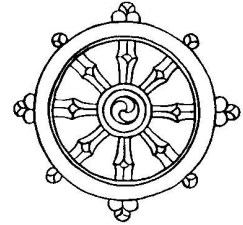




**NINE YANAS RETREAT**  
*with*  
**H.E. Tsikey Chokling Rinpoche &  
Kyabgön Phakchok Rinpoche**  
2<sup>nd</sup> to 8<sup>th</sup> January, 2011 - Pharping, Nepal



We are pleased to announce that as our first event for 2011, H.E. Tsikey Chokling Rinpoche and Kyabgön Phakchok Rinpoche will begin a series of teachings on the Nine Yanas in Nepal. This retreat will begin with the Shravakayana, the vehicle of listeners and hearers.

Why practice the nine yanas? Phakchok Rinpoche explains :

“By practicing the nine yanas, one will have a better understanding and knowledge of how to practice the different teachings the Buddha taught. One will learn how to study, reflect, and meditate in stages like the levels of a staircase.

The Buddha said that the meaning of all vehicles agrees at one point and that all the different paths arrive at the same point. In actuality there is one vehicle, and all the vehicles are one, so if you are not able to understand all the different paths then how will you understand the one point that they all arrive at? Each of the nine yanas has their own different view, conduct, meditation, and fruition, but they are not completely divorced from each other; each one is able to clarify the meaning of the previous one, and also the next.”

Phakchok Rinpoche’s teachings on the Shravakayana will follow a book containing a collection of texts he has compiled specifically for this purpose. This collection includes texts by Indian panditas, texts by Tibetan mahasiddhas, and words of the Buddha himself.

The retreat will open with an empowerment by H.E. Chokling Rinpoche. The schedule of the retreat will be a combination of teachings, discussion groups, and meditation sessions with the Rinpoches and other students.

What is also unique about this particular series of 9 Yana retreats is that there will be a specific sadhana for each yana with a specific mantra, a specific tangka, and so on. These sadhanas are called the *Rigsum Nyingtik* in Tibetan (the *Heart Essence of the Three Enlightened Families*), and are a branch teaching of the *Three Sections of the Great Perfection*, a very famous text revealed by the supreme treasure revealer Chokgyur Lingpa. The three protectors—all of the buddhas’ compassion manifest in the form of *Avalokiteshvara*, all of the buddhas’ wisdom manifest in the form of *Manjushri*, and all of the buddhas’ enlightened power manifest in the form of *Vajrapani*—are the main deities in these nine yanas sadhanas and their form changes in each of the yanas. For example, in the shravakayana, the three protectors are in the form of arhats.

The cost of this week-long retreat will be USD 550, which will include all accommodation, meals, the necessary practice texts and materials (i.e. the Shravakayana book, practice text, tangka photo, and statue, stupa, and shrine text as specified in the *Rigsum Nyingtik* itself). For more information and to register, please email [events@cglf.org](mailto:events@cglf.org). Registration deadline is **31<sup>st</sup> October, 2010. Places are limited, and will be allocated on a first come, first serve basis.**

- Participants who sign up for both the Footsteps of the Buddha Pilgrimage and the Nine Yanas retreat will enjoy a 5% discount.



H.E. Tsikey Chokling Mingyur Dewey Dorje, born in 1953 as the second son of Kyabje Tulku Ugyen Rinpoche, was recognized and enthroned as the 4th incarnation of the great 19th century treasure revealer, Terchen Chokgyur Dechen Shikpo Lingpa by His Holiness the 16th Gyalwang Karmapa. Rinpoche is now presiding as the Vajra King, responsible in particular for all the religious rituals of the Ka-Nying Shedrub Ling Monastery, its branches and affiliated centres worldwide.



Phakchok Rinpoche is the Supreme Head of the Taklung Kagyu lineage, the Abbot of a monastery in Chapagaon in the southern Kathmandu Valley, the Vajra Master of Ka-Nying Shedrub Ling Monastery in Kathmandu, and the Head of Riwoche Monastery in Tibet’s Dokham region. Born in 1981 to Chokling Rinpoche and his wife Dechen Paldrön, Phakchok Rinpoche is grandson of Tulku Ugyen Rinpoche and the elder brother of the Yangsi Dilgo Khyentse Rinpoche.