



Purification and accumulation of merit retreat
based on the prayer to the 35 Buddhas of Confession
and meditations on the 10 karmic paths

Date: Friday, March 3d (evening) to Sunday, March 5th (evening), 2023

Location: online via ZOOM

Application deadline: February 24, 2023

Description

When we try to engage in virtuous activities such as study, reflection or meditation, are we able to keep our minds clear, alert and focused? In contrast, what happens when the activity in question is an entertaining social event? Isn't our mind clearer and more enthusiastic?

If our mental state is so obscure, weary, and easily distracted when we want to engage in spiritual practice, it is partly due to the force of the habits we have acquired to date, and to the presence of obscurations and defilements that clutter our minds.

Hence the importance of carrying out purification practices with the aim of purifying ourselves, through the 4 forces of confession and a good understanding of the law of karma and its effects, from negative karmas accumulated since beginningless time, and of giving greater strength and vigour to our mind so that it can more readily engage in virtuous activities.

Generally speaking, Buddha Sâkyamuni taught many methods, but among the most powerful and effective purification practices is the prayer of confession to the 35 Buddhas in which the Buddhas are evoked by pronouncing their names.

It is also an opportunity to prepare for the big retreat in April.

Conditions for participation

This purification retreat is open to Buddhist practitioners who meet certain criteria:

- to regularly attend the teachings of Venerable Rinpoche;
- to have a fairly good knowledge of the basics of Buddhism and especially of karma and its effects;
- already have at least some familiarity with the prayer to the 35 Buddhas.

With Rinpoché's agreement, certain exceptions can be made (to be discussed with the person in charge).

As the retreat program is quite intense, before registering, please make sure you are able to complete the retreat, as in principle once started, any retreat must be completed.

Since the retreat is being held online, there is no limit to the number of places available, but all applications are subject to Rinpoche's approval.

Discipline

The principle of a retreat is to move away from our usual preoccupations in order to devote ourselves to spiritual activities, so retreatants are encouraged to remain within the confines of their retreat place throughout the retreat and to limit contact with non-retreatants.

To facilitate our concentration, we should refrain from non-virtuous activity through our three doors (body, speech and mind) and especially avoid distractions such as telephone, internet, TV, radio, newspapers and magazines...



Institut Ganden Ling

Founded by Venerable Dagpo Rinpoché



The out-of-session periods constitute the retreat as much as the practice sessions themselves. **Calm, recollection and discipline are therefore required at all times**, including when carrying out our essential daily activities such as preparation of meals, housework, and so forth.

Mahayana Upasatha Vows

Taking the 24-hour vows is excellent, but we must be mindful that our state of health and abilities should be sufficiently robust to allow us to take them without impairing our concentration.

For those who have not previously received such vows from a qualified person, it will not be possible to take them during this retreat. There will be no collective ceremony.

Texts

- The retreat booklet containing recitations for each session and indications for practice.
- The complete tables of the ten dark karmic paths and their effects
- Other documents specific to the retreat
- Teachings on karma and commentaries on how to practice the prayer to the 35 Buddhas could enrich your practice (to read between sessions).

The texts will be available on the site : dagporinpoche.org **after validation of your registration by the organizers.** To access them you will have to connect with password and return to the retreat page (bottom)

Membership

To participate in the retreat, you need to be a current member of one of Venerable Dagpo Rinpoché's centres. If you have not yet renewed your membership for the current year, please do so by contacting your centre before the retreat.

Contribution

The participation in this retreat is free of charge and as each participant is doing the retreat at home, there are few expenditures (zoom subscription, etc.) specifically incurred to organize it. However if you wish, you could make a donation to Institut Ganden Ling:

- Ideally by bank transfer:
 - IBAN: FR76 1751 5900 0008 0053 4472 677
 - BIC: CEPAFRPP751
 - Branch: Caisse d'épargne Ile de France
- Or by cheque:
 - made out to Institut Ganden Ling
 - to be sent to: Ganden Ling, 2 Rue de la Passerelle, 77250 Veneux Les Sablons, France

Registration through online form

Registration is mandatory. Please register as soon as possible to help the organizers.

We will confirm your registration as soon as possible. As a reminder, all applications are subject to Rinpoché's approval

Please print and keep this letter, it contains useful information.