

# Tibetan Meditation Center

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## 2015 TMC Winter Retreat

with

Venerable Khenpo Tsultrim Tenzin

December 26, 2015 to January 3, 2016



TMC Spiritual Director  
Khenpo Tsultrim Tenzin



### Teaching on “*Cintamani - The Garland of Blazing Wish-Fulfilling Gem*”

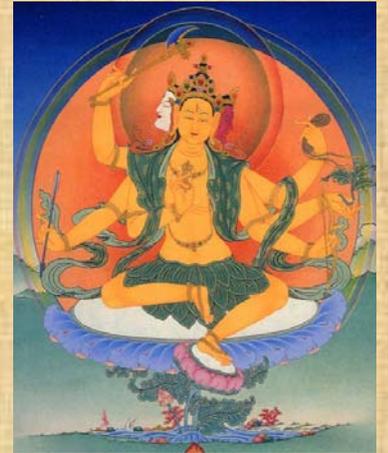
Basic mind training that leads to the precise explanation of Mahamudra

by Lord Jigten Sumgön

### Loma Gyönma Empowerment and Teaching

The 8th Annual TMC

### Avalokitesvara Mani Drupchen with Empowerment and Smoke Offering



Loma Gyönma



#### Daily Retreat Schedule:

10 AM ~ Noon - AM Morning Sessions

Noon ~ 2 PM - Lunch Break

2~5 PM - PM Afternoon Sessions

Saturday, December 26

AM - Loma Gyönma Empowerment

PM - Loma Gyönma Teaching

Sunday ~ Tuesday, December 27 ~ December 29

All Day Teaching - “Cintamani - The Garland of Blazing  
Wish-Fulfilling Gem” by Lord Jigten Sumgön

Wednesday ~ Friday , December 30 ~ January 1

All Day Practice - Mani Drupchen

Saturday, January 2

AM - 1000-Arm Avalokiteshvara Empowerment

PM - Outdoor Smoke Offering (Dress warm)

Sunday, January 3

Lama Chöpa with Tsök

(You may bring small nourishing food items to share)

All sessions will be led by Khenpo Tsultrim Tenzin

#### Suggested Donations:

\$45.00 per day

\$325.00 entire retreat

No one turned away due to lack of funds

Pre-register at [registertmc@gmail.com](mailto:registertmc@gmail.com)

For more information on retreat visit: [drikungtmc.org](http://drikungtmc.org)

## Venerable Khenpo Tsultrim Tenzin Rinpoche

Khenpo took his monk's vows at the age of 14. He studied the Thirteen Major Texts with Khenchen Nawang Gyalpo Rinpoché and other khenpos. He also received the entire Lamdré-cycle of empowerments of the Ngor-Sakya lineage from Khensur Khenchen Rinpoché and from Amdo Lama Togden Rinpoché and Dilgo Khyentse Rinpoché he received many Nyingma empowerments and teachings. Later, Khenpo Rinpoché joined Drikung Kagyu Institute at Jangchub Ling in Dehra Dun and there met His Holiness Drikung Kyabgön Chetsang Rinpoché. The spontaneous devotion he felt for His Holiness resulted in his request to His Holiness to join the monastery there and continue his education. Khenpo Tsultrim completed his formal education at the Jangchubling Monastery and it was there he began his teaching career. He was enthroned as Khenpo in 1998 and he began teaching at TMC in 2001. Khenpo is now the Spiritual Director of TMC and he travels to many Dharma Centers in the USA to bring his wonderful insights and commentaries on the Dharma texts.

## Loma Gyönma - (Tib. Logyönma, Skt. Pita Parnasavari)

The best practice to avert war and also to prevent or avert diseases like Ebola is Logyönma (Loma Gyönma). If people gather and do the practice of Logyönma many times, this can prevent the spread of such diseases or of war.

Once, in Dharamsala, there was a serious disease that was killing many people; so every day for many, many months all the people in Dharamsala gathered together and did Logyönma practice. In this way, they were able to prevent the disease from taking over...Students can go to places where there is an epidemic and do these practices. They can recite them and teach them to others in order to change the karma. They can chant the mantras aloud so that people can hear them and this can help them.

Lama Zopa Rinpoche

## Cintamani (Skt. maṇi, cintā-maṇi, cintāmaṇi-ratna), also Chintamani.



This text, "Cindha Mani Rinpoche Barvey Tangwa," is the gist of several teachings, stressing mainly the theme of Mahamudra of Ngadan. It is the favorite text of Drikung Kyöbpa Jigten Sonpo himself. He used to say, "This text will represent me. I let it nurture the assembly of disciples." This rare text was found as a result of His Holiness Drikung Kyabgon Chetsang Rinpoche's efforts to discover and disseminate such rare texts.



**Avalokitesvara Mani-Drupchen** is the annual practice at TMC of the Bodhisattva of Compassion. The sangha performs the sadhana practice of the deity Avalokitesvara and recites the great mani-mantra OM MANI PADME HUNG HRIH, as many times as possible. The wisdom and merit accumulated during the practice is dedicated to all suffering sentient beings to help them to transform their suffering into happiness.