

MILAREPA CENTER

Institution of worship, study and meditation
Vajrayana Buddhist Founded by Venerable
Kalu Rinpoche

Recognised pursuant to Article 12,
paragraph 2, of Law No. 245 of 31
December 2012,
on 20 December 2022

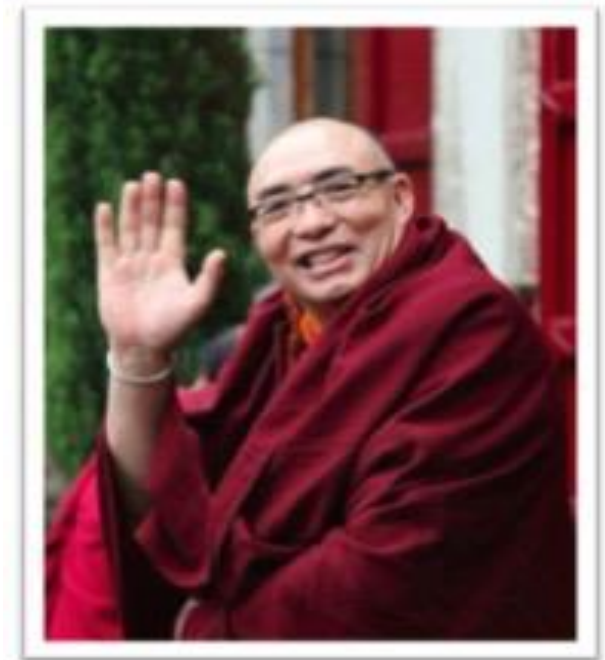
Associated with the Italian Buddhist Union
Religious body recognized by Presidential
Decree 3-01-1991



PRESENTATION

The Milarepa Center is an association of worship, study and Vajrayana Buddhist meditation founded by Ven. Lama Kalu Rinpoche in 1980, as part of the Kagyupa school (literally: the line of oral tradition), the Tibetan tradition whose spiritual guide is H.H. Gyalwa Karmapa. The current resident Master is Ven. Shartrul Rinpoche. The Milarepa Center promotes the practice and dissemination of the teachings of the Buddhist Doctrine for the good of all beings and is open to anyone who wishes to know and practice them. The activity carried out is continuous throughout the year. Weekends are dedicated to meditation, study with regular and progressive teachings, carrying out and coordinating other initiatives (translations of practice texts and publications, Tibetan language courses, meetings with other groups, etc.). In August and during the holiday periods, intensive practice residential retreats are held. Conferences and meditation courses are also organized off-site.

THE RESIDENT MASTER VEN. SHARTRUL RINPOCHE



PROGRAM MARCH-JULY 2025

Premise

The program of the coming months will be held by the resident Master Ven. Shartrul Rinpoche, who will give teachings and initiations related to the way of Mahamudra and Yidam, in essentially live mode, and by Ven. Khenpo Thubten who will impart teachings of a theoretical nature.

The midweek and monthly appointments continue, a precious opportunity to meditate together. In particular, Wednesday is a day open to all those who want to get to know our Center.

Wednesday 8.30 p.m.: meditation by **Cenresi**

(These meetings do not have a participation fee other than the annual card.)

N.B.

We remind you that meetings during the weekends have the following times:
Saturday h. 15.00 / 18.30 approx.
Sunday h. 9.30 / 12.30.

(Any changes in timetable may depend on contingent needs).

MARCH

Saturday 8 and Sunday 9

Lama Shartrul Rinpoche:

"Initiation, Teaching and Practice of Namgyalma and Losar Festival"

The Victorious of the Crown Protuberance, known as "Tsuktor Nampar Gyalma" or "Tsugtor Namgyalma" for short in Tibetan or "Ushnisha Vijaya" in Sanskrit, is a Deity of Longevity and Purification. Ushnisha Vijaya is often accompanied by two other deities, Buddha Amitayus and White Tara. Together they are known as the Three Deities of Long Life. The practice of Namgyalma is particularly effective and powerful in removing obstacles and purifying negative karma that have hindered good health and long life; pacifying negativities, purifying bad deeds and obscuration, as well as fulfilling good wishes. According to scriptures, his mantra has endless benefits and blessings. It is said to be so powerful that anyone who hears it will never be reborn in the lower realms again.

BENEFITS OF THE PRACTICE

1. Help cleanse all your sins and their footprints.
2. It helps to overcome all present and future obstacles.
3. It helps to increase lifespan, luck, wisdom, and all the other good qualities.
4. After life you will be reborn in the Pure Land of Bliss.
5. It helps you achieve great enlightenment quickly.

To those who think only of her, may the Glorious Namgyalma fully bestow upon them the siddhis of a perfect life and victory over the hostile Mara of the Lord of Death. May the auspices of this puja prevail in the three worlds and benefit limitless mother beings.

Ven. Shartrul Rinpoche has compassionately and intentionally planned for this initiation to be held at the time of Losar, so that its benefits and efficacy may accompany us into the new year. Losar is the Tibetan New Year. During this time, it is good to intensify the collective practice and make great offerings to purify the negativities of the previous year and to accumulate merit for the new year, but it is also a time of festivity to be spent together in harmony.

Saturday 22

Lama Shartrul Rinpoche

"The Lamp of Atisha's Path of Awakening"

The text *The Lamp on the Path to Enlightenment* was composed by Atisha, the eleventh-century Buddhist master who was instrumental in the revival of Buddhism in Tibet. The 68-verse text captures the essence of the Buddha's vast teachings and organizes them into a clear structure that allows the reader to see and understand the entire path to Buddhahood.

APRIL

Saturday 5 and Sunday 6

Lama Shartrul Rinpoche:

"Initiation, Teaching and Practice of Könciok Cidü"

The Tibetan title of Padmasambhava is Guru Rinpoche, the 'Precious Master': He embodies the very principle of the Master, a principle that is at the heart of Vajrayana Buddhism and his practice strengthens the connection with one's Lama. Padmasambhava is one of the great figures of Indian masters who contributed in a fundamental way to the spread of Tantric Buddhism in Tibet, in the eighth century AD.

In Tibetan Buddhism he is considered as a second Buddha: Buddha Shakyamuni taught the Dharma in India; later Padmasambhava appeared and transmitted in particular the Vajrayana teachings of the Secret Mantra in Tibet.

The Köncio Cidü, 'the Union of the Three Jewels' (Buddha, Dharma, Sangha), is a powerful practice of purification and acquisition of Guru Rinpoche's pure transformative energy, of great help in dispelling obstacles, both internal and external, and in pacifying conflicts.

Saturday 19

***Lama Shartrul Rinpoche* " Barce
Lamsel Teaching**

**(The prayer To Guru Rinpoche who
removes obstacles from the path)"**

It is a prayer to Guru Rinpoche in which the practitioner remembers the great master and his

qualities by recalling his twelve actions associated with his twelve emanations. It was initially revealed as a terma in the 13th century by Tulku Bakal Mukpo and later revealed again as the external practice of Guru Rinpoche's Twelve Emanations Prayer (The Lama's Heart Practice: Avoiding All Obstacles on the Path), which was revealed by Chokgyur Dechen Lingpa along with Jamyang Khyentse Wangpo. Both Bakal Mukpo and Chokgyur Lingpa were incarnations of Prince Murub Tsepo.

MAY

Saturday 3

Lama Shartrul Rinpoche

"Teaching and Practicing the 100,000 Mantras"

Drawn from numerous Sutras and Tantras, these extraordinary mantras and dharanis were enunciated by the benevolent Buddha. To see, hear or read them is the excellent path of liberation that leads us to great bliss. In 1983, the invaluable Kalu Rinpoche spoke of the intrinsic power of mantras as follows: "What obscures our fundamental purity is manifold: ignorance, impulsive tendencies, double tension, confusion due to emotions, veil of karma. All this accumulates within us and every life is an opportunity for the individual to add more. These veils end up creating a thick layer of clouds that can completely obscure the sun. The recitation of these mantras and dharanis, done with deep conviction, absolute certainty and

unshakable confidence, will sweep all this away. Like a mighty wind rising from primordial wisdom, the clouds that have gathered together will disperse so that the sun may shine."

Saturday 17 and Sunday 18

Lama Shartrul Rinpoche:

"Initiation, Teaching and Practice of This"

The practice of Ciö (which literally means "to cut off") arose with Macik Labdrön, a great Tibetan practitioner who lived in the eleventh century. This means working on one's own mind in order to sever the attachment to the ego at the root. The purpose of the CIÖ is to bring out one's fears and definitively eradicate their roots that sink into the attachment to an ego. Since every attachment is primarily connected with the physical body, the practitioner, through the mental offering of his body, comes to detach himself from the illusion of the ego by generating a genuine compassion for all beings. Mental training in the offering of the body for the good of all beings thus constitutes a profound practice of compassion and generosity, not separated from the understanding of emptiness.

JUNE

From Friday 6 to Monday 9

Lama Shartrul Rinpoche:

***"Initiation and Teaching of Cenresi at
1000 Braccia and Nyungne Retreat"***

The "Nyungne" fasting retreat, according to the tradition of the nun "Bhikshuni" Lakshmi, called Gelongma Palmo in Tibetan, consists of eating only one meal on the first day and fasting completely on the second; during these two days, the visualization of the Buddha of Compassion, Avalokitesvara, is done, prostrations and prayers are offered and the six-syllable mantra is recited: Om ma ni pad me hum. To participate in the retreat it is essential to receive the Chenrezig Initiation with a thousand arms.

Gelongma Palmo, from which the lineage of the Nyungne practice comes, was a princess of northern India, according to some sources of the kingdom of Oddiyana, according to others of Kashmir, lived in the tenth or eleventh century, to the sumptuous life reserved for her rank, preferred the monastic life and, due to her aptitude for study and her great intelligence, he became abbot of a monastic community. Subsequently, due to the onset of the terrible disease of leprosy, she was removed from the monastery and was forced to live in isolation and in the pain of physical deterioration. Thanks to his deep faith in the Buddha of compassion, one day he had a vision of Cenrezi, to whom he made a vow to remain in that isolated place, meditating until he reached the supreme realization. And so he did, fasted without food and drink and remained completely silent. After a year, he was completely cured of leprosy. Her

biography says that she became "even more beautiful than before": she had discovered the true source of beauty, a compassionate and altruistic heart, an intention enlightened by the desire to be of benefit to all beings.

She was recognized by everyone as a dakini, a highly realized woman. She passed on this practice to monks and nuns and lay practitioners, male and female, thus becoming one of the founding women of a Buddhist practice.

This ritual of meditation and fasting of Gelongma Palmo is still widely practiced today, it is an excellent method for the purification of the negative karma of one's body, speech and mind.

**THE RETREAT WILL BE HELD AT THE
ANGROGNA HEADQUARTERS IN MARTEL 288**

Saturday 21

Lama Shartrul Rinpoche:

"Teaching Sampa Lhundrub"

Sampa Lhundrupma (Tib. བསམ་པ་ལྷུན་གྲུབ་མ་, Wyl. bsam pa lhun grub ma), the prayer to Guru Rinpoche that spontaneously fulfills all desires, is a prayer that constitutes the seventh chapter of Le'u Dünma. It was given to Prince Mutri Tsenpo, king of Gungthang and son of King Trisong Detsen, by Padmasambhava as he was leaving for the land of the rakshasa orcs in the southwest.

JULY

Saturday 5

Lama Shartrul Rinpoche:

***"Teaching on the Two Truths, taken
from the instructions of Patrul
Rinpoche"***

In Buddhism, existence and reality are interpreted from two perspectives, called "the two truths" or "the two realities."

RELATIVE REALITY, which can also be translated as "Conventional Reality", concerns the way phenomena appear.

It describes not only how things appear to the eyes of sentient beings, but also mechanisms of randomness and the interactions between phenomena (interdependence); in short, the efficiency of phenomenal existence.

ABSOLUTE REALITY or "Ultimate Reality", designates the real state of things, their essential and ultimate nature.

From Saturday 19 to Sunday 27

Lama Shartrul Rinpoche:

***"Retreat on the Second Special
Practice to Mahamudra: Vajrasattva
(with Initiation)"***

The Ngondro consists of a series of preliminary practices codified in the Kagyupa tradition aimed at turning and purifying the mind so that it is ready to correctly face the subsequent practices on Yidam and Mahamudra.

First of all, the mind is turned towards the Dharma with the contemplations of the so-called common practices (reflection on the difficulty of

obtaining the precious human body, on impermanence, on suffering and on death). Then you move on to the special practices in which you settle in the Refuge through prostrations, purify yourself through the practice of Dorje Sempa, acquire merit through the practice of the Mandala and unite your mind with the blessing of the master through Guru Yoga.

In this case, we will focus on the second practice, Dorje Sempa, which represents the total and perfect purity of the Awakened Mind and personifies the power of purification of all the Buddhas. His practice purifies the veils of the mind, the karmic consequences of harmful acts of body, speech, and mind, and acts contrary to commitments (damtsik) with the Lama, with fellow Dharma students, and with respect to the practice.

**THE RETREAT WILL BE HELD AT THE
ANGROGNA HEADQUARTERS IN MARTEL 288**

ONLINE PROGRAM HELD BY VEN. KHENPO JAMPAL THUPTEN



Khenpo Thupten Jampa's online teachings continue. They are very useful teachings for both beginners and advanced people, to have a theoretical basis on Buddhism and to understand it better and deeply.

Calendar of meetings:

MARCH Tuesday 25

APRIL Tuesday 8 - 22

MAY Tuesday 6-20

JUNE Tuesday 3

The teachings will be broadcast online from 8 pm.30. By enrolling in the course, it will still be possible to follow deferred through the recordings. It is possible to participate even if you have not followed the previous meetings

All online meetings will be broadcast on the webex platform.

GENERAL INFORMATION

Pairing Question

To participate in the activities of the Milarepa Center, it is necessary to join the association by means of an annual card in the following ways:

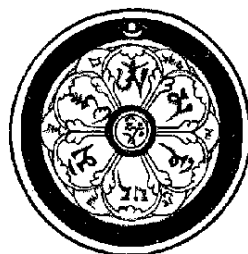
Ordinary Member Euro 40
Meritorious member Euro 70

For deposits:

By bank transfer:

Centro Milarepa-Unicredit banca -
IBAN:IT17R0200801141000105451715-
bic/swift:UNCRITM1C01 -

MILAREPA CENTER



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N.B. In order to participate in the courses, including online, the payment of the annual card is required, as well as free or minimal donations. The request for this financial support gives the Milarepa Center the opportunity to be able to proceed with the activity, giving a minimum support to the numerous expenses that the center faces. We therefore invite you to practice the Paramita of generosity according to your possibilities to support the teachings and the Masters. On the other hand, those who find themselves in financial situations that do not allow participation in the activities can report this in order to find appropriate solutions.

NB: In accordance with the provisions of the European Data Protection Regulation (GDPR), Centro Milarepa has updated its privacy policy in order to be able to send you your emails. Centro Milarepa keeps email addresses secure, using them exclusively to inform members about the activities carried out and ensures that the data will not be transferred to third parties. If you wish to be unsubscribed from our newsletter mailing list, please let us know at the email address info@centromilarepa.net