

Drupon Rinchen Dorje Rinpoche
a TRUE Yogi of Tibet

October 5 through October 7, 2007



Translator: Ina Bieler

October 5

Public Talk "Loving Kindness"
Pasco Hernando Community College(West Campus)
Sponsored by Professor Michael Sadusky
SADUSKM@PHCC.EDU

October 6, and 7

Teachings on Shamata meditation
The Hospice of the Florida Suncoast

Friday, October 5, 20 7-9 PM

Public Talk "Loving Kindness"

Pasco Hernando Community College(West Campus)
10230 Ridge Road New Port Richey, FL 34654-519
Building G room 110

Saturday and Sunday teachings are at

The Hospice of the Florida Suncoast
5771 Roosevelt Blvd, Clearwater
In the Garden House
a separate building, located at
Corner of 58th Street & Roosevelt Blvd.

Map at www.ratnashri-tampabay.org/maps/hospice_cfw.htm

Saturday, October 6

10 AM - 12 Noon **Shamata Teachings/ Meditation**

12 Noon - 2 PM Lunch Break

2 - 5 PM **Shamata Teachings/ Meditation**

Sunday, October 7 Shamata Teachings/ Meditation

10 AM - 12 Noon

12 Noon - 2 PM Lunch

2 - 5 PM **Lama Chopa Guru Yoga Tsok**

(Please bring finger foods to share.)

Shamata meditation

Shamata or "calm abiding" meditation is an essential prerequisite to Buddhahood. Dharma Lord Gampopa states, "Even though you may have the practices of generosity and so forth, it is scattered if you are without meditative concentration. Under the influence of scattering, your mind is wounded by the fangs of afflicting emotions... Furthermore, without meditative concentration you cannot achieve clairvoyance, and without clairvoyance you cannot benefit others."

Aside from Shamata meditation's importance in the Vajrayana Buddhist tradition, according to a wide variety of medical research studies including those of Dr. Herbert Benson of the Mind-Body Medical Institute (affiliated with Harvard University and several Boston Hospitals), meditation induces a host of biochemical and physical changes in the body including improvements in metabolism, heart rate, respiration, blood pressure and brain chemistry

With this in mind we are extraordinarily fortunate to have Drupon Rinchen Dorje Rinpoche teaching on Shamata meditation in October. Rinpoche spent many years in retreat perfecting the practice of meditation and is considered one of the premier meditation masters of the Drigung Kagyu lineage.

Suggested Donations:

\$10 for Public Talk

\$60 for All-day Saturday

\$30 for Sunday morning session

No Suggested Donation for Tsok.

Total Suggested Donation: \$90

All are welcome. No one turned away due to lack of funds. Work study is available.

To pay in advance, please make check payable to [Ratnashri Sangha](http://www.ratnashri-sangha.org) and mail to:

Laura Cummings
8403 Reynolds Drive
Hudson, FL 34667

For more info, see www.ratnashri-tampabay.org

To schedule an interview, please contact

Richard 727-834-9308

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Biography

Drupon Rinchen Dorje was born in 1967, in Tana. In 1984, he joined the monastery there and stayed for nine years. He took novice monk's vows from Tulku Nyendrak Gyaltzen Rinpoche, receiving many profound teachings from him such as the Five-fold Path of Mahamudra and Dzogchen. From Tulku Thogme Rinpoche he received wang, (empowerment.) transmission and pith instructions on Five-Deity Chakrasamvara in the tradition of Drillbupa.

In 1990, at Drithil Ogmin Jang Chub Ling monastery, he received Kyobpa Jigten Sumgon's Five-fold Mahamudra wang, transmission and teachings from Master Gelong Tenzin Nyima. He went on pilgrimage to Dhagha Gampo temple and did retreat there for several weeks. In 1993, he made a pilgrimage to Mt. Kailash and then joined the Drikung Kagyu Institute - Jang Chub Ling monastery near Dehra Dun, where he studied Buddhist logic, philosophy, etc. From great masters such as Khenpo Khonchog Gyaltshen and Khenpo Thogdrol he received teachings on Kyobpa Jigten Sumgon's Gong Chik, the Uttaratantra and more.

In 1995, during his stay at the Drikung Kagyu Institute, he accomplished the preliminary practices to Mahamudra and the recitation of Chakrasamvara in group retreat under His Holiness Chetsang Rinpoche, and was ordained as a full bikshu by him. In 1996, in Almora, he received wang on the Six Yogas of Naropa, Five-Fold Path of Mahamudra, Chakrasamvara/Vajrarahni and the symbolic whispered lineage from HHDK Chetsang Rinpoche, and accomplished a three year retreat in the Drikung Thil tradition under Gelong Yeshe Rinpoche. In 2000, he received Snake Year teachings from HHDK Chetsang Rinpoche and H.E. Garchen Rinpoche.

In 2001, he went to Lapchi in Nepal, the site of many sacred caves where the great yogi Milarepa practiced. In a cave there, he accomplished another three-year retreat on Rechungpa's whispered lineage of Chakrasamvara and Vajrarahni, the Six Yogas of Naropa and the naked instructions of the bardo. In 2004 he was enthroned as a Drupon - Accomplished Retreat Master.

In 2005, he received wang and transmission on the five deities of Hevajra in Marpa's tradition from HHDK Chetsang Rinpoche, and in 2006 he accomplished a retreat on it at Almora. Thus, our precious teacher has completed over seven years of retreat!

These most profound teachings are hosted by the [Ratnashri Sangha of Tampa Bay](http://www.ratnashri-sangha.org), a religious, non-profit corporation in the State of Florida with a 501 (c) (3) designation with the U.S.Treasury.



See www.ratnashri-tampabay.org

