Venerable Sonam Tenzin Rinpoche and Venerable Lama Namsai will conduct a practice retreat of **8 Consecutive Sets of Nyungne**. This retreat will be held during the auspicious month of Sakadawa, the month commemorating the birth, enlightenment, and parinirvana of Shakyamuni Buddha. It is said that, during this time the merit accumulated through performing virtuous activity is multiplied 100,000 times.

Nyungne retreat is a 1000 Arms Chenrezig practice. Participants are required to take the Mahayana precepts and strictly observe fasting and silence vows. This retreat is for full time participant per set of two days. Guests can join in for recitation at any time, but to actually do the retreat, one need to attend full time.

Undertaken in sets of two days, the first day includes one vegetarian meal at noon, drinking water throughout the day as needed. The second day is a complete fast performed in noble silence. Please note it is necessary to arrive at Buddhist Center (4273 Solar Way, Fremont, CA 94538) by 6:00pm the evening before any set as practice begins as early as 5:00am everyday throughout the retreat. Leaving the grounds of the retreat is not permitted.

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

**REGISTRATION:** Please pre-register by sending the Registration Form via email to choekhorlingfoundation@gmail.com. Contribution is $100 per person for each set of Nyungne to cover the costs of meals, drinks, retreat expenses, and lodging. If you wish to attend the retreat but have financial difficulty please do not hesitate to contact us.

**SCHEDULE:**

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<th>SET #</th>
<th>BEGINS</th>
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<td>DAY</td>
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<tr>
<td>1</td>
<td>SAT</td>
<td>19-May</td>
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<td>2</td>
<td>MON</td>
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<td>3</td>
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<td>5</td>
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Notes:

- Rinpoche bestows the Mahayana Precepts before sunrise. Rinpoche will decide the time for each session. The day may end at 9:00pm or earlier depending on Rinpoche’s decision. Schedule time given above is just an estimation.

- 8 Consecutive Sets of Nyungne Retreat is conducted by Rinpoche once every two years in Australia. This is the first time that it is held in the U.S. Merits and Siddhis attainment are incomparable between 8 consecutive sets versus one set at a time. However, from his boundless compassion Rinpoche will allow retreat participant to register from one set to as many sets as one could participate.

NYUNGNE RETREAT CONCLUSION ON MONDAY JUNE 4TH: June 4th will be an all-day session as a Chenrezig Initiation is required to conclude the 8 Consecutive Sets of Nyungne Retreat. In addition Rinpoche will conduct an Amitabha Jang Chog Puja and Tsok Offerings.

Jang Chog is a purification puja for the dead as well as the living sentient beings. Amitabha Jang Chog Puja allows us to accumulate merits through making supplications, offerings and confessions to Buddha Amitabha and is then transferred to the deceased to help them in their purification and liberation. This will help the deceased in the Bardo and shows them the path to Enlightenment.

During Amitabha Jang Chog Puja, the name of the deceased is written on a paper tablet and the tablet is burned in the process of the puja to symbolize purification of all the gross and subtle defilements, obscurities and negative karma of the individual by the fire of wisdom and thereby ripen their merit to be reborn in Amitabha’s pure land of Dewachen.

One performs the Tsok ceremony to generate immeasurable merit. Generally, merit is accumulated by undertaking actions that benefit others, while wisdom is accrued through the practices of meditation and visualization. The mind is the source of speech and action. The Vajrayana master developed practices that focus directly in the transformation of the mind. Tsok Offering is one such method. Instead of making common offerings to ordinary beings, the benefactors of a Tsok Offering are perceived as Buddha’s, gurus and deities, and the offering are multiplied and transformed through visualization. By working directly with the mind in this way, the merit from making offering is increased innumerably, while the visualization and dissolution aspects of the practice enable swift development of wisdom.

COMMITMENTS:

- **Strictly Residential:** By accepting to join the retreat you are committed to stay within the retreat areas until the end of each Nyungne Retreat Set.
- **To take the Mahayana Precepts:** Bestowed by Venerable Sonam Rinpoche and once received, these precepts are to be kept until the end of each set which include strict rules for fasting and silence vows specific to Nyungne practice. This is compulsory to attend the retreat.
- **To keep all vows perfectly:** until the end of each set since breaking vows involves heavy karmic consequences.

**SADHANA:** Sonam Rinpoche has commissioned a special set of Sadhana specifically for the 8 Consecutive Sets of Nyungne Retreat. It will be made available to each participant of this retreat. However, it is Rinpoche’s wish that you return all the Sadhana at the end of the retreat for future use of 8 Consecutive Sets of Nyungne Retreat.

**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 for us to have a perceived notion of the unimaginable suffering 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 (one meal of the day) as it can result in indigestion that makes difficult to complete the remaining sessions of the day.
- **Attire:** “All White” clothes are recommended. There is a custom made white set of Nyungne uniform for participant of full 8 sets of Nyungne (pre-order).

**WHAT TO BRING:**
- Sleeping bag, sleeping mat, blanket, personal items.
- Notebook & pen 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 is highly recommended.
- Cushion or pad for prostration.
- Bell/Dorje set, Mala (crystal mala if you have, otherwise any kind of mala will do).

**FACILITIES AT CENTER:**
- Shower
- Washer and dryer for laundry
- Internet