromkagyu.syd@gmail.com with name, contact details, or put your name down the list directly on the registration sheet at the temple. You can come on Friday 26th May 2017 to complete your registration. Pre-registration is essential to book for meals.

BENEFIT OF NYUNGNE RETREAT

If one practice Nyungne just one time, all negative karma of forty thousands kalpas will be purified and one will not be reborn into the lower realms. Purification is possible due to the power of Chenrezig's compassion and blessings as well as our faith and devotion. When such causes and conditions come together, a true purification inevitably takes place.

During Nyungne practice, **physical fasting** purifies the negative karma of killing, stealing, and sexual misconduct and overcomes obscuration of the body. Therefore you will never be born in the hungry ghost realm, and ultimately you will attain the supreme body of the buddhas. **Abstaining speech and remaining in silence** purifies the negative karma of lying, slandering, harsh words, and the idle talk, and purifies obscuration of speech. One will not be born in the animal realm, and ultimately will attain the melodious enlightened speech of the buddhas. **One-pointe concentration** on practices during Nyungne purifies the negative karma of greed, evil thoughts, wrong views, and purifies obscurations of the mind. One will not be born in the hell realm and will have spiritual realization and spiritual experience. Ultimately one will attain the five wisdoms of the Buddhas.



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It has been said that this practice is so great that even offering a meal to a Nyungne practitioner is like offering a meal to an eight-bhumi bodhisattva. Just by supporting Nyungne practitioners one will receive tremendous benefits.

TIMETABLE

26th May 2017 (Friday)

6:00 pm Registration desk open

7:30 pm – 9:30 pm Teachings

27th & 28th May 2017 (Saturday & Sunday)

6:30 am – 9:00 pm Venerable Sonam Rinpoche bestows the Mahayana Precepts before sunrise. The rest of the day consists in sittings for Nyungne sadhana, long and short compassion mantra recitation and prostrations. Sonam Rinpoche will decide the time for each session. The day may end at 9 pm or earlier, depending on Sonam Rinpoche's decision.

29th May 2017 (Monday)

4:00 am – 6:00 am Morning session

6:00 am – 7:00 am End Retreat, breakfast

Please note that timetable for Friday (26/05/17), Saturday (27/05/17), Sunday (28/05/17) and Monday (29/05/17) are always flexible, depending on the final decision of Sonam Rinpoche.

COMMITMENTS

- **Strictly Residential:** Please be aware that by accepting to join the retreat at the start you are committed to stay within the retreat areas until the end of the retreat.
- **To take the Mahayana Precepts:** bestowed by Venerable Sonam Rinpoche at 6:30 am on both days, Saturday, 27th May 2017 and Sunday, 28th May 2017. Once received, these precepts are to be kept for the next 24 hours, which include strict rules for fasting and silence vows specific to Nyungne practice (see table below). This is compulsory to attend the retreat.
- **To keep all vows tightly:** until the end of the retreat, since breaking vows involves heavy consequences.

	FOOD	DRINK	TALK
Friday	n/a	n/a	n/a
Saturday	No breakfast, Lunch before 1pm, No dinner	Can drink water, tea, milk, juice etc. all day.	only talk when necessary
Sunday	No food	No drink	Strictly silence
Monday	Same as Sunday until the end of the morning session where the retreat ends.		



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After the fasting, it is advised to have warm food first.

MEALS

Friday (26/05/17) dinner will be on your own. There will be instant noodles, breads, peanut butter, milk, tea and drinks available at the temple.

From Saturday until Monday morning, due to fasting vow, vegetarian meals will be served on Saturday lunch and Monday breakfast.

CONTRIBUTIONS

- Contribution: **\$60/person** for the whole Nyungne retreat to cover the costs for meals, drinks, altar offerings and retreat expenses. If you wish to do the retreat but have financial problem, please do not hesitate to contact us.
- At the end of the retreat, everyone will have a chance to offer the white khata for thanksgiving.
- Donation to the Center is voluntary to support the Centre's building fund and running costs. Your support would be most appreciated.

ADVICES FOR NYUNGNE RETREAT

Prostrations: Everyone can do prostrations at their own pace during the time allocated for prostrations. There is no set number to be completed in each session.

Fasting: The aim of this retreat is to give us a small idea of the suffering that so many other beings are experiencing, so some level of discomfort is normal and it's a great opportunity to transform it into a meaningful experience.

Eating food: It's a good idea not to have a surfeit of food at lunch time on Saturday, it can result in a slowing process of digestive system that makes difficult to complete the following sessions.

WHAT TO BRING

- Sleeping bag, sleeping mat, blanket, personal items;
- Notebook & pen if you wish to take notes;
- Meditation shawl or blanket for early mornings and evenings;
- Appropriate clothing (no shorts), comfortable clothes to sit and prostrate in. White clothes if you have, otherwise any color will do;
- A small, flat cushion or pad or towel to protect the knees while prostrating;
- If you have a special meditation cushion you like, you can bring with you;
- Mala / Rosary – crystal mala if you have, otherwise any kind of mala will do.

