

SAKYA CHANGLOCHEN LING

DECHEN SUMMER COURSE PROGRAMME

WITH LAMA JAMPA THAYE 17TH - 29TH JULY 2022

NEW WK 1 COURSE DETAILS



Week 1: Sunday 17th - Friday 22nd July Atisha's Lamp of the Path of Enlightenment

Composed by the great Indian master Atisha, 'The Lamp of the Path of Enlightenment' is a wonderfully comprehensive and yet easy to understand delineation of the graduated path of sutra and tantra, from the level of the beginner to that of complete Buddhahood. In this week-long course Lama Jampa will teach the entire text through the commentary composed by Jamgon Kongtrul, known as 'The Full Illumination of the Path of Enlightenment'.

Sun	17 th	11.00 - 12.30	Initiation of Manjushri Arapatsana
		2.30 - 4.00	The Lamp of the Path of Enlightenment
		4.15 - 4.45	Tangtong Gyalpo Chenrezik practice
Mon	18 th - Thu 21 st	10.00 - 12.30	The Lamp of the Path of Enlightenment (Break: 11.15 - 11.45am)
		2.30 - 4.00	The Lamp of the Path of Enlightenment
		4.15 - 4.45	Tangtong Gyalpo Chenrezik practice (Wed 20 th half-day - no meditation)
Fri	22 nd	10.00 - 12.30	The Lamp of the Path of Enlightenment (Break: 11.15 - 11.45am)
		2.30 - 4.00	Initiation of the Three Long Life Deities

Week 2: Sunday 24th - Friday 29th July Vajrapani Bhutadamara Retreat

In this retreat Lama Jampa Thaye will give the initiation of Vajrapani Bhutadamara. The practice of Bhutadamara is usually undertaken in order to overcome negativities that obstruct spiritual progress in the Vajrayana. It is customary in the Sakya tradition to practice this before embarking on the supreme Yogachara meditations. Along with the necessary initiation, Lama Jampa will teach the guide to the practice composed by the eminent master Zhuchen Tsultrim Rinchen. Following this there will be the opportunity to do the short retreat.

Sun	24 th	11.00 - 12.30	Initiation of Vajrapani Bhutadamara
		2.30 - 4.00	Explanation and instruction on the meditation practice (Tri)
		4.15 - 4.45	Tangtong Gyalpo Chenrezik practice
Mon	25 th	10.00 - 12.30	Explanation continued (Break: 11.15 - 11.45am)
		2.30 - 4.00	“ “ “
		4.15 - 4.45	Tangtong Gyalpo Chenrezik practice
Tue	26 th - Fri 29 th	10.00 - 11.30	Meditation on Vajrapani Bhutadamara
		2.00 - 3.30	“ “ “
(Wed	27 th - half-day)	4.30 - 6.00	“ “ “

Facility Fee for the course: £220 for two weeks. £170 for one week. Concessions available on request to changlochen@dechen.org. Children 18 yrs and under go free.

Facility fees are charged to cover the expenses of running the course and the annual upkeep of Sakya Changlochen Ling. If circumstances change and/or travel becomes problematic, refunds will be available on request.

Please note: You need to have received the Vajrapani Bhutadamara initiation in order to join in the retreat. All the initiations are open to those who have taken refuge. Please contact us in advance if you want to take refuge.

GENERAL USEFUL INFORMATION FOR CHANGLOCHEN SUMMER COURSE 2022

If travelling from the UK please check gov.uk for the latest travel advice.

European or Global Health Insurance Card

Ensure you have a valid EHIC or GHIC. EHIC cards have now been replaced by GHIC cards, but if your EHIC is still in date, you can use it until it expires. A GHIC lets you get medically necessary state healthcare in Europe at a reduced cost or sometimes for free.

To apply online: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>

When you arrive at Changlochen please go to the reception, the little house on the right of the track, where you can register for the course.

Camping Fees at Changlochen are £50 (€60) per person per week. There are limited spaces so please make your request to camp in advance. Some site maintenance responsibilities will be allocated to all those staying onsite, details on arrival.

All vehicles should be parked in our furthest field. Please follow the signs.

During the course please remember that you are representing the Dechen Community, so awareness of avoiding disturbing our neighbours in the village is important.

Phone for Changlochen 0033 (0)553 535643
or +44 (0)7747 633577

Other useful numbers

Brin d'Amour Campsite: +33 (0)553 07 23 73

Le Bugue Taxi: (Archembeau) +33 (0)553 07 10 70

Bergerac Taxi: +33 (0)553 23 32 32

Doctor's surgery in Le Bugue: (0033) (0)553 07 26 87

Dechen Café will be open prior to the first session of the day, in the short morning break, and during the lunch break, serving hot and cold drinks and light refreshments.

Dechen Diner will be serving lunches Sunday to Friday of both weeks of the course. Meals will be available at a cost of 5 euros. (€3 euros for child's meal).

Important: Please email changlochen@dechen.org before the course if you have any special dietary requirements.

The shrine room will be open 6.30am - 10.00pm for people to use for their daily practice before and after the teaching sessions. You should dress modestly and respectfully when in the shrine room. Bring your own cushion and/or mat if you wish.

We will have nominated medics to take care of anyone in case of accident or illness on site. They are: Kamani Wijeyesekera and James Conole. They will have comprehensive first aid kit on site.

It is illegal to light any fires outdoors during the summer months.

There is a **no-smoking policy** throughout the course.

There is a lot of work involved in setting up and running the summer course as well as packing up at the end, so do try and help out in any way you can. Please ask the organisers how you can help or email in advance changlochen@dechen.org.

Shopping:

Brin d'Amour campsite has a small shop for basics.

The nearest shops and supermarkets are in Le Bugue, 4 kilometres from Changlochen.

The Intermarche is open daily from 9am to 7pm

Sunday opening hours: 9.00am to 12.00midday.

Please note there is a market in Le Bugue every Tuesday which makes the high street inaccessible all morning until around 2pm..



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www.sakyabristol.org/about/sakya-changlochen-ling/