

TASHI CHOLING'S ANNUAL

SAGA DAWA RETREAT

Although Tashi Choling remains closed during the COVID-19 pandemic, we will offer our annual Vajrasattva and Chimed Sok Tig Longevity Retreat as a video-streamed event.

Please join us online from the comfort of your own home via Zoom video streaming!

**Vajrasattva: May 29-June 5
Chimed Sok Tig: June 6-7**

1:00-5:30 pm daily

When you register on our Event Registration page, you will receive the Zoom information to connect to the daily practices.

REGISTER HERE

And don't miss this teaching about the retreat!

Wednesday, May 27th, 6:30-8:00pm Pacific



Sangye Khandro and Lama Chonam will offer an evening teaching on the upcoming Saga Dawa video-streamed retreat at Tashi Choling. This video-streamed class will cover what to expect during the retreat, how to arrange your in-home shrine, how to keep the discipline of the retreat while participating from your own home, and how to understand this level of practice.

During the retreat, there will be additional opportunities for more teachings as well as Q/A with Sangye, Lama Chonam, and the umdze, Keith LaCoste. Students can also send questions to tcnewsletter@gmail.com, and as time allows during the retreat, we will try to answer them.

[Click here for the Zoom link for this teaching](#)



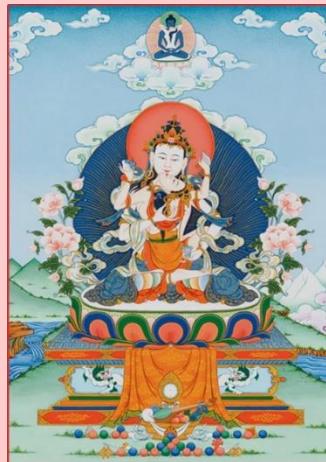
At His Holiness Dudjom Rinpoche's request, Ven. Gyatrul Rinpoche promised to carry out the annual Vajrasattva Retreat each year—and as students of Gyatrul Rinpoche, we, in turn, have the samaya to ensure that this retreat occurs at Tashi Choling each year. For many years, the Tashi Choling sangha has kept this commitment. Although this year, we are unable to have people come to Tashi Choling due to the viral pandemic, we will continue to maintain our samaya by using the miracle of the Internet and Zoom video-conferencing to hold this retreat!

About the Vajrasattva Retreat:

His Holiness Dudjom Rinpoche placed the volume of His Holiness' "Vajrasattva as the Lama" scripture on Gyatrul Rinpoche's head and commanded him: "This is your special practice. You and all your students must uphold it!"

Thereafter, this annual 10-day retreat was established at Tashi Choling. We have been doing it yearly since 1997.

[***Click here to read one of Venerable Gyatrul Rinpoche's teachings about this retreat***](#)



About the Chimed Sok Tig Longevity Retreat:

His Holiness Dudjom Rinpoche said that, through his own daily practice of this sadhana and practice in the longevity cave of Maratika, five years were added to his life. Venerable Gyatrul Rinpoche received the empowerment and transmission for this practice from His Holiness and was encouraged by the Dudjom Sangyum to take this as one of his main practices, which he has done for many years.

[***Click here to read more***](#)

Attendance: All are Welcome!!

Practice Texts:

Vajrasattva: From May 29th thru June 5th, we will use ***The Sadhana of Offering to the Lama with Methods for Enlightened Activity that Benefits Others, The Essence of All Mandalas, entitled The Chariot of Great Merit*** by Kyabje Dudjom Rinpoche. Please write to vimalatreasures@gmail.com if you would like to obtain a copy.

Chimed Sok Tig (Amitayus): On June 6th and 7th, we will use the sadhana entitled, ***From the Quintessence of Vajrakilaya's Extremely Secret Enlightened Activity, The Longevity Practice Called Chimed Sok Tig: The Vital Essence of Immortality***, by Kyabje Dudjom Rinpoche, based on the terma of the treasure revealer (Terton) Zilnön Namkhai Dorje. Please write to vimalatreasures@gmail.com if you would like to obtain a copy.

Helpful Zoom Video-Streaming Hints:

#1: In order to not disturb the lamas and other participants, we ask that you keep your ***AUDIO MUTED AND VIDEO CAMERA OFF for the duration of the practice session.*** Don't worry—you will still be able to hear and see us; we just will not be able to hear and see you. You will be brought into the session with these settings. We request that you do not change them. ***Please doublecheck as soon as you join to make sure that your audio is still MUTED and your videocam is still OFF.***

#2: If you cannot hear, it is because your own computer's audio settings are turned down. Please adjust them so you can hear.

#3: To best enjoy the chanting and musical offerings that are part of our practice of these profound sadhanas, it is recommended that you wear headphones, a headset, or your earbuds plugged into your laptop's audio port (or connected by bluetooth). An even better option is to connect external speakers to your computer's audio port. If you are

experiencing sound distortion when bells, cymbals, and other instruments are played, it is because the internal speakers of *your own computer* were not designed for this type of sound output. Adopting one of the above options will greatly improve your listening experience.

#4: We have two active "presenter" windows in Zoom—one each for the dorje lopon (vajra master) and the umzed (chant leader). You can choose one of them to be the center of your display by ***using the pin-video option in your own Zoom window.***

Other Information:

TSOK AND MUSIC OFFERINGS: If you are able, it is suggested that you assemble a tsok food offering in your own home. The most important elements of this are a small sip of any kind of liquor and a small bit of meat, but any kind of ready-to-eat food can also be offered. If you have a bell and vajra, you are encouraged to use these and follow along at home.

***If you cannot attend:
You can still connect with and support the retreat
by offering to sponsor any or all of the following:***

PRAYER LISTS: Names of the deceased and afflicted are announced daily, and the merit of the practice is dedicated to them and all beings. You can include names on either list -- write them in the "Notes" section of the PayPal donation or include a note with your check. Please indicate whether the names are for the deceased or suffering in this life. Names of the deceased will go into **NEXT** year's Ceremony for Guiding the Consciousness of the Deceased (the "Neydren" ceremony, which will NOT be performed this year). Please note: It is customary to include a donation -- large or small, as your means allow -- when requesting prayers on someone's behalf. Our teachers have stated that this protects the being from accruing karmic debt and increases their connection to the blessings of the practices being done on their behalf.

LIGHT OFFERINGS: There is perhaps no other offering as beautiful as the dancing flames of the light offerings spread across the shrine each session!

Sponsorship for an offering of 108 candles is \$35. You are welcome to provide a dedication to someone with your contribution.

GENERAL RETREAT OFFERINGS: Your offering, in any amount, helps with the temple maintenance and upkeep. Your donation connects you to the retreat's activities and blessings and makes all the various aspects of the retreat possible!

You may offer your sponsorship in one of the following ways:

(a) Use this convenient [PayPal link](#)

OR:

(b) Make your check out to

"Tashi Choling"

and send it to

P.O. Box 64, Ashland, OR 97520.

Please attach a separate note to your check that says

"Annual Saga Dawa Retreat"

***Any amount is appreciated,
no matter how large or small!***

THANK YOU!!!!