



Beginning of the Next Three Year Retreat
in

Karma Tekchen Yi Ong Ling

„The Mahayana place, where wishes are fulfilled spontaneously“

*Retreat Center of H. H. The XVII. Gyalwang Karmapa
in Halscheid, Germany*

**The next Three Year Retreat will start on November 6th, 2012
and the half year long Preparatory Retreat in April 2012
under the spiritual guidance of Khenchen Thrangu Rinpoche
and with Lama Kunga Dorje as Retreat Master.**



We are very pleased that – following the wish of H. H. The XVII. Gyalwang Karmapa – a further **Three Year Retreat in the Karma Kamsang tradition** will start in 2012. It will be the fourth Three Year Retreat in Halscheid and the third in a row since 2003.



„This Three Year Retreat schedule comprises all the main meditations of the Karma Kamsang tradition. Former meditators accomplished siddhihood, applying those methods. You, too, can reach realization, if your practice will develop well.“

Khentschen Thrangu Rinpoche, 2002

Lama Kunga Dorje has already guided two retreats to their successful end. He will again teach and train the retreatants with his vast experience.

The necessary initiations will be given in the Retreat Center before the retreat will start.

Knowledge of Tibetan is not needed. All the retreat texts are available in English; most of them are translated into German, too.

Lama Dorothea Nett has herself participated in a Three Year Retreat and is working as a psychotherapist for many years. She offered to support the retreatants if necessary.



Retreat package (inclusive accomodation, food and course fee):

- Complete retreat 650 € per month
- Short retreats (minimum 6 month) 680 € per month

There will be a **half year long preparatory retreat from April to October 2012**. It will offer the opportunity to get acquainted with many of the retreat practices and the daily schedule. The preparatory retreat is open to everyone for shorter or longer periods of time. On the next side you will find the program of the preparatory retreat.

Admission to the Three Year Retreat is only possible if one participates for three months uninterruptedly in the preparatory retreat. (inclusive accomodation, food and course fee):

Course package (inclusive accomodation, food and course fee):

- > Short time seminar 40 € per day
- > Retreat seminar longer then 5 days 30 € per day
- > Retreat seminar longer then 14 days 25 € per day
- > Retreat seminar of 2 – 6 month 680 € per month

For more and more detailed info please contact:

Ani Drönma
Karma Thekchen Yi Ong Ling
Auf dem Kuppen 7
51570 Windeck-Halscheid
Phone +49 (0)2292 74 38
Halscheid-retreat@web.de

Dorothea Nett
Buddhistisches Zentrum
Friedensstr. 20
69212 Heidelberg
Phone +49 (0)6221 f471664
Dorothea.Nett@web.de

Half year preparatory for the Three Year Retreat

April

- 13.–25.04. 4.1 Amitabha retreat
26.04.–01.05. 4.2 Selfrelaxation exercises Jutta Spiecker

May

- 02.–07.05. 5.1 Shine and Lhagtong
08.–15.05. 5.2 Ngöndro: The Four Basic Thoughts
16.–28.05. 5.3 Ngöndro: Refuge and Prostrations
26.–28.05. 5.4 Torma Workshop
29.05.–07.06. 5.5 Shine and Lhagtong

Juno

- 08.–30.06. 6.1 Ngöndro: Vajrasattva
15.–17.06. 6.2 Torma Workshop
22.–24.06. 6.3 Music Instruments Workshop

July

- 01.–07.07. 7.1 Lodjong
08.–31.07. 7.2 Ngöndro: Mandala Offering
13.–15.07. 7.3 Music Instruments Workshop
18.–19.07. 7.4 Introduction to the MBSR Stress Reduction Angelika Wild-Regel
20.–22.07. 7.5 Mindfulness in Round Tabel Talks (exercises) Lama Yesche U. Regel
20.–22.07. 7.6 Torma Workshop

August

- 01.–07.08. 8.1 Ngöndro: Guru Yoga
08.–14.08. 8.2 Milarepa ritual Lama Kelsang Wangdi
15.–21.08. 8.3 Gampopa ritual Lama Kelsang Wangdi
22.–26.08. 8.4 Selfrelaxation exercises Jutta Spiecker
27.08.–02.09. 8.5 Karma Pakshi ritual Drub-lags Evelin

September

- 03.–09.09. 9.1 Sangye Menla
10.–16.09. 9.2 Weisse Tara ritual
17.–23.09. 9.3 Tschö ritual
24.–30.09. 9.4 Grüne Tara ritual

October

- 01.–07.10. 10.1 Vadjra Kilaya
08.–15.10. 10.2 Mahamudra (in noble silence)
16.–22.10. 10.3 Retreat Initiations



The Karmapa

Forthcoming Three Year Retreat at Karma Thekchen Yi Ong Ling

The KTYOL Retreat Centre in Halscheid, Germany has already organised two successful three year retreats and plans to embark on a third in 2012.

The Kagyu school of Tibetan Buddhism is known as the "practice lineage"; the traditional three year retreat forms an integral and indispensable part of Kagyu practice, and requires great commitment on the part of the retreatants. I pray that their endeavours, based on pure motivation and the wish to be of utmost benefit to all sentient beings, will bear fruit in this and successive lives.

I would like to take this opportunity to thank the members of staff and all those connected with KTYOL for their selfless work, and also convey my gratitude to the individuals, groups and associations who have financially supported previous retreats.

Whereas it is not possible for every practitioner to complete a three year retreat, it is possible to gain merit and happiness by supporting those engaged in the retreat.

17th Karmapa Ogyen Trinley Dorje,
Sidbhari, India
3rd October, 2011