

2019 YAMANTAKA Drubchen at Drikung Rinchen Choling

Led by: His Eminence Garchen Rinpoche, Ven. Lama Thupten Nima & Garchen Institute lamas

Hosted by: Drikung Rinchen Choling at 4048 E. Live Oak Avenue, Arcadia, CA 91006

Date: March 28 (Thursday) to April 3 (Wednesday)

Registration by e-mail: send registration form to rinchenchuling@gmail.com on **Saturday, 12/15/2018 starting at 9:00 am Los Angeles time**. Any e-mails that arrive earlier than 9:00 am Los Angeles time on 12/15 will not be accepted.

Fee: US \$380

Please note that only ONE PERSON may register PER e-mail. A separate e-mail message must be made for *each* person wishing to register, including for *each* member of a married couple. If you are unable to send in your registration via email, you may have someone else e-mail on your behalf. Once the drubchen is full, a waiting list will be created in the same way. We plan to contact you by the end of Monday, December 22, to let you know if you receive a place in the drubchen or are on the waiting list.

The fee for participating in the drubchen is \$380, and a **NONREFUNDABLE and NONTRANSFERABLE deposit of \$180 is due by January 4, 2019 to hold your place**. Please make the check payable to Rinchen Choling and mail it to: 4048 E. Live Oak Ave., Arcadia, CA 91006. The balance should be paid by March 18 before the start of the drubchen.

VERY IMPORTANT: If you have not participated in the Yamantaka Drubchen led by Garchen Rinpoche or the Garchen Institute lamas before, the following information must also be provided **at the time you register:** A reference from a monastic member with knowledge of the Yamantaka Drubchen who knows you and your practice well and will vouch for your ability to complete the drubchen practice.

For students who have not participated at Yamantaka drubchen before, **one of the main prerequisites for participating in the Yamantaka Drubchen is to have accumulated minimum of 100,000 Peaceful Manjushri mantras (OM WAM GI SHWARI MUM)**. It is preferable if you can accumulate **600,000 mantras**. If you have not done this accumulation, we ask that you complete it before the drubchen starts. Lama Thupten Nima reminds us that the mantra accumulation should be done in a mindful manner. It is best to do it during sessions dedicated to it and not do it while multi-tasking (e.g., driving, talking).

Yamantaka drubchen is conducted to cleanse all obstacles for every being in the world. The deity practiced in this drubchen is very wrathful and powerful, and thus the practice must be done with great care. The lamas have asked that all those who aspire to attend the Yamantaka retreat do so with thoughtful consideration, taking care to make the necessary preparations and

adhering to some important guidelines throughout the duration of the retreat. In the past in Tibet this drubchen was only open to those who had taken vows of ordination and who had completed the common preliminary practices as well as the particular preliminary practices of Yamantaka. (It is thus asked that those who participate prepare by accumulating refuge and Vajrasattva mantras, taking refuge and purifying one's mind stream as much as possible prior to the retreat.)

This drubchen differs in many ways from other drubchens and practices. All who aspire to attend should understand that it is a **very rigorous** practice conducted around the clock with strict rules of conduct, including not seeing the sky for the duration of the retreat. Everyone must remain in the temple throughout the practice with no coming and going. **Once the drubchen has begun, participants do not leave the temple other than for brief restroom usage and three daily meals. Please note that it is not possible to exercise.**

Because of the drubchen's very demanding nature, those with any pre-existing health condition that is worsened by stress or by incense smoke should refrain from attending. Please also note that other than teeth brushing and face washing, **bathing or shaving is not permitted during this retreat.** Clothing may be changed if desired.

Participants should bring sleeping bags and other necessities in preparation for practicing and sleeping in the temple. Personal items, sleeping mats (less than 3" thickness), and meditation mats *may not exceed 34 inches in width and 72 inches in length.*

The practice will be conducted nonstop, w/ everyone practicing together from 6:00 a.m. to 7:00 p.m. (ritual implements are not required). For the 11-hour night sessions, participants will be divided into 3 groups, which will rotate each night. When it is not your practice session you may sleep, but all drubchen participants practice part of the sadhana together for each night session. Thus, your total sleep time per night will be approximately 6 hours and is broken into two separate sessions. This will be your only time to lay down or rest each day.

Chinese style **vegetarian meals** will be served. Special dietary requests regretfully cannot be accommodated for this retreat. During meals, there will be two serving sessions, with half of the practitioners eating during each session. Meal time is limited to 20-30 minutes per meal.

There will be **no speaking** during the retreat other than the mantra recitation and the recitation of the text. The only exception will be a point indicated by the Lamas between the protection and repelling sections of the practice when participants will be allowed to speak to each other for a short period of time. **Please note that NO phone calls, no texting -- INCLUDING CHECKING YOUR VOICEMAIL MESSAGES -- or other communications outside the Yamantaka mandala may be made at any time during the drubchen. This also includes the short period of speaking.** Any necessary communication within the mandala will be done via handwritten note.

For practitioners who have difficulty sitting on the floor for very long periods of time, a chair may be used where you are sitting if needed. It is important that all participants have seated meditation experience and be able to realistically gauge if they are physically and mentally able to handle up to 17 hours per day of sitting. Please note that once you remain in your seat throughout the drubchen and may not change the location.

All who plan to attend the drubchen must arrive *no later than 11 am on March 28* and remain for the entire duration of the drubchen. If you are late, you will not be permitted to participate in the drubchen! The drubchen should conclude by noon on April 3. All participants are asked to stay for an hour to help clean up the center. For people who need to book a flight, please reserve your return flight AFTER 3pm; otherwise, you may not be able to catch your flight in time. Also, for out of town participants, you may arrive on 3/27 and sleep in the shrine room. The gate will close no later than 9pm, please allow time for you to arrive at the temple by then. If you choose to do indoor camping on 4/3, the fee is \$15. If you come before 3/27 or leave after 4/4, please arrange your own accommodation at a nearby hotel.