

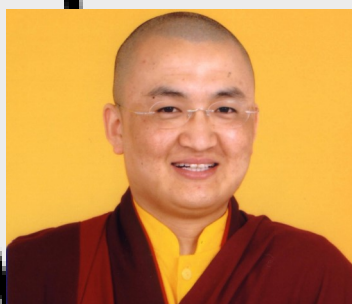
## Tibetan Meditation Center

9301 Gambrill Park Road  
Frederick, Maryland 21702  
drikungtmc.com  
email: info@drikungtmc.com  
phone: 301.473.5750



# 2016 Annual Winter Retreat and Mani Drupchen

## December 26th to January 1st



with Chenga Rinpoche and Khenpo Tsultrim Tenzin

Monday, Dec. 26: 10AM-Noon: Ganges Mahamudra Teaching with Khenpo Tsultrim  
2PM-5PM: Mani Drupchen / Chenrezig Practice Accumulation

Tuesday Dec. 27—Thursday, Dec. 29: Same as Monday.

Friday, Dec. 30: 10AM-Noon: Milarepa Empowerment with Chenga Rinpoche  
2PM-5PM: Milarepa Sadhana and Vajra Songs teaching with  
Chenga Rinpoche.

Saturday, Dec. 31: 10AM-Noon: Mahakala Empowerment with Chenga Rinpoche  
2PM-5PM: Dharmapala Practice Teaching with Chenga Rinpoche

Sunday, Jan. 1: 10AM: Lama Chöpa with Tshok Offering. Retreat Conclusion.

Suggested Donations:  
\$30 / day, \$200 / entire program

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

For volunteer and work study opportunities, contact  
[info@drikungtmc.com](mailto:info@drikungtmc.com)

*No one turned away for lack of funds.*

**The Second Chenga Rinpoche**, Chenga Drag-pa Jung-ne, (1175-1255), was the reincarnation of the fourth lineage-holder of the Drikung Kagyu School of Tibetan Buddhism. In the Buddhist history of Lho Rong, it says: that “Chenga Rinpoche and Won Rinpoche (the third Throne-holder of Drikung Kagyu) were the heart disciples of Lord Jigten Sumgon.” Chenga Dragpa Jungne was born in Kham and was ordained under the seat of Sangye Yerpa.

He first met Lord Jigten Sumgon when he was eighteen years old and became his attendant for twenty-one years (The name “Chegna” means close attendant). At that time, Jigten Sumgon was the abbot for both Phagdru Densa Thil Monastery and the Drikung Thil Monastery. At age sixty-six, because of old age, Jigten Sumgon entrusted Chenga to be the abbot of Phagdru Densa Thil Monastery. Jigten Sumgon said: “In the past, I was your guru. Now, you are the guru. You will bring glory to Phagdru Densa Thil.”

The title “Chenga” was developed into a special “Chenga” lineage in the Phagdru Kagyu School. The lineage of “Chenga” was inherited through guru to disciple rather than reincarnations. From the first Chenga, which was Dragpa Jungne, until the fifth Dalai Lama of the Gelugpa School took over the political power of Tibet in the middle of the seventeenth century, there were twenty-one Chenga Rinpoches. During that time, Chenga Rinpoche held the highest religious position in the Phagdru Dynasty. Except that the fourth and the sixth Shamar Rinpoches came from the Karma Kagyu School, all others were from the Phagdru Kagyu School.

The second Chenga Rinpoche was born in 1974. His father, Tenzin Rinpoche, is a Karma Kagyu Rinpoche in Nangchen. In 1985, after graduating from high school, Chenga Rinpoche was ordained at Tsurpu Monastery; the root Monastery of Karma Kagyu School. It was there that he completed his required three year three month retreat. In 1997, H. H. Mingling Trichen Rinpoche, the head of Nyingma School, recognized him as the reincarnation of Chenga Dragpa Jungne. Both Drikung Kyabgon Rinpoches agreed on this special recognition and he was enthroned by the Drikung Kyabgon Thinley Lhundrup Rinpoche as Chenga Rinpoche at Jangchubling Monastery in Dehra Dun India on March 15th, 1999.

At present, Chenga Rinpoche lives at the Gampopa Vajrayana Buddhist Center in New Jersey, U. S. A., and assists, Lamchen Gyalpo Rinpoche giving dharma teachings to students. He also engages in regular extended retreats and receives many lineage transmissions in preparation for his future role as a leader in the Drikung Kagyu Lineage.

**Khenpo Tsultrim Tenzin** has been the spiritual director and principle teacher of the Tibetan Meditation Center since 2002. He is widely known as a skillful teacher and scholar of profound depth on many subjects. He is also known for his friendly nature and lack of pretension, as well as his ability to make his teaching easily understood by Westerners. Khenpo Tsultrim has recently published *Profound Protection*, and continues to work on several other books.

**Ganges Mahamudra** or, the Pith Instructions on the Great Seal, are the teachings of Tilopa to Naropa given on the banks of the Ganges River. These brief teachings contain the essential points of Mahamudra practice.

**Milarepa**, the great Tibetan Yogi, was a student of the translator Marpa who overcame many negative karmas in his own lifetime, such as the destruction of a village through sorcery, to achieve enlightenment in his own lifetime. By doing so, he demonstrates that one does not need to be a reincarnated master to attain the joyous result, but can do so through devotion and diligent practice. His Vajra Songs illuminate key points of Buddhist doctrine.

**Mahakala** is a great Dharma protector recognized by all Tibetan Buddhist schools. The practice of Six-Armed Mahakala is especially practiced by the Drikung Kagyu. This wrathful protector practice can benefit sentient beings by subduing and eliminating obstacles to the Dharma.