NYUNGNE RETREAT

Tuesday 07th – Wednesday 15th June 2022

The Saka Dawa month (June 2022) is one of the holiest and most sacred times in the Buddhism calendar when Buddhists all over the world celebrate the three major events in the life of Shakyamuni Buddha – his birth, his enlightenment and his parinirvana. Due to the remarkable events and thoughtful requests of many students, Venerable Lama Namsai and Khenpo Tenzin kindly agreed to hold the 4 set of the profound retreat. As an exciting result, we eagerly wish that Barom Kagyu friends reserve some dedicated time and effort to attend the meritorious occasion in order to benefit all mother beings and pray for peace and harmony in the world.

It is worth noting that merits are multiplied by hundred million times throughout the time thus, a retreat participant will definitely accumulate immeasurable merits and be able to dedicate these to sentient beings.

Please be reminded by Venerable Sonam Rinpoche and Lama Namsai that great Dharma consequences are driven by our Bodhisattva motivations and vice versa as you decide to participate in any Dharma practice/retreat.

Nyungne retreat involves 1000 Arm 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 and the requirements are for full-time participants only. Visitors are welcome to join in for reciting at any time.

Please carefully read the information below to understand what happens during the retreat.

Please be advised: if you have health concerns or need to take medications daily, please discuss early with Venerable Lama Namsai.

REGISTRATION: Please register by sending an email to baromkagyu.syd@gmail.com or contacting:

- Sydney Centre  - 9786 5513
- Tram/Tsering Yangkey -- 0423 424 816
- Tuong/Sonam Rinchen– 0423 424 824
with name, contact details or put your name down directly on the registration sheet provided at the monastery as early as possible so that it allows our volunteer organisers to have a sufficient time to arrange meals, drinks and accommodations.

**SUPREME BENEFITS OF THE NYUNGNE RETREAT**

If one practises the retreat just one-time, negative karma of forty thousand kalpas will be purified and one will not be reborn into the lower realms. Purification is visible 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 takes place inevitably.

During the Nyungne retreat, the practice of fasting will purify the negative karma of killing, stealing, sexual misconduct and a practitioner will overcome obscurations of the body. Therefore, you will never be born in the hungry ghost realm and ultimately you will attain the supreme body of the Buddha.

**Abstaining speech and remaining in silence** will purify the negative karma of lying, slandering, harsh words, the idle talk and purify obscurations of speech. One will not be born in the animal realm and ultimately will attain the melodious enlightened speech of the Buddha. One-pointed concentration during the Nyungne practice will purify the negative karma of greediness, evil thoughts, wrong views and purify obscurations of the mind. One will not be born in the hell realm and will have a spiritual realization and experience. Ultimately, one will attain the five wisdoms of the Buddha.

It has been said that the 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.
# Nyungne Retreat - Programme

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, 7th</td>
<td>06:00 am – 07:00 am</td>
<td>Eight Mahayana precepts – Calling Guru from Afar</td>
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<tr>
<td>Thursday, 9th</td>
<td>07:00 am – 08:00 am</td>
<td>Tea break</td>
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<tr>
<td>Saturday, 11th</td>
<td>08:00 am – 12:00 pm</td>
<td>Nyungne Sadhana Prayer</td>
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<tr>
<td>Monday, 13th</td>
<td>12:00 pm – 02:00 pm</td>
<td>Lunch Break <em>(Vegetarian meals will be provided)</em></td>
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<tr>
<td><em>(Non-fasting days)</em></td>
<td>02:00 pm – 03:30 pm</td>
<td>Nyungne Sadhana Prayer</td>
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<td></td>
<td>03:30 pm – 04:00 pm</td>
<td>Tea Break</td>
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<tr>
<td></td>
<td>04:00 pm – 05:30 pm</td>
<td>Fire Puja &amp; Mahakala</td>
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<tr>
<td></td>
<td>05:30 pm – 06:00 pm</td>
<td>Tea Break</td>
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<td></td>
<td>06:00 pm – 07:00 pm</td>
<td>Four arm Chenrezig prayer</td>
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<tr>
<td>Date</td>
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<tr>
<td>Wednesday, 08th</td>
<td>06:00 am – 07:00 am</td>
<td>Eight Mahayana precepts – Calling Guru from Afar</td>
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<td>Friday, 10th</td>
<td>07:00 am – 08:00 am</td>
<td>Break</td>
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<tr>
<td>Sunday, 12th</td>
<td>08:00 am – 12:00 pm</td>
<td>Nyungne Sadhana Prayer</td>
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<tr>
<td>Tuesday, 14th</td>
<td>12:00 pm – 02:00 pm</td>
<td>Break (Fasting)</td>
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<tr>
<td></td>
<td>02:00 pm – 03:30 pm</td>
<td>Nyungne Sadhana Prayer</td>
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(Fasting days – food and drinks aren’t allowed)
**Wednesdays 15th June 2022**

06:00 am – 07:00 am  
Summing up the last set – Breakfast together with a special Tibetan milk tea.

(The schedule can be changed subject to students’ circumstances)

**COMMITMENTS**

- **Strictly Residential:** Please be aware that by committing to join the retreat, you are committed yourself to stay at the monastery of Barom Kagyu until the end of the retreat.
- **Eight Mahayana precepts:** bestowed by Venerable Lama Namtsi at 6:00 AM from Tuesday, 6th to Tuesday, 14th June 2022.

  A practitioner must restrict himself/herself from breaking any of the eight precept vows for 24 hours.

**MEALS**

The centre volunteers will provide a light breakfast on non-fasting days (07th, 09th, 11th, 13th) such as sandwiches with peanut butter, milk and tea.

**CONTRIBUTIONS**

- Contribution: **$60 per person** per set of the Nyungne retreat to cover the cost of meals, drinks, altar offerings and utilities expenses. If you are in a financial hardship, please feel free to speak to one of our organisers (Tuong/Sonam Rinchen – 0423 424 824 or Tram/Tsering Yangkey - 0423 424 816).
- At the end of the retreat, traditionally we are encouraged to offer the white khata to our precious Gurus as thanksgivings.
- Donation will be used to support our Centre’s building fund and running expenses and your support would be most appreciated.

**ADVICE FOR RETREAT Participants,**

**Prostrations:** Everyone can do prostrations at their own pace during the time allocated for prostrations. There are no set numbers to be completed in each session.
**Fasting:** The aim of this retreat is to give us a rough idea of the suffering that so many other beings experience, so some level of discomfort is normal and it’s a great opportunity to transform it into a meaningful life experience.

**Lunch:** It’s a good idea not to have a surfeit of food at lunch time on non-fasting days as it can result in a slow process of the 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 or essential uniform if you have, otherwise any color will do;
- 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.

**Online via VN Zoom**

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*Meeting ID: 946 144 7283*

*Password: 532 078*

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*May all beings everywhere plagued with sufferings of body and mind obtain an ocean of happiness and joy by virtue of our merits.*