

# Sakya Changlochen Ling

## Dechen Summer Course Programme

with Lama Jampa Thaye 18th - 30th August 2024



### Week 1 - Sunday 18th - Friday 23rd August

#### 'Dispelling the Darkness of Suffering'

'Dispelling the Darkness of Suffering', composed by Karma Thinley Rinpoche, is a clear and authoritative, line by line commentary on The Seven Points of Mind Training written by Geshe Chekhawa. This classic twelfth century text on 'lojong' (mind training) is in the form of pith instructions that show the methods to transform everyday life into the path to enlightenment, by developing bodhichitta ('enlightenment-mind' - the resolve to attain buddhahood for the benefit of others) on the basis of loving-kindness and compassion. Rinpoche brilliantly illuminates these pith instructions, enabling us to apply them to whatever situations we encounter.

|     |    |              |                                                          |
|-----|----|--------------|----------------------------------------------------------|
| Sun | 18 | 2.30 - 4.00  | Dispelling the Darkness of Suffering                     |
|     |    | 4.30 - 5.00  | Chenrezik practice (Tangtong Gyalpo)                     |
| Mon | 19 | 10.30 - 1.00 | Dispelling the Darkness of Suffering                     |
|     |    | 3.00 - 5.00  | Initiation of Manjushri Lion Speech                      |
| Tue | 20 | 10.30 - 1.00 | Dispelling the Darkness of Suffering                     |
|     |    | 5.00 - 5.30  | Chenrezik practice (Tangtong Gyalpo)                     |
| Wed | 21 | 10.30 - 1.00 | Dispelling the Darkness of Suffering (Afternoon free)    |
| Thu | 22 | 10.30 - 1.00 | Dispelling the Darkness of Suffering                     |
|     |    | 3.00 - 5.00  | Initiation of Namgyalma followed by a <b>Group Photo</b> |
| Fri | 23 | 10.30 - 1.00 | Dispelling the Darkness of Suffering                     |
|     |    | 5.00 - 5.30  | Chenrezik practice (Tangtong Gyalpo)                     |
|     |    | 7.00 - 10.00 | Soirée - Please bring food and drink to share            |

### Week 2 - Sunday 25th - Friday 30th August

#### 'The Sweet Drops of the Blooming Lotus of Great Bliss'

Lama Jampa will teach the extensive notes on the practice of the Uncommon Sadhana of the Goddess Vajrayogini Naro Kachoma, one of the most important systems of practice. This text was composed in recent years by Karma Thinley Rinpoche and so this course represents its first transmission in the West.

The prerequisites for attending this course are to have received a major (two-day) initiation of Chakrasamvara or Hevajra from a lama belonging to the Khon family of Sakya, and in addition the blessing initiation of Naro Kachoma. This blessing initiation will be given on the first day of the teaching but only to students who have previously received the initiation of Chakrasamvara or Hevajra as detailed above.

It is required that all those who receive this teaching must maintain observance of the Three Vows. Furthermore those who also choose to receive the optional teaching of the body mandala must make a commitment to maintain the unbroken daily practice of the full uncommon sadhana and the accomplishment of the basic retreat, during which there are four hundred thousand repetitions of the mantra to be completed.

|     |             |              |                                                           |
|-----|-------------|--------------|-----------------------------------------------------------|
| Sun | 25          | 2.30 - 5.00  | Blessing initiation of Naro Kachoma                       |
| Mon | 26 - Fri 30 | 10.30 - 1.00 | Teaching on the Vajrayogini sadhana                       |
|     |             | 5.00 - 5.30  | Chenrezik practice (Tangtong Gyalpo) - Excluding Fri 30th |

**Facility Fee for the course:** £250 for both weeks. £175 for the first week only, £175 for the second week only. 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. 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 2024

**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 £60 (€70) 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 the designated area.

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

### Useful numbers:

Brin d'Amour Campsite: +33 (0)553 07 23 73  
Le Bugue Taxi: (Archambeau) +33 (0)553 07 10 70 Bergerac Taxi: +33 (0)553 23 32 32  
Doctor's surgery in Le Bugue: +33 (0)553 07 26 87  
Local doctor: Dr. J. Barrer +33 (0)553 07 22 50

**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 during the course. Please email [changlochen@dechen.org](mailto: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.

**We will have nominated medics** to take care of anyone in case of accident or illness on site. They will have a comprehensive first aid kit on site.

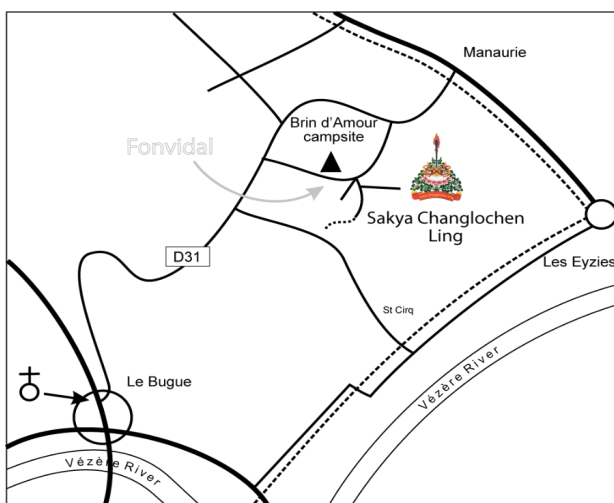
**It is illegal to light any fires** outdoors during the summer months.

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](mailto:changlochen@dechen.org).

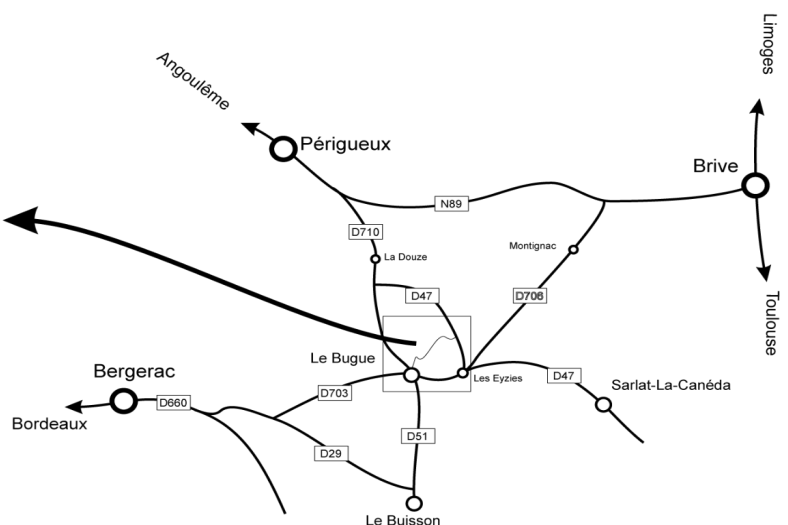
### Shopping:

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 except Sunday: 9.00am to 12.00midday. There is a market in Le Bugue every Tuesday which makes the high street inaccessible all morning until around 2pm.



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**Administered by**  
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