



12/27/2015 TO 01/03/2016

Retreat with
Dungsey Gyetrul Jigme Rinpoche

Embracing the Spacious Quality of the Mind

A Buddhist approach to working with our emotions

The winter retreat at **Ripa International Center**, in a setting inspired by nature, is a special opportunity to connect with yourself and start the new year with a clear mind and heart full of wisdom and peace.

Rooted in the practice of silence and meditation and guided through teachings, this retreat will concentrate on the **feminine principle of the Dakini**, specific to the Tibetan Buddhist tradition.

Through simple and profound meditation methods, Gyetrul Jigme Rinpoche will guide us through different techniques that will allow us to access the spacious and natural dimension of our mind.

Disturbing emotions and feelings are then identified as blocking life energy. Through the meditation practice an energetic potential for spiritual development, compassion and caring for oneself and others can unfold.



Biography

Dungsey Gyetrul Jigme Rinpoche is a master of meditation and philosophy in the Kagyu and Nyingma traditions of Tibetan Buddhism. Born in India in 1970, he received a traditional Buddhist education, in addition to a modern education in Darjeeling. He is the heir to the spiritual lineage Ripa, a line of reincarnated Lamas in eastern Tibet dating back to the 17th century. He is currently the

head of two important monasteries in India and Nepal with more than 400 monks under his guidance and is also socially engaged with local communities to improve their living conditions.

His direct understanding of the Western mind, the depth of his humanity and sense of humor make his teachings true wisdom gateways to an ancient tradition and provide valuable tools to approach life with more openness and serenity.

Gyetrul Jigme Rinpoche has been teaching in Europe for over 20 years and he is the spiritual director of the Ripa International Center in Switzerland.



The feminine principle is represented by the Dakini Yeshe Tsogyal

The life of Yeshe Tsogyal, an enlightened master of Tibet in the eighth century, is a model of creativity in her ability to transform any situation into a positive one. Her dedication, selflessness and complete understanding of the profound nature of mind were entirely directed toward the good of all beings. The essence of Dakini, the Tibetan term for the principle of universal

feminine energy, is revealed through her life.



Ripa International Center

The retreat is open to all

From Sunday, December 27, 2015 from 4 p.m.
to Sunday, January 3, 2016 after breakfast.

In English with simultaneous translation in French, German and Spanish.

Retreat fees

Members: 190 CHF / € 175, nonmembers: 250 CHF / € 230.

The prices for onsite accommodations and meals depend on the selected room category and the boarding package chosen.

Registration and information

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