

## About the Institute

The Kagyu Institute of Buddhist Studies, established by Venerable Shangpa Rinpoche was graciously inaugurated by His Holiness Shamar Rinpoche and His Holiness Kyabje Trulshik Rinpoche on 5 Dec 2004. It aspires to impart the authentic and pure teachings of the Buddha to practitioners who have a firm commitment to spiritual pursuits.

Situated in Kirtipur, a scenic and idyllic small town located along a ridge southwest of Kathmandu overlooking the Kathmandu Valley, the institute is an ideal place for retreat and study, and is highly conducive to the attainment of peace and harmony in mind, body and soul.

Instructions and advice on personal practice are provided on an individual basis upon request. Daily teachings and guided meditation practice are also offered by our resident teacher every evening, during the months when the courses are on-going.

The courses also aim to provide opportunities to students through the engagement and gaining of experiential insight and realization. As such, the daily course schedule not only includes sessions of teachings and discussions, but also practical meditation sessions in the evening.

## COURSE FEES

Please contact us for complete information on course fees and accommodation.

## REGISTRATION

- Registration must be made via the application form available on our website.
- Registration may be made personally at the institute, by mail or email.
- Acceptance is on a first-come, first-served basis.

## CLOSING DATE

Two weeks before the course begins, OR when the maximum number of participants has enrolled.

## ENQUIRIES

For further information, please contact us at:

### Kagyu Institute for Buddhist Studies

G.P.O. Box 3157, Dev Dhoka,  
Ward No 2, Kirtipur,  
Kathmandu, Nepal

Email : info@kirtipur.org /admin.kibs@gmail.com  
Tel : (977) 1-433-1679 / +65-9811 3936 (Singapore)  
Fax : (977) 1-433-2877  
website : http://kirtipur.org



HH Trulshik Rinpoche

HH Shamar Rinpoche

Ven Shangpa Rinpoche



## Programme Highlights 2009 / 2010

Course/Programme by Venerable Shangpa Rinpoche	Date
<b>Pilgrimage to Muktinath &amp; Jomson</b> (Holy Places of Guru Rinpoche)	1 - 10 Oct 2009
<b>Nyungne Fasting Retreat</b> (9 Nov 09 Lha Bab Duchon - Merit Multiplying Date)	1 - 10 Nov 2009
<b>The Golden Kaygu Lineage</b> Teaching on the Biographies & Songs of the Kagyu Lineage Masters	15 - 19 Dec 2009
<b>Teaching Retreat on "Milarepa Guru Yoga"</b> (includes Empowerment, Oral Transmission & instructions)	22 - 25 Dec 2009
<b>Pilgrimage to Yolmo (Tiger Cave Lion Fortress)</b> Holy Meditation Cave of Milarepa	26 - 29 Dec 2009
<b>Visit to Old Folk's Home In Kathmandu &amp; Pokhara</b>	2 Oct 2009 & 31 Dec 2009

One Month Intensive Course by Khenpo Ramesh	Date
<b>The Lamp on the Path to Enlightenment</b>	18 - 22 Jan 2010
<b>Milarepa's Songs on Madhyamika View</b>	25 - 29 Jan 2010
<b>The Stages of Meditation</b> (7-Days Meditation Retreat)	4 - 10 Feb 2010
<b>Introduction to Buddha Nature "Tathagatagarbha"</b>	11 - 15 Feb 2010

Other Programmes
Tibetan Language Course
Tibetan Cooking Course
Group / Personal retreat on Ngondro
Pilgrimage to holy places in Kathmandu Valley (Swayambhu, Boudhanath, Pharping, Nama Buddha, Sankhu)
Pilgrimage to Lumbini



# KAGYU INSTITUTE Of Buddhist Studies, Kirtipur, Nepal



*"May the Buddha Dharma –  
the sole medicine for all suffering and the  
foundation of all joy –  
be upheld, honoured and may it remain for a long time.*

*"As long as space endures,  
As long as sentient beings remain,  
Until then, may I too remain  
And dispel the miseries of the world."  
– Shantideva*





## 4 Pairs of Nyungne Retreat Nyungne Purification & Fasting Retreat

**1 - 10 November 2009**

Nyungne is well known for its effectiveness in the purification of negative karma and the healing of sickness, as well as the accumulation of merits, the development of great compassion and the accomplishment of enlightened qualities.

This practice was first carried out by Gelongma Palmo, who through this special practice of 1000-Armed Chenrezig, recovered from the sickness of leprosy. Having developed great dedication and compassion for all sentient beings, she became an enlightened guide to many disciples to whom she passed down the practice of Nyungne.

It is said that pure practice of one pair of Nyungne closes the gates of rebirth in lower realms, and the pure completion of eight pairs of Nyungne leads to rebirth in the Dewachen Pure Land.

*The last set of the retreat falls on one of the most important dates of the year, "Lah Bab Duchon" and the effect of all actions will be multiplied many million times.*

## The Golden Kagyu Lineage

**15 - 19 December 2009**

The Kagyu lineage originated directly from Lord Vajradhara. Our first forefather, the great Indian yogi Tilopa, received Vajrayana transmissions directly from Vajradhara and attained the realization of Mahamudra.

Tilopa also received and mastered the four special transmissions from Nagarjuna, Nakpopa, Lawapa and Khandro Kalpa Zangmo Khandro. He transmitted his teachings entirely to Naropa.

Subsequently, Naropa transmitted his lineage to the great translator, Marpa; from Marpa to his most perseverant disciple, Milarepa. And from Milarepa to Gampopa, the physician of Dolpo. Gampopa merged the two streams of teachings from Kadampa and Milarepa into one. Four of his disciples founded the four major Kagyu schools which later stemmed into eight minor Kagyu schools.

In this course, Ven. Shangpa Rinpoche will introduce the Kagyu lineage, share the life stories of some lineage masters as well as short Dohas (songs of realization). Consequently, students would gain a deeper understanding and appreciation of the golden lineage.

## 5 days Retreat on "Milarepa Guru Yoga"

**22 - 25 December 2009**

In the golden Kagyu lineage, we view our root Guru as a great source of blessings. A disciple deeply devoted and reverent towards a fully qualified Guru will be able to realize one's true mind nature and attain the profound fruition of the Mahamudra. Without Guru's blessings, one will not be on the true path of the Vajrayana practice.

Milarepa Guru Yoga is a profound practice that enables the practitioner to develop pure faith and devotion towards Milarepa, thus receiving the blessing streams of his realization.

The 5-day retreat to be led by Ven. Shangpa Rinpoche includes Milarepa empowerment, oral transmission, instructions and group meditation practice on Milarepa Guru Yoga. Also, participants will learn how to prepare the offerings and tormas for the Milarepa puja.

## The Lamp of the Path to Enlightenment

**18 - 22 January 2010**

This text established and formed the source for the graduated path to enlightenment of all schools of Vajrayana Buddhism. It was written at the request of King Jangchub O, who wanted to re-establish and spread the Buddha Dharma in Tibet.

It integrates all the teachings of Buddha into a step-by-step practice and sets forth the entire Buddhist path in 68 four-lines verses, distilling the essence of all the teachings of the Buddha into a clear, progressive arrangement that makes it easy for any individual to understand and practice the Dharma.

Listening, reflecting and meditating on this text dispels ignorance in one's mind and gives rise to realization, as well as inner joy. Through these practices, many have realized enlightenment in the past.

## Milarepa's Songs On Madhyamika View

**25 - 29 January 2010**

Jetsun Milarepa (1052- 1135), a famous yogi of the Kagyu lineage who attained realization of the Mahamudra within one lifetime through his unwavering faith and diligence in his practice.

He wandered from village to village, teaching the essence of the Dharma through his spontaneously composed songs.

In this course, selected songs of Milarepa that elucidate the essence of the Madhyamika, illuminate the emptiness and selfless nature of all phenomenal existence will be presented.

It is essential for a practitioner to develop the right view based on Madhyamika, as it is not only the ground for meditation practice, but also the ultimate fruition state of realization and liberation.

## 7 Days Meditation Course The Stages of Meditation

**4 - 10 February 2010**

In this 7 - day meditation teaching-cum-retreat program, students will be taught the proper practical meditation techniques on Shamatha (one-pointedness) meditation as well as Vispassana (the development of insight) meditation.

There will also be teachings to clarify misconceptions based on the important extracts from the text "The Stages of Meditation" taught by Kamalashila, as well as other important sutras on meditation taught by the Buddha.

This course is suitable for both beginners and those who wish to further their meditation practice. Personal guidance will be given according to individual capability.

## Introduction to Buddha Nature "Tathagatagarbha"

**11 - 15 February 2010**

During the Third Turning of the Wheel of Dharma, Buddha conferred the teaching of the "Mind-Only School" and "Tathagatagarbha" which discloses that all beings have "Buddha Nature" from beginningless time. It resides in each and every being and because of this nature; there is the possibility for all of us to attain Buddhahood.

This course will provide an overview and introduction to the "Uttara Tantra Shastra", an important treatise by Maitreya, which elucidates the nature and qualities of Buddha Nature.

To a tantric practitioner, a correct understanding of Buddha Nature is essential and of utmost importance. Through the identification of one's own Buddha Nature, both in meditation and daily life, realization would unfold effortlessly.

## Pilgrimage to the Holy Meditation Cave of Milarepa (Yolmo)

**26 - 29 December 2009**

North of Kathmandu is the hidden land of Yolmo in the district of Helambu. Here, Yeshe Tsogyal received her highest Dzogchen initiation and Milarepa had one of his most important retreats. Many important terma were discovered at this sacred land of Yolmo. It is one of the holy places prophesied in the Mahayana Sutras.

This pilgrimage aims to strengthen our awareness and connection with Milarepa, Kagyu's great lineage master, as well as reaffirming our devotion for our lineage master. If conditions permit, we may also visit Padmasambhava, Guru Rinpoche's cave, which is in close proximity.

## Pilgrimage to the Holy Places of Guru Rinpoche in Muktinath & Jomson

**1 - 10 October 2009**

Muktinath located at 3,710 metres at the foot of the Himalayas in the district of Mustang Nepal, is a sacred place for both Hindus and Tibetan Buddhists. It is believed to be the palace of Chakrasamvara and his consort Vajra Yogini. Both Padmasambhava and the 84 Mahasiddhas blessed this place during their visit in the past. Therefore, it is said that whoever meditates and recites mantras devotedly or make a positive connection with this holy land will purify negative karma and obscurations, gain happiness and success during this lifetime, and ultimately attain enlightenment in a later life.

This pilgrimage will be led by Ven. Shangpa Rinpoche, who had spent much of his previous life turning the wheel of Dharma at this sacred place for the benefit of its natives.

On the way back from Muktinath, we will visit Kutsab Ternga Monastery in Jomson, rebuilt by the 1st Shangpa Rinpoche. This was a very old temple that has the five treasures which represent Guru Rinpoche.