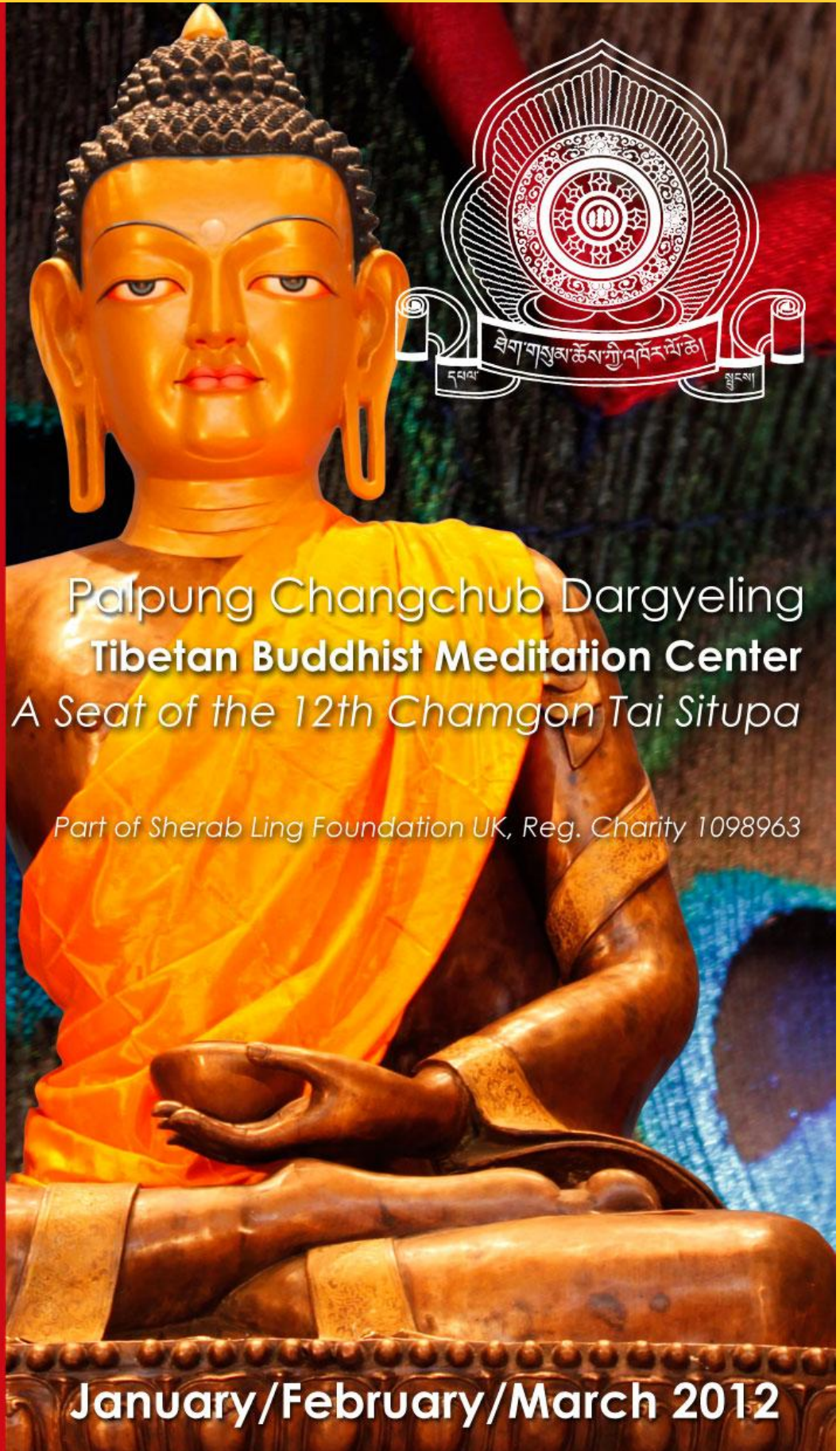


NEWSLETTER



Paipung Changchub Dargyeling
Tibetan Buddhist Meditation Center
A Seat of the 12th Chamgon Tai Situpa

Part of Sherab Ling Foundation UK, Reg. Charity 1098963

January/February/March 2012

“ALL SENTIENT BEINGS HAVE BUDDHA NATURE

Sentient beings have Buddha nature, whether they know about it or not. They may be totally ignorant of Buddha nature, may have some awareness of it, or may be completely awakened, but in all three stages of development, sentient beings have Buddha nature.

When a sentient being is ignorant of Buddha nature, its essence is nevertheless ever present, as in a fertile seed, always ready to germinate. When a sentient being develops, Buddha nature manifests as knowledge, wisdom, good thoughts, and good actions. When a sentient being attains enlightenment, enlightenment itself is Buddha nature. The individual realizes his or her Buddha nature completely – that is enlightenment.--- ”

“ QUALITIES OF BUDDHA NATURE

Lord Maitreya states that Buddha nature is utterly pure. It cannot be obscured itself, although relative perception of it can be obscured. Every sentient being is ready to be enlightened at every moment. The only hindrance is not recognizing the purity and limitlessness of Buddha nature. we may have inklings of our limitless quality, but we don't fully recognize it, so we become focused on the relative I, the self. Every moment we are enlightened, but we don't recognize it. So every moment we are prevented recognizing this, we cannot be fully enlightened. This sort of dualism creates all dualistic causes and conditions, which manifest as bad and good, light and dark, positive and negative. It is like a long dream.

To wake up from the dualistic dream, one must make certain efforts, which include right behavior, calming the mind through meditation, and other techniques that develop insight and realization. Individual practice takes many forms. It can be meditation or it can be action. The point is to improve our perceptions, experience, and expression of our Buddha nature.”

The Twelfth Tai Situpa: Awakening the Sleeping Buddha

HAPPY, HEALTHY, JOYFUL AND BLESSED NEW YEAR 2012!

May it bring us development in our practice, awakening hearts and freeing our mind.

May we be able to live virtuously in relative reality.

May we realize the ultimate reality.

May all beings be thoroughly Happy.

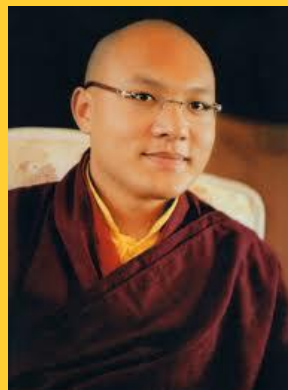
Below some links to wonderful New Year's messages from few masters of our lineage.

12th TAI SITU RINPOCHE



<http://www.palpong.org/newspage/2012/01/0101/briefe.asp?thereleasedate=2012010101>

HH 17TH KARMAPA OGYEN TRINLEY DORJE



<http://www.kagyuoffice.org/#2012NewYearMessage>

YONGEY MINGYUR RINPOCHE

<http://www.youtube.com/watch?v=dRRA29iOQN4>

RINGU TULKU RINPOCHE

<http://www.bodhicharya.org/blog/2011/12/30/happy-new-year-2012/>

WEEKLY SCHEDULE

SUNDAYS 5pm to 6pm

Compassion Meditation

Classes include short introduction to meditation as well as different practices that enable us to awaken to our inner potential of warmth, understanding and compassion. Taught by: Lama Rabsang. **Suggested donation** £5.

TUESDAYS 7pm to 8pm

Meditation Class

Everyone is welcome regardless of beliefs. Classes include teachings on mindfulness and meditation as well as practice sessions, mainly calm abiding meditation, which enables us to find more space, peace and calmness in our mind. Taught by: Lama Rabsang.

Suggested donation: £5.

FRIDAYS 7pm to 8pm

Chenrezig Puja

This practice of Compassion Buddha is done to awaken our inner potential of limitless compassion. Chenrezig Puja includes chanting prayers, visualisation and mantra meditation.

CALENDAR OF EVENTS

JANUARY

Saturday 7th 5pm onward

FILM EVENING: We'll **continue** watching the 5 part series of teachings "Mind Beyond Death" (Teachings on bardo includes teachings on: 1. Natural bardo of this life, 2. Dream, 3. Meditation, 4. Death and dying, 5. Dharmata, 6. Becoming) by Dzogchen Ponlop Rinpoche. Bring snacks and friends along!

Wednesday 11th 7pm to 9 pm

MEDITATION: Lama Rabsang teaches meditation in **Swansea**
More information: Anzellla: 01792 536748 or 07834709224, or just turn up at: 7 Benbow Close, Sketty, Swansea

Wednesday 18th 6.30pm to 8pm

MEDITATION: Lama Rabsang teaches meditation in **Cardiff**
Once a month Lama Rabsang is teaching meditation in Cardiff. Evenings are open to all and are meditation instructions, meditation and question and answer sessions. **More information:** Liz Penny: 07983040888 or just turn up at: 16 Westville Road, CF23 5AG

Friday 7pm – Monday 8am 21st – 24th

RETREAT: Insight meditation: This weekend retreat is aiming to deepen and strengthen your practice in Insight meditation. This retreat will include meditation practice as well as teaching and discussion sessions. The retreat is open for those who have completed Mindfulness 1 and 2 courses, or have equivalent experience in Calm Abiding Meditation and have been introduced to Insight/ Vipassana / Lhatong meditation. If you are not sure whether this retreat is for you, please contact Lama Rabsang through the office. **Taught by** Lama Rabsang. **Suggested donation** £80/single room, £70/shared room (full board).

HH Karmapa says (Music in the Sky) that, via the practice of meditation:

"When we see that ultimately neither the object nor the subject exists, concepts cease. There is no basis for objects, whether physical or mental. There are not characteristics to be apprehended and therefore there is nothing truly existent to be discovered. There are not thoughts that remember the past and none that fabricate the future. Resting evenly in this free expanse is that the mind's nature is practicing deep insight. When we continue in this state, looking at whatever arises to see its nature, we become accustomed to it and trust that it is true."



AUSPICIOUS PRACTICE DAYS

The Tibetan calendar is based on the cycles of the moon, and various dates are considered especially auspicious or inauspicious for certain practices.

We come together on auspicious days to pray. These auspicious days are according to Tibetan Lunar Calendar and thus they change every month in Western Calendar.

During prayers to **Milarepa** on full moons there is a feast offering (tsok), so if you would like to bring things to offer such as flowers, candles, food, (biscuits, cake, fruit, etc), and incense, then that is appropriate. It will be shared out during the ceremony.

If you are not Buddhist but would like to attend to see what it is like, you are welcome.

JANUARY

9th Mon Milarepa Day
Practice 6pm to 7pm

22nd Sat Mahakala Day
Practice 6.30pm to 7.30pm

31st Tue Medicine Buddha Day
Practice 6pm to 7pm

FEBRUARY

2nd Thu Guru Rinpoche Day
Practice 6pm to 7pm

7th Tue Milarepa Day
Practice + tsok 5.30pm to 7pm

20th Mon Mahakala Day
Practice 6pm to 7pm

MARCH

1st Thu Medicine Buddha 6pm to 7pm
3rd Sat Guru Rinpoche Day 6pm to 7pm
8th Thu Milarepa Day 6pm to 7.30pm
21st Wed Mahakala Day (No practice at the centre)

Wednesday 25th 7pm to 9 pm

MEDITATION: Lama Rabsang teaches meditation in

Swansea More information: Anzella: 01792 536748 or 07834709224, or just turn up at: 7 Benbow Close, Sketty, Swansea

Saturday 28th 10 to 5pm **NOW STARTING AGAIN!**

MEDITATION COURSE: Mindfulness Meditation 1, Day 1.

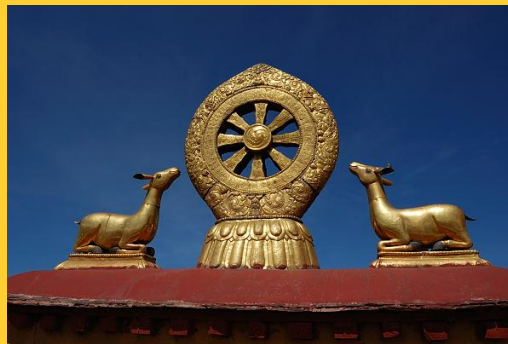


This in-depth course is one day a month for six months, supported by personal practice. It helps you to develop a calmer state of mind revealing your natural awareness and inner peace, and giving you the confidence to manage your emotions. *P.S. You can attend either only one, a few or all practice days. However if you wish to continue to Meditation and Mindfulness 2 – course Insight meditation) in autumn, you should*

either have completed this course or have equivalent experience of calm abiding meditation. Taught by Lama Rabsang. Suggested donation £25 (incl. lunch) /practice day.

FEBRUARY

Wednesday 1st 6pm to 8pm **NEW STUDY PROGRAMME**
COURSE: EXPLORING BUDDHISM: Four thoughts that turn



our mind to Dharma (Part 1: Precious Human Life)
Once a month Wed evening. This series of teachings on foundational

Buddhist principles help us to understand the essence of the Dharma (Buddha's teachings) and to explore them in reference to our lives. Once a month a new topic is presented, it can further be explored within the coming month in everyday life and discussed next time, while teacher is presenting a new topic. This can be used as a continuous study programme for yourself, but you can also come just one or more evenings. (Spring teaching series finishes in May, and programme continues in September.)

Teacher: Lama Rabsang. **Suggested donation:** £10/evening.

Saturday 4th 5pm onward

FILM EVENING: Last film evening for watching the 5 part series of teachings "Mind Beyond Death"

(Teachings on bardo includes teachings on: 1. Natural bardo of this life, 2. Dream, 3. Meditation, 4. Death and dying, 5. Dharmata, 6. Becoming)

by Dzogchen Ponlop Rinpoche. Bring snacks and friends along!



Sunday 5th 1pm to 3pm

MEDITATION: Lama Rabsang teaches meditation in Bath.

Please contact Nigel Wellings for more details:
nigel.wellings@googlemail.com

Wednesday 8th 7pm to 9 pm

MEDITATION: Lama Rabsang teaches meditation in

Swansea More information: Annzella: 01792 536748 or 07834709224, or just turn up at: 7 Benbow Close, Sketty, Swansea

Saturday – Sunday 11th – 12th 10am to 4pm

COURSE: Mind in Life and Death – Bardo teachings



This two day course presents the profound teachings of Bardo Thödol (Great Liberation Through Hearing in the Intermediate State) in Tibetan Buddhist

tradition. The teachings are dealing with the mind and its experiences, states and potential for liberation during this life, and especially in the process of death, dying and the period between births. All welcome. **Teacher:** Lama Rabsang. **Suggested donation:** £20/day.

Wednesday 15th 6.30pm to 8pm

MEDITATION: Lama Rabsang teaches meditation in Cardiff

Once a month Lama Rabsang is teaching meditation in Cardiff. Evenings are open to all and are meditation instructions, meditation and question and answer sessions. **More information:** Liz Penny: 07983040888 or just turn up at: 16 Westville Road, CF23 5AG

BARDO THÖDOL

The Great Liberation Through Hearing in the Intermediate State

Bardo — commonly used to denote the intermediate state between death and rebirth, but in reality bardos are occurring continuously, throughout both life and death, and are junctures at which the possibility of liberation, or enlightenment, is heightened. (Rigpa Wiki)

"The Tibetan word Bardo means literally "intermediate state" - also translated as "transitional state" or "in-between state" or "liminal state".

Used loosely, the term "bardo" refers to the state of existence intermediate between two lives on earth. According to Tibetan tradition, after death and before one's next birth, when one's consciousness is not connected with a physical body, one experiences a variety of phenomena. These usually follow a particular sequence of degeneration from, just after death, the clearest experiences of reality of which one is spiritually capable, and then proceeding to terrifying hallucinations that arise from the impulses of one's previous unskillful actions. For the prepared and appropriately trained individuals the bardo offers a state of great opportunity for liberation, since transcendental insight may arise with the direct experience of reality, while for others it can become a place of danger as the karmically created hallucinations can impel one into a less than desirable rebirth.

The term bardo can also be used metaphorically to describe times when our usual way of life becomes suspended, as, for example, during a period of illness or during a meditation retreat. Such times can prove fruitful for spiritual progress because external constraints diminish. However, they can also present challenges because our less skillful impulses may come to the foreground, just as in the sidpa bardo." (Wikipedia)

Saturday 18th 10 to 5pm

MEDITATION COURSE: Mindfulness Meditation 1, Day 2. This in-depth course is on e day a month for six months, supported by personal practice. It helps you to develop a calmer state of mind revealing your natural awareness and inner peace, and giving you the confidence to manage your emotions. *P.S. You can attend either only one, a few or all practice days. However if you wish to continue to Meditation and Mindfulness 2 – course Insight meditation) in autumn, you should either have completed this course or have equivalent experience of calm abiding meditation.* **Teacher:** Lama Rabsang. **Suggested donation:** £25 (incl. lunch) /practice day.



LOSAR Starts the Tibetan New Year. **The First Tibetan Lunar Month** starts this year on 22nd Feb according to western calendar.

Chotrul Düchen: The first fifteen lunar days of this month, celebrating the Buddha's miracles, are one of the major Buddhist festivals of the year. The Buddha displayed a miracle each day to increase the merit and devotion of future disciples. During these days extra practice is highly advised. The 15th of the 1st month is the "Day of Miracles" (this year 2012 it is 8th February in western calendar). As karma is multiplied during this time, it is known as the "100 000-fold month" (bumjur dawa).

Wednesday 22nd 6pm to 8pm **EMPOWERMENT**

CELEBRATION: LOSAR - Tibetan New Year of Male Water Dragon; Long Life Empowerment. There will be celebration for the New Year (according to Tibetan lunar calendar). Light offering and prayers for world peace. Lama Rabsang will also bestow a Long Life Empowerment.

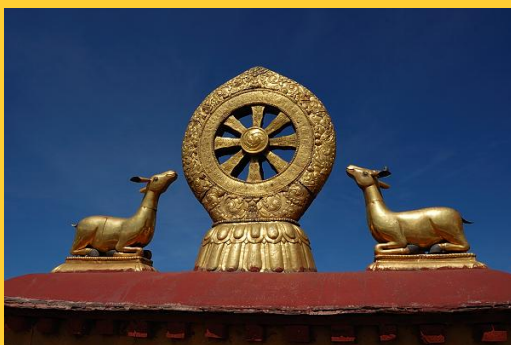
Saturday 25th 10am onward

SANGHA WEEKEND: Voluntary working day Getting together to accumulate good karma by working at the centre = meditation in action. Please let us know if you are able to come. All your help and support is invaluable in development - and flourishing of the Centre ☺. Lunch will be offered as well as accommodation if you need.



Wednesday 29th 6pm to 8pm

COURSE: EXPLORING BUDDHISM: Four thoughts that turn our mind to Dharma (Part 2: Impermanence)



Once a month Wed evening. This series of teachings on basic Buddhist principles help us to understand the essence of the Dharma (Buddha's teachings) and to explore them in reference to our lives. Once a month a new topic is presented, and it can further be explored within the coming month and discussed next time, while presenting a new topic. This is a continuous study programme, but you can also come just one or more evenings. (Spring teaching series finishes in May, and programme continues in September.) **Teacher:** Lama Rabsang. **Suggested donation:** £10/evening.

MARCH

Sunday 4th 12noon to 1pm / 1.15pm to 2.30pm

TEACHINGS ON BUDDHISM AND MEDITATION: Lama Rabsang teaches in **Llanidloes one Sunday/** month.

Two sessions: 12noon – 1pm Teachings on Buddhism: Four Immeasurables, Part 1. Loving- Kindness. **1.15pm – 2.30pm Meditation.** You can attend either one session or both. **Venue:** Reading Room on the first floor of the Town Hall, Great Oak Street, Llanidloes, (use the side entrance). Everyone is very welcome. Contact Barbara: 01686 413555, or Marg: 01686 413 513 for more details.

Wednesday 7th 7pm to 9 pm

MEDITATION: Lama Rabsang teaches meditation in **Swansea** More information: Annzella: 01792 536748 or 07834709224, or just turn up at: 7 Benbow Close, Sketty, Swansea

Saturday 17th 10 to 5pm

MEDITATION COURSE: Mindfulness Meditation 1, Day 3. This in-depth course in on e day a month for six months, supported by personal practice. It helps you to develop a calmer state of mind revealing your natural awareness and inner peace, and giving you the confidence to manage your emotions. *P.S. You can attend either only one, a few or all practice days. However if you wish to continue to Meditation and Mindfulness 2 – course Insight meditation) in autumn, you should either have completed this course or have equivalent experience of calm abiding meditation.*

Teacher: Lama Rabsang. **Suggested donation:** £25 (incl. lunch) /practice day.



Wednesday 21st 7pm to 9 pm

MEDITATION: Lama Rabsang teaches meditation in **Swansea** More information: Annzella: 01792 536748 or 07834709224, or just turn up at: 7 Benbow Close, Sketty, Swansea

Sunday 25th 10am onward

SANGHA WEEKEND: Voluntary working day Getting together to accumulate good karma by working at the centre = meditation in action. Please let us know if you are able to come. All your help and support is invaluable in development and flourishing of the Centre ☺. Lunch will be offered as well as accommodation if you need.

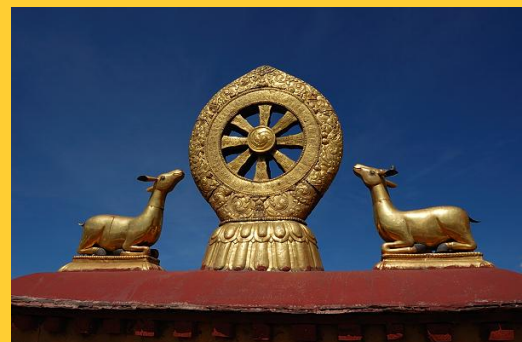
Wednesday 28th 6pm to 8pm

COURSE: EXPLORING BUDDHISM: Four thoughts that turn our mind to Dharma (Part 3. Karma, cause and effect) Once a month Wed evening. This series of teachings on

basic Buddhist principles help us to understand the essence of the Dharma (Buddha's teachings) and to explore them in reference to our lives. Once a month a new topic is presented, and it can further be explored within the coming month and discussed next time, while presenting a new topic. This is a continuous study programme, but you can also come just one or more evenings.

(Spring teaching series finishes in May, and programme continues in September.) **Teacher:** Lama Rabsang. **Suggested donation:**

£10/evening.





“Tsa Tsas are relief figures made from plaster and can be painted or covered in gold leaf. Depending on the mix the statues can be painted, or left without extra adornment. Each one looks stunning and unique in its formation, creating something personal and precious.” ~Ani Choesang

Friday 30th March 7pm to 8pm

PRACTICE: Praises to 21 Taras (Led by Lama Rabsang and Ani Choesang) Open to all.

Saturday 31st March – Sunday 1st April (Sat 9.30am to 4.30pm, Sun 9.30am to 4pm)

VISITORS COURSE: Tara Tsa Tsa - Workshop An opportunity to experience the Tsa Tsa practice and to make some Tara statues. We will concentrate on making Tara statues this weekend, alongside 21 Tara practice. Ani Choesang will be explaining the practice of making plaster Buddhas at means of gaining merit, and each student will have the opportunity of making and sharing a number of both White and Green Taras to paint and take home for your altar and/or offer to your friends. The weekend starts with 21 Tara practice on Friday evening (lead by both Lama Rabsang and Ani Choesang). The making of Tsa Tsas is practised by all Tibetan schools, therefore applicable to all students and can be of interest to non Buddhists as well.

Course fee: £85 incl. teaching, practices and materials

More info/booking to the course: **Ani Choesang** choesang@the-hermit-online.co.uk

Need accommodation during Tsa Tsa course? Please contact palpungukoffice@gmail.com / 01495 313395

Suggested donation £15/night/shared room or £20/night/single room

UPCOMING HIGHLIGHTS DURING THE SPRING

APRIL

Thursday 5th 7pm – Friday 13th 10am



RETREAT: Powa retreat This Powa retreat under the guidance of Lama Rabsang focuses on the instructions and one week practice of Powa method - on how to attain Buddhahood without meditation at the time of death.

The practice of Powa is a simple but essential method by which we familiarize ourselves with the stages of death, thus diminishing our fears and preparing for the moment of our death when, with regular training, it will enable us to eject our consciousness into a Pure Land (Dewachen). At the same time, practicing Powa endows us with the understanding and the means to offer precious help to our friends or loved ones when they are facing death.

Teacher: Lama Rabsang

Suggested donation: £200 shared room / £235 single room (this includes accommodation, meals and teaching. Offering to Lama Rabsang is optional)

MAY

KHANDRO RINPOCHE VISITING UK, PALPUNG WALES



Fri 25th 10am to 12.30pm
Female Masters in Tibetan Buddhism + Yeshe Tsogyal Empowerment
(proposed topic)

Fri 25th 6.30pm to 8pm
Buddhism in Western, Modern World
(proposed topic)

Sat 26th 10am to 4pm
Compassion and Devotion (proposed topic)

Sun 27th 10am to 4pm
Compassion and Devotion (proposed topic)

Changes to the topics may still occur. Booking form to the course will come to our web page during January, please check from there or contact Palpung Wales office for further details.

POWA

Powa is a Tibetan Buddhist meditation practice. It may be described as "the practice of conscious dying", "transference of consciousness at the time of death", "mindstream transference", or "enlightenment without meditation".

The method can be applied at the moment of death to transfer one's consciousness through the top of the head directly into a Buddha-field of one's choice. By so doing, one bypasses some of the typical experiences that are said to occur after death. Example destinations Sukhavati, Mount Potala, the Copper-Colored Mountain and Tuṣita; the most popular is Sukhavati (in Tib. Dewachen, Buddha Amitabha's Pure Realm). Phowa is also performed by specialists on the behalf of the deceased, as a post-mortem ritual.

The Kagyu phowa lineage is from the Six yogas of Naropa. Naropa received it from the Indian mahasiddha Tilopa and later passed it to his Tibetan disciple Marpa. (Wikipedia, shortened)

JETSUN KHANDRO RINPOCHE

Mindrolling Jetsün Khandro Rinpoche (1967-) is a rare example of a female Tibetan Buddhist lama. Khandro Rinpoche was, at the age of two, recognized by the 16th Karmapa as the re-incarnation of the Great Dakini of Tsurphu, Khandro Ugyen Tsomo, who was one of the most well known female masters of her time. Khandro Ugyen Tsomo was the consort to the 15th Gyalwa Karmapa (1871–1922) and an incarnation of Yeshe Tsogyal.

Khandro Rinpoche is a teacher in both the Kagyu and Nyingma schools of Tibetan Buddhism. She speaks fluent English, Tibetan, and Hindi dialects and has completed a Western education in India. Rinpoche has been teaching in Europe, North America and Southeast Asia since 1987.



PALPUNG WALES NEWS

It has been pretty quiet and peaceful time over the holidays. We received many, many beautiful Christmas greetings and cards, thank you everyone who took time to remember us and the Centre! It was heartwarming ☺

We had a lovely Christmas retreat, did some Chenrezig and Tara practice, meditation, cooked together and just relaxed. It seemed that it was really needed for many – last year was very hectic and eventful in many ways...Let's see what this year will bring! I guess some things are still for sure – everything is impermanent and this moment is precious moment. Only this moment we can change, improve, be awake.

LAMA RABSANG'S VISA NEWS



Once again thank you so much for all your support letters that came! They are now waiting at Lama's solicitors to be attached to Lama's visa application. It has taken a long time to wait since Home Office also takes its time delivering and granting all the necessary papers, licenses and certificates....Due to the changes in some immigration rules in 2009 there has been some confusion in the papers and application process thus causing Lama Rabsang unnecessary problems getting

his UK visa. However, it is now being cleared and we are hopeful that everything will be sorted in few months time, meaning that Lama would get his visa and would not be sent back to his homeland. We have asked HE Tai Situ Rinpoche some advice, what kind of practices would help this situation, and according to him **Green Tara** and **Dharmaprotector Mahakala** are beneficial practices to do. If you would like to do those practices as well, you can attend the prayers at the the centre on auspicious days (<http://palpunguk.org/practice-dates/>) .If you like to do them at home, but don't have those practices, contact the office and we will send you a copy through email.

NEW PRACTICE DAYS



This year we started again the practice days which were on a break last year due to busy renovation work. **Milarepa, Guru Rinpoche, Medicine Buddha** and **Dharmaprotector Mahakala Puja Days** follow the Tibetan Lunar Calendar. See <http://palpunguk.org/practice-dates/> . We also do Praises to 21 Tara's every morning.

OPENING HOURS

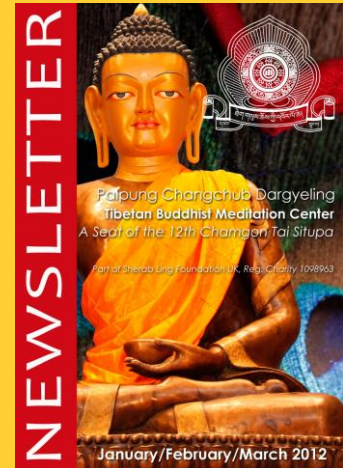
The Centre has now new opening hours for visiting, and the biggest change is that **Mondays the centre is closed.** However if you are coming to the course, retreat, class or puja they of course don't count. Also if you would like to visit outside the opening times, it can be arranged, kindly just contact the office.

CENTRE'S OPENING HOURS FOR VISITING

Monday	CLOSED
Tuesday – Friday	12 to 6pm
Saturday – Sunday	11am to 5pm

RENEWED NEWSLETTER

As you may have noticed already, our Palpung Wales Newsletter is now coming out every three months, so it covers three months programme. Hopefully it still serves well its purpose, which is to provide info of events and development of the centre.



WEBSITE IS ON ITS WAY

There's another thing that has been under development and construction... Our new website was opened in the old address www.palpong.org.uk during December but some unfortunate problems occurred so it is still on its way to be published. In the meantime you can find our courses, classes, retreats and a day-to-day calendar from www.palponguk.org.



REGULAR VOLUNTEERS WANTED – Jobs available 😊

As the Centre becomes more active, the amount of work also seems to be increasing...It means that to be



able to provide best service and still develop the multitude of activities, **we would need a few people that would like to contribute more regularly taking care of the centre.** It could be for example once a week (or less) few hours help in either shopping, cleaning, cooking and helping on the courses/retreats (you can then attend the course or retreat), gardening, painting, help in office etc. Would you like to contribute?

Together we can do so much more... I remember hearing one story of HH 17th

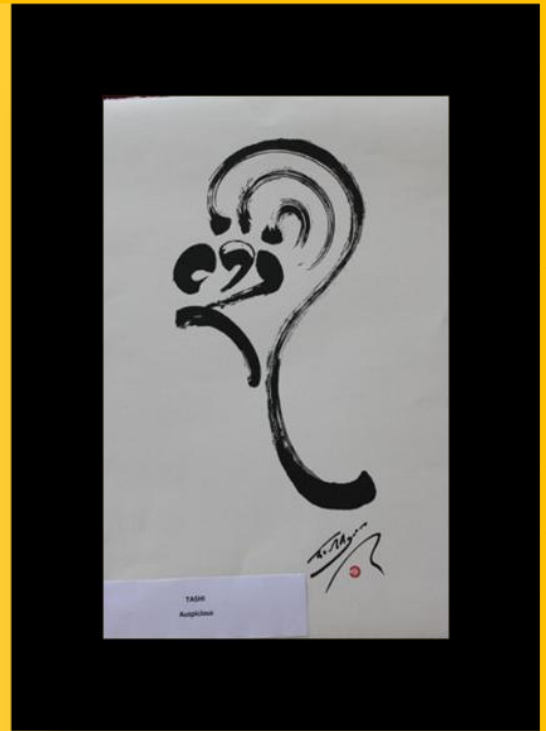
Karmapa: When he was young he was feeling so helpless praying alone, and thinking how much more could be done to help if more people would come together to pray. I'm also a strong believer in co-operation! So, all the help you could provide is really invaluable and highly appreciated.

Regular volunteers can attend courses, classes, retreats, or have accommodation at reduced cost / free, depending on hours of work. But anyway it's a good deal – working for Dharma purifies karma and accumulates merit and that's what it's all about...isn't it 😊.

AUSPICIOUS RAFFLE continues

Repeating again the same thing: Tai Situ Rinpoche has generously donated his artwork to Palpung Wales so that we can raise money for developing the Centre. You can't measure the worth of Situ Rinpoche's art in money alone, but his artwork has been sold for thousands of pounds...However there has been a wish that these precious pieces of work would also be available to more people with a bit less money so we have decided to do a Raffle...

The donation for a raffle ticket is £15. You can enter as many times as you like (donations in multiples of £15). To take part please see the raffle ticket form (find attached or contact the centre and we'll send you one) and follow the instructions. Good luck!



HE 12th Tai Situ Rinpoche



1st prize is Situ Rinpoche's **original calligraphy "Auspicious"** (16x 20 inches)

2nd prize is Situ Rinpoche's print "Free Flow" (limited edition print signed by Situ Rinpoche)

3rd prize is Situ Rinpoche's print "Euphoria" (limited edition print signed by Situ Rinpoche)

*"**Tai Situ Rinpoche** is one of the foremost spiritual leaders of the Kagyu Order during the present time. Chamgon Tai Situ Rinpoche, an emanation of the Bodhisattva Maitreya, has been prophesied to become the next Buddha, the fifth of the 1,000 Buddhas to appear in*

this fortunate aeon. His first emanation was King Indrabodhi, a disciple of the Buddha Shakyamuni. In Tibet, Tai Situ Rinpoche was born as Milarepa's famed teacher, Marpa the translator, who made three trips to India and underwent many hardships in order to acquire the Buddha's teachings. The transmissions and teachings he brought back to Tibet form the core instructions of the Kagyu Lineage.

Guru Rinpoche clearly foretold all the names of the Tai Situpa incarnations in a treasure text known as The Command Seal of Prophecies (Tib. Lungten Kagyama), which was discovered by the great tertön Sangye Lingpa. The renowned line of Tai Situpa incarnations began with Drogon Rechen (1088-1158), a close disciple of the first Karmapa, Dusum Khyenpa. Since that time, the Tai Situpa incarnations have had a very close connection with the Karmapas; from one lifetime to the next, they have alternated as teacher and disciple. The Sixteenth Gyalwang Karmapa predicted that Tai Situ Rinpoche would be his main teacher in his next life. He entrusted the letter predicting the place and circumstances of his next incarnation to the present Tai Situ Rinpoche, who was instrumental in finding and enthroning the Seventeenth Gyalwang Karmapa in Tibet." <http://www.kagyu.com/en/introduction/biographies/15-chamgon-tai-situ-rinpoche>

TIME OF STABILIZING – can you help?

Sometimes it is unbelievable to think that just two years ago the Centre in Brynmawr was beginning its activities, many rooms and halls looked like construction site – because they were! The centre has taken big leaps in its development during the last two years, but now it's time to stabilize what is achieved...Would you be able to help with that?

By becoming a **monthly Supporter of Palpung Wales** you could help to stabilize and keep up the Centre's gradual development.

The reason for bringing up this option once again is that we try to keep the suggested donations of the courses, classes and retreats as low as possible, so that people can attend them regardless of financial situation. As **Lama Rabsang** says, *Dharma and practice are the main importance, and everyone who wishes to practice and hear Dharma should be able to attend.* That is our guideline at the Centre, but unfortunately we also live during the times when utility bills seem to get higher and higher...

Monthly Support can be anything up from £15/month. *Suggested donations for courses, classes and retreats as well as accommodation are lower for Supporters of Palpung Wales.*

Photo from:
<http://www.tibetanbuddhistaltar.org/wp-content/uploads/2010/08/image002.jpg>



If you wish to become a Supporter of Palpung Wales, please send us email, and we'll send you form along with info how to set it up. Thank You!

SUGGESTED DONATIONS

in 2012

Weekend courses

£20/day (10am to 4pm)

Evening courses

£10/evening

Retreat (one week)

£200 shared room (incl. meals+accom.+teaching)

£235 single room (incl. meals+accom.+teaching)

Retreat (weekend)

£70 shared room (incl. meals+accom.+teaching)

£80 single room (incl. meals+accom.+teaching)

Accommodation

£15 / night / shared room

£20 / night / single room

(Covers heating, electricity, water costs. If you come for your own retreat for a longer time, price is negotiable)

Meals (vegetarian)

£10 / 3 meals /day

or

Breakfast£2.50

Lunch £3.50

Dinner £4

Supporters of Palpung Wales

Weekend courses

£15/day (10am to 4pm)

Evening courses

£7/evening

Retreat (one week)

£170 shared room (incl. meals+accom.+teaching)

£205 single room (incl. meals+accom.+teaching)

Retreat (weekend)

£55 shared room (incl. meals+accom.+teaching)

£65 single room (incl. meals+accom.+teaching)

Accommodation

£10 / night / shared room

£15 / night / single room

(Covers heating, electricity, water costs)

Meals (vegetarian)

£10 / 3 meals /day or separately

Breakfast£2.50

Lunch £3.50

Dinner £4

SUPPORT THE CENTER



CONTACTING THE CENTRE

www.palpunguk.org (temporary website)

New www.palpung.org.uk (opening soon)

Email:

palpungukoffice@gmail.com

Phone:

01495313395 (**Office open Tue – Fri 1pm-5pm, Sat – Sun 12 – 2pm**; other times please leave a message if there's no one answering)

Address:

96 King Street

Brynmawr

NP23 4SY

Wales, UK