

THOSAMLING

International Buddhist Nunnery & Institute



“BODHICITTA & WISDOM OF EMPTINESS RETREAT”

19th - 27th September, 2022

The secret of happiness and fulfilment lies in limitless compassion driven by skillful wisdom. All of life's problems such as stress, anxiety and depression will fade away with the greatest ease, and will be replaced by a deeper meaning for our life through Bodhicitta and the insightful wisdom of the interdependence of self and others.

This Bodhicitta Retreat Series is led by Ven. Geshe Dorji Damdul, former translator of H.H. the Dalai Lama and current Director of Tibet House, Cultural Center of H.H. the Dalai Lama, Delhi.

- Open to both women and men
- Suitable for both beginners and experienced practitioners
- Nutritious food and comfortable accommodation

For full course information and bookings visit
www.thosamling.com
or reach us at thosamling@gmail.com





*For as long as space endures
And for as long as living beings remain,
Until then may I, too, abide
To dispel the misery of the world*

-Acharya Shanti Deva

--- Who can come?

The Bodhicitta retreat is open for both women and men and is designed for both beginners and experienced practitioners alike.

--- For how long?

The Retreat will be held for 9 days, starting at 2 p.m. on 19th September and will end at 2 p.m. on 27th September.

--- What will we learn?

The bodhicitta retreat deals with loving compassion and kindness, traits strongly emphasized by the Buddha and His Holiness the 14th Dalai Lama. The secret to happiness and fulfilment lies in developing altruism through limitless compassion driven by wisdom. This is based on the understanding of the mutual dependence between ourself and others.

This retreat is one in a series of many Bodhicitta retreats led by Ven. Geshe Dorji Damdul across the world, based on the teachings of Shakyamuni Buddha. The course is a balance of teachings, meditation and practice. The style of teaching will be interactive, supported by group discussions.





--- Who is our teacher?

Geshe Dorji Damdul completed his schooling from Upper TCV, Dharamsala, Himachal Pradesh. After seriously contemplating a career as a Physicist during his High School years, in 1988, he instead made the decision to join the Institute of Buddhist Dialectics (IBD), Dharamsala, for formal studies in Buddhist logic, philosophy and epistemology.

After 15 years of intensive study in Buddhist philosophy, Geshe Dorji Damdul gained his Geshe Lharampa Degree (Ph.D.) in 2002 from Drepung Loseling Monastic University, Mundgod, Karnataka.

From 2005 to 2009, Geshe Dorji Damdul was the official English Translator to His Holiness the Dalai Lama. During this time, Geshe Dorji Damdul was also involved in written translations of many texts including Arya Nagarjuna's *Mulamadyamikakarika* (Eng. *Fundamental Wisdom of the Middle Way*), and Chapter 9 of Acharya Shantideva's *Bodhicaryavatara* (Eng. *A Guide to the Bodhisattva's Way of Life*).

Geshe Dorji Damdul has also worked with Professor Paul Ekman, one of the pioneers of the science of micro-facial expressions. Geshela was one of the chief editors for the textbook on *Buddhist Science and Philosophy*. He has also worked on His Holiness the Dalai Lama's best-selling book, *Beyond Religion*, as well as the *Art of Happiness* book series jointly written with Professor Howard Cutler. Likewise, he was and is actively involved in critical editing works of other books authored by His Holiness the Dalai Lama.

In March 2011, Geshe Dorji Damdul was appointed as Director, Tibet House, New Delhi, The Cultural Centre of His Holiness the Dalai Lama. In this role, Geshe Dorji Damdul's major activity has been undertaking teaching, by introducing and subsequently, vastly expanding the courses offered. As of today, more than 2,500 students are affiliated to one or more teaching programmes of the institution.

Each year, except during the pandemic, Geshe Dorji Damdul travels widely within India and many countries across the globe, to hold bodhicitta retreats, undertake intensive teaching, and give lectures on various topics in Buddhist philosophy, psychology, logic and practice.

*May I be the doctor , the medicine
And may I be the nurse
For all sick beings in the world,
Unitil everyone is healed*



--- How is the course structured?

The course is a balance of teachings, meditation and group discussions.

Day 1:

Timing	Activities
02.00 pm	Check in
05.00-07.00 pm	Introductory talk

Day 2 - 8:

Timing	Activities
05:45 - 08:00 am	Morning group Practice which will include: <ul style="list-style-type: none">• Prostrations• 10 minutes breathing meditation• Meditation on the four seals of Buddha's teachings• Meditation on Bodhicitta and taking the aspirational Bodhisattva vow• Meditation on Emptiness
08:00 - 09:00 am	Breakfast
09:00 - 10:30 am	Teaching followed by Question and Answer - Session I
10:30 - 11:30 am	Tea break with Group Discussion (among the participants)
11:30 - 12:30 pm	Teaching followed by Question and Answer - Session II
12:30 - 03:00 pm	Lunch and free time
03:00 - 04:30 pm	Teaching followed by Question and Answer - Session III
04:30 - 05:30 pm	Tea Break with Group Discussion
05:30 - 07:00 pm	Teaching followed by Question and Answer - Session IV
07:00 - 08:00 pm	Dinner
08:00 - 09:00 pm	Group discussion (optional) / personal practice. Silence till next morning session

Day 9:

Timing	Activities
09.00 am	Closing session
12.00 noon	Lunch
02.00 pm	Check out





--- Where do we stay?

Thosamling nunnery provides the following options for accommodation.
(Prices are inclusive of 3 meals - breakfast, lunch and dinner.)

We will try our best to provide the kind of accommodation you request but due to high demand we may require you to share your room with another person of the same gender.

Options	Description of accommodation	Price
1.	Single room with attached bathroom	12,000 INR
2.	Single room with shared bathroom	9,600 INR
3.	Small single room with shared bathroom	8,000 INR
4.	Double room with shared bathroom (per person)	7,200 INR

A deposit of Rs.2000 is required to confirm your place in the retreat.

--- Where is Thosamling?

Thosamling nunnery is located in the Kangra Valley, a 20-minute drive from Dharamsala in the state of Himachal Pradesh in North India. The average elevation is 2000ft. above sea level.

By Bus: Overnight buses leave daily from Delhi and take approximately 10 hours.

By Air: Thosamling is 45 min from Gaggal Airport. We can organise a transfer service for guests.

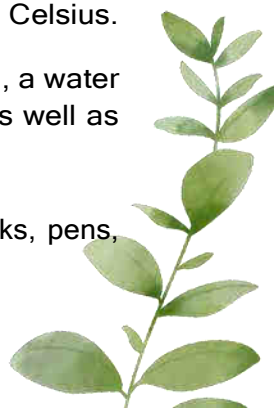
--- What should I bring?

We recommend bringing comfortable loose clothing (a shawl, trainers, t-shirts, kurtas, trackpants etc). Around this time the temperatures range between 22 to 32 degree Celsius. The end of September is the tail end of the monsoon, so be prepared for some rain.

Please also bring a torch or headlight in case of power outages, a raincoat/umbrella, a water bottle (we provide drinkable filtered water), alarm clock, flip-flops for the shower, as well as soaps, shampoos and a towel.

We provide meditation cushions, but you are welcome to bring your own.

Thosamling also has a small store with essential items such as toilet paper, notebooks, pens, incense etc.



Residents should observe the following rules of discipline in order to maintain an atmosphere conducive to retreat:

- **No killing:** do not intentionally kill any living being, even small insects.
- **No stealing:** do not take anything not freely given.
- **No lying:** do not lie or intentionally deceive others.
- **No sexual activity.** This also includes holding hands, hugging and other physical displays of affection.
- **No intoxicants** such as alcohol, drugs and cigarettes (we encourage you to stop smoking while here).
- **Keep silence:** keep silence in the appropriate areas. No singing or playing music and in general, maintain a quiet demeanor while on the property.
- **Be considerate of the monks and nuns:** dress respectfully (please no shorts above the knee, tank-top shirts or tight and revealing clothing).

Course Discipline:

- Please settle all outside communication before the course begins.
- Please settle your travel arrangements etc before you come to Thosamling.
- Do not leave Thosamling property for the duration of the course.
- Participants must attend all sessions of the course and come to sessions on time.
- All communication devices to be deposited into our safekeeping at check-in.

*Leisure and endowment are very hard to find;
And, since they accomplish what is meaningful for humanity,
If I do not take advantage of them now,
How will such a perfect opportunity come about again ?*

-Acharya Shanti Deva

