



marpa house
chös khor ling



A Pilgrimage to Bodhgaya

newsletter - may 2024 to october 2024



ཨོཾ་འཕོ་རྒྱུ་གླེང་།

**BUDDHIST MEDITATION AND
RETREAT CENTRE**



Marpa House

Chös Khor Ling

Rectory Lane, Ashdon

Saffron Walden, Essex CB10 2HN

t: 01799 584415

e: mail@marpahouse.org.uk

w: www.marpahouse.org.uk

If you have something you would like to
go in the Newsletter please email:
newsletter@marpahouse.org.uk

Registered Charity No. 1090628

TRUSTEE NEWS

I remember once when I was very excited about the opportunity to be involved in creating the new shrine, Rinpoche told me: 'It's good you feel like that, it makes it meaningful'.

And so it was that a group of us excitedly went to Bodhgaya, on behalf of everyone, with the heartfelt wish to request prayers and practices for the good health and long-life of our precious teacher. With joyful effort from those who travelled, blessings from Rinpoche, and the support of the sangha, our journey and task of requesting audiences, passing on letters, making offerings and attending the Monlam unfolded effortlessly. Specific prayers and rituals were successfully sponsored, and we as a sangha will continue prayers and practices throughout the year, both at Marpa and online – thank you to all who have contributed to these accumulations so far.

This inspired us to focus the year's programme on prayers and practice, as well as activities that bring the sangha together. The greatest thing we can do for our teacher's long-life is to practice the instructions we've received and for us as a sangha to be harmonious. When the sangha come together with joyful intention for any activity it becomes meaningful. This is a wonderful dedication for Rinpoche's good health and long-life. We are all where we are because of Rinpoche's infinite kindness, compassion, wisdom and activity of establishing Marpa House, without which many of us would be adrift in this crazy world.

With this in mind, as well as having regular sessions for accumulating prayers, we plan to complete the filling and consecration of the rupas this year. There are still empty alcoves in the shrine, so under Rinpoche's guidance we have now commissioned a set of 21 Tara rupas. This means there is more mantra rolling required so we will be holding some more sessions and further sessions to clean the rupas and then fill them, so please look out for details if you wish to be involved. We are also very much hoping that we will be able to come together to make new prayer flags later in the year; it has nearly been two years, and the current prayer flags have been very much absorbed by the elements! It is



always a wonderful time at the House and a great activity to be involved in.

In the background the trustees are discussing the long-term aspects of the House, such as Maintenance (financial and environmental sustainability, refurbishment projects) and Structure (staffing and financial security). These aspects are equally as important as the Spiritual legacy to ensure the House functions, is sustainable, holds good staffing and support levels so we can continue to host events and courses, and be a welcome place for retreatants and visitors. We will be sharing and involving the members and wider sangha in time - this has been delayed as when we set out our initial timeline, India and the subsequent activities weren't on the horizon!

It's inevitable that change happens and since the last newsletter, Mollie Crawford after decades of devoted service to Rinpoche and the House, retired last November. The depth of her experience and knowledge of the House and its history, as well as her practical approach will be greatly missed. We are delighted to welcome back Ben Henriques, he rejoined the trustees in March after seven years away focusing on his family. It's great to have him back - it's like he's never really been away!

Changes over a longer time brings an awareness that new people coming to the House don't often have the same fortunate experience of meeting or spending time with Rinpoche as many of us did in the past. This is deeply considered in our discussions and plans to ensure that the essence of Rinpoche's teachings remain very much a key quality of the House. It's such a precious blessing to meet that and especially to find and become part of a community where you can share in that legacy. To commemorate that, later this year we will hold our 50th year celebrations. A time to come together, to be grateful for the precious legacy that Rinpoche has created in Marpa House, to receive the blessings of all the

wonderful masters who have graced it, to thank all those that have been a part of the House's journey during that time, whether volunteering as staff, serving on the committee or as a trustee, supporting as a member. Without any of this involvement, the dedication of your time and energy, the House couldn't have made it to where it is now – these are truly meaningful activities and activity that continue to benefit everyone who steps foot through the door both now and in the future. That is certainly worthy of a celebration! We look forward to joining with you as we celebrate 50 years of Marpa House, and we look forward to another 50 years and beyond – and for that we continue to need your dedication, love, support and joyful activity. May the merit we all accumulate ensure that Marpa House and its activities flourish to benefit countless beings long into the future.

With love and warmest wishes

by Louise Kuka - Chair of the Trustees

COMMITTEE NEWS

Actually, this is more about the septic tank than the Management Committee. Here is the story:

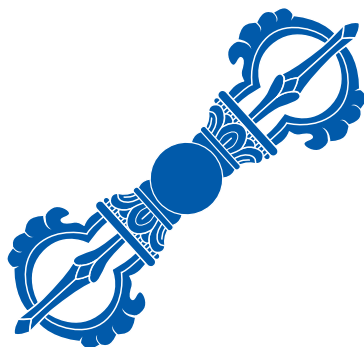
I had to attend to the septic tank because we had a blockage earlier in the year and, when the people came to empty the tank in June, I made a point of talking to them. I learned a lot from them about our sewage system – and that was very useful – but what fascinated me was how interested they were in Buddhism. Years ago, I would probably have been somewhat reticent to talk about the subject but because of their openness I felt emboldened to explain all I knew about Marpa House. To my big surprise, rather than being cool and disinterested, they asked more and more questions and finally commented on the really peaceful atmosphere they sensed about the place.



Again, this happened in December; the big man who came with his big lorry to empty the septic tank asked more and more questions and at the end searched for a word to describe his impression of the place. The word he came up with was CALM. We exchanged names, and on parting he said: "I hope you don't mind me asking more questions when I come next time." On the subject of peacefulness, Gail told me of her experience with some taxi drivers that come to Marpa House to pick up somebody. Quite often they have to wait for a while before their client has done all the hugs and is ready to leave. Anticipating a degree of impatience, Gail would talk to them and apologise for the delay. But to her surprise, this is what several of them said: "Oh no, I don't mind at all. In fact, I love coming here and wait for a while because this is such a peaceful place."

I feel subtly enriched by these experiences; I have been mindful of Rinpoche saying that contributing, helping out and looking after Marpa House is an important part of Buddhist practice and repays for itself many times over. But I did not expect that serving on the Committee would hold in store that quality of experience – tangible and right now in the present. The opportunity is here – my term finishes this year and there is a chance for somebody to step up and join the Committee.

by Hartwin Busch - Chair of the Committee



marpa house
chös khor ling

Staffing Opportunities

We need volunteers to come on staff in 2024/25. You can volunteer for up to one year and would receive a small honorarium to cover basic living costs. All meals and accommodation are provided free of charge.



This is a great opportunity to spend time in a beautiful Dharma centre and to practice in a lovely and peaceful environment. If you are interested in finding out more, please contact the Secretary:

t: 01799 584415

e: mail@marpahouse.org.uk

w: www.marpahouse.org.uk



POEMS

Waking

A honeyed chime picks through twilighted doors,
Dreams escape from dazed minds.
Our beds toss
In a retreat from storms,
our own and others and all the in between.
The outside chills and smells cover us,
The winded tree
And skies we've yet to see.
Shifting from grey to sepia,
And a spearing indigo stain ends the silent starfall.
Haunted owl, stumbling muntjac, impish mole:
Anthracite shadows hide from a cold sun.
In the house's silent heart,
Cloying smoke curls around the unseen
Beckoning hungry ghosts
To unseal our hearts.
Marooned in blankets:
Weary skulls and crossed bones.
We listen to the muffled clap of a hundred flags,
sitting in the embrace
of a thousand golden arms.
A tear the weight of the world
Falling from flotsam mind
to ocean green without horizon.

by Jangchub Dorje



I am a place where waters meet

I am a place where waters meet
Where gushing mountain streams embrace
On a bed of rocks
Where sleepy rivers meander
In marshy lands

I am a place where boulders are battered
By pelting rain and crashing waves
Where lichen struggle to survive
Where frightened mice huddle in caves

I am a desert vast and dry
Where sandstorms lift and ride the wind
Clouds of dust migrating
Searching for clouds of rain

I am the Amazon forest
Hatching life in myriad form
Crocodiles lurk in my midst
A hummingbird graces my crown

by Dominique Simpson



Pilgrimage to Bodhgaya

for the long life and good health of Kyabje Chime Rinpoche

A group of Chime Rinpoche's students travelled to Bodhgaya to join the 38th Kagyu Monlam that took place 14th – 25th January.

.....



The Kagyu Monlam is a prayer festival held annually in Bodhgaya, one of the most sacred sites for Buddhists worldwide. Thousands of people gather together in order to listen to Buddhist teachings and to pray for peace and harmony on earth. Its roots lie in 15th century Tibet where 7th Karmapa Chodrak Gyatso established the tradition of great prayer gatherings.

In India the Monlam tradition began in 1983 when two great lamas in the Kagyu tradition of Tibetan Buddhism, Kalu Rinpoche and Bokar Rinpoche, began holding annual prayer

gatherings at the Mahabodhi Temple in Bodhgaya. The 17th Karmapa Orgyen Trinley Dorje assumed responsibility for the festival in 2004 and it has become a truly international prayer festival, meeting the needs of an international Buddhist community.

There is a special book of prayers compiled by the Karmapa available in 13 languages. This year, fifty-eight Kagyu monasteries sent monks and nuns, with over four thousand participating. Guru Vajradhara Kenting Tai Situ Rinpoche lead the prayer festival in person. He gave a teaching on 'Maitreya's Aspiration' and also bestowed the



Red Crown Ceremony and the empowerment of Maitreya. We had the honour of sponsoring these teachings and empowerments for the benefit of Kyabje Chime Rinpoche's health and long life.

During the festival, the prayer 'The Noble Aspiration for Excellent Conduct' was recited a million times, and the Vajra Samaya mantra was recited a hundred million times. The Kangyur, the collection of the sutras, the sacred words of Buddha Shakyamuni, was recited in Tibetan. This gave the participants the opportunity to gather vast accumulations of merit. HH the Karmapa made a video address on the final day of the Monlam.

On the last evening the concluding event was the Marme Monlam, which is a beautiful celebration where everyone present holds a butter lamp. Thousands of Sangha recited 'The Lamp Prayer', which powerfully resounded around the Monlam pavilion. The resolution and aspiration to achieve Buddhahood and the strength of the Sangha being united was palpable and an inspiration to us all.

With Karma Wangdi and his wife Sangye from Bhutan we offered robes to the Buddha statue at the Mahabodhi Temple and also a thousand butter lamps. We were very blessed to see HH Dalai Lama, HH Sakya Trinzin, HH Ratna Vajra, and also HH Shechen Rabjam Rinpoche and we requested prayers for our beloved teacher Kyabje Chime Rinpoche's good health and long life.

by Dr. Michael Stone



THE SIX PERFECTIONS

In 1986 in Heidelberg, Rinpoche gave a teaching in which he said you must follow the Buddha's teachings, which show you how to liberate yourself, but then you must rely on your own Buddha-nature. To do this you need Generosity. This does not mean practicing compassion with the attitude that I am higher than you. We are all suffering together so compassion means I will have joy with you, and I will be more open with you.

Next Rinpoche taught that Discipline or Morality means that you have no fixed ideas. My first teacher, Geshe Namgyal Wangchen, also said that we need to have flexible minds. In Traleg Khandro's recent teaching on Mahamudra, the need to accept thoughts without judging was emphasised.

The next Perfecting Action is Patience, which doesn't mean doing nothing. It's a matter of space. If there is space between you and your partner, anything that happens goes into the space.

Energy means that you don't miss any opportunity.

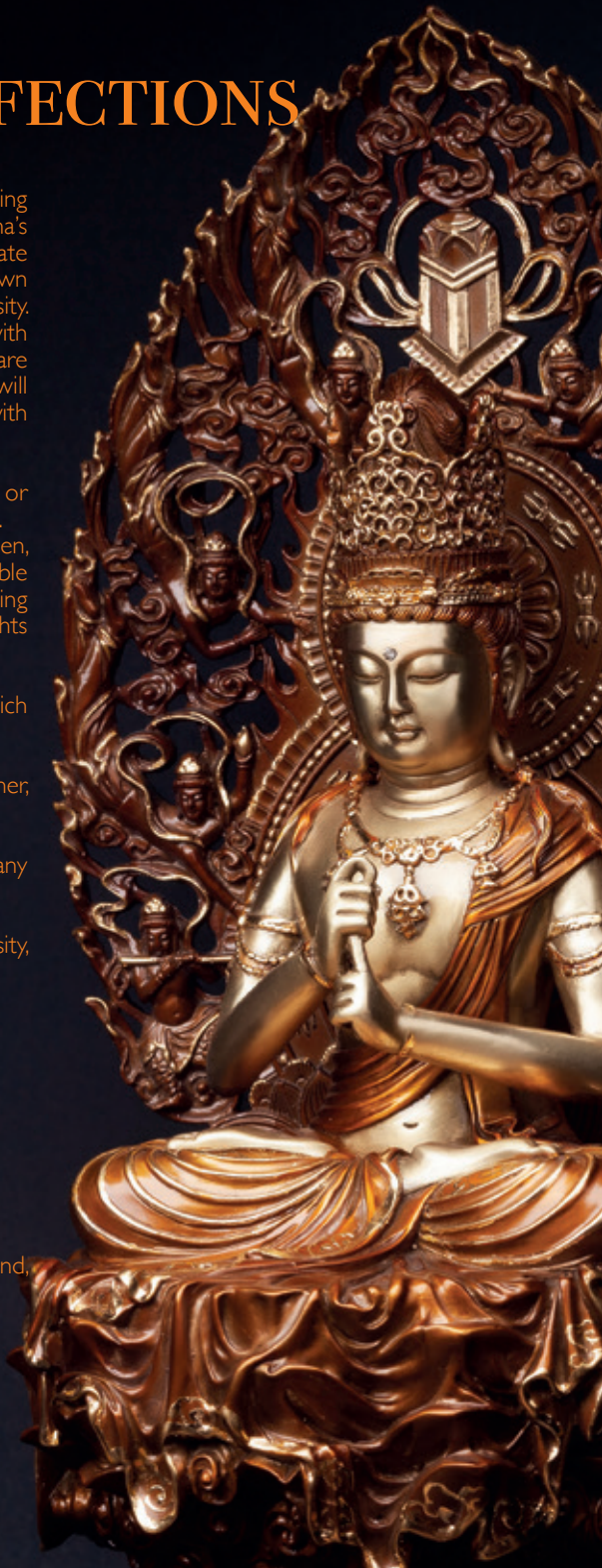
You need the joy of Energy in your Generosity, Morality and Patience.
Without joy, nothing is achieved.
With joy, work hard.
Then you achieve.

Opened by Generosity
Activated by Morality
Strengthened by Patience
You reach the state of joy.

Meditation means awakening.
When you are awake and have clarity of mind,
you can cut anything.
But that is not enough. A knife can be sharp.

Then you need Prajna, Wisdom, Intelligence.
Cut, with Wisdom.
Then you can see.

by Brian Richardson



A weekend of fun and special connections

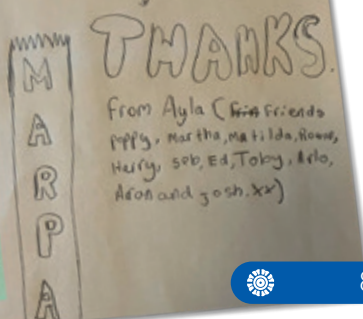
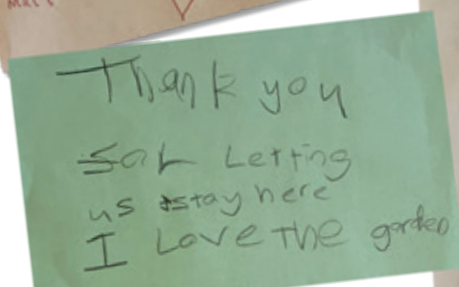
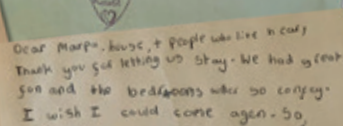
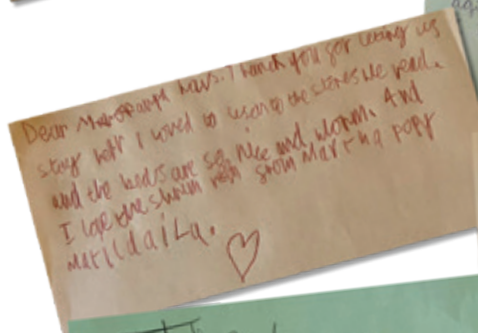
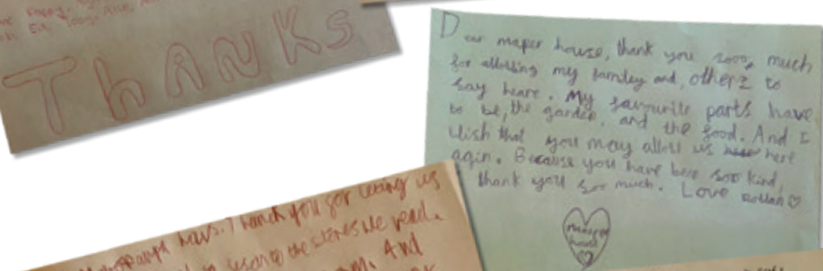
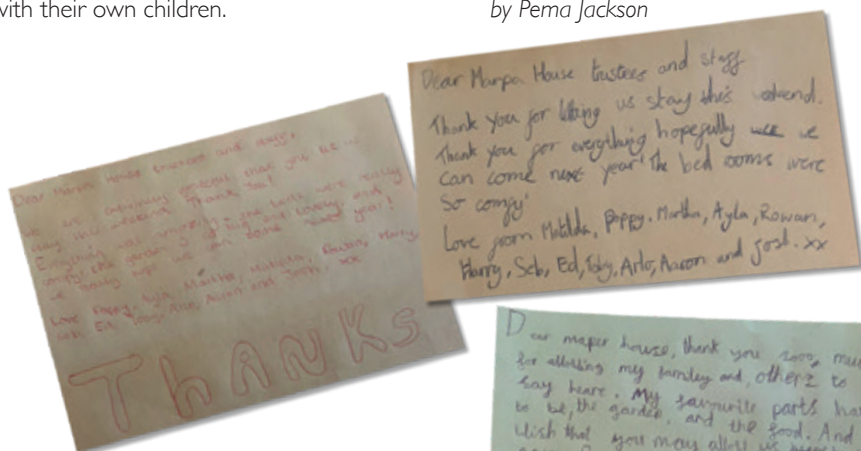
The weekend of Friday 27th October to Sunday 29th October saw the return of the Family Weekend at Marpa House. The Family Weekend is an opportunity for students with young children to spend a weekend at the House, taking part in family-friendly, Dharma-infused activities and games, whilst also being able to participate in the daily routine of the House and catch up with cherished friends.

Many of the parents who attend the Family Weekend visited the House when they were children themselves, joined the Young Sangha weekends, and are now coming back as parents with their own children.

It is delightful to see this continuation with the younger generation now having the chance to enjoy this wonderful experience and make their own special connection with Marpa House.

The Family Weekend was a lovely opportunity to gently let the youngsters explore the House, ask questions about Buddhism, learn, play in the garden, and generally experience its essence. A few curious children even joined us in the Shrine Room for the evening Chenrezig puja, and were inspired to lead their own meditation sessions! A wonderful time was had by all.

by Pema Jackson



The Fullness of Emptiness

Emptiness is such a key word in Buddhist teachings (especially in the Heart Sutra, ["form is empty, yet emptiness has no form"]) and yet, so often when it is mentioned we are also told that it is not void at all but has very important positive aspects. How can we understand that?

To me, the key point seems to be that there is something beyond the phenomena we can perceive with our ordinary sense perceptions, and that – when we settle our mind in stillness – we have the chance of being aware of something quite wonderful, something that is very uplifting but also very difficult to describe with the words we have at our disposal. It is not surprising therefore that quite a number of different terms are used in this context; "unborn clear light", "luminosity", "primordial essence", "innate supreme essence", "vivid awareness" and "Buddha-nature" all seem to point in the same direction.

So why is it called "**emptiness**"?

Nagarjuna (c. 200 CE) is credited with transforming the sutras' poetic and sometimes paradoxical declarations on emptiness ("form is emptiness and emptiness is form") into a philosophical system.

When he uses the word "emptiness" it is not to refer to the absence of existence but to the absence of intrinsic existence and, by implication, to the true or ultimate nature of reality. He stated this primarily to refute the idea – especially held by followers of the Sarvastivada School – that phenomena, the things we can perceive with our ordinary senses, have an intrinsic existence.

This was further amplified by Vasubandhu (around 400 CE), of the Yogachara school, who equated Buddha-nature with both emptiness

and nirvana.

There are also some fascinating references to the ultimate nature of reality in the Upanishads, which I find very uplifting. (The terms used here are: the Spirit, the Essence, the Truth, God and – in the personified form – Brahman).

As Buddhists we may shy away from reading these Hindu scriptures, but it is worth remembering that these writings contain the distilled wisdom of thousands of years and essentially reflect the cultural/spiritual background the Buddha was born into. The Svetasvatara Upanishad in particular was written down about the time of the Buddha and contains some striking parallels to the Heart Sutra ("When ignorance is dispelled, there is neither day nor night, neither being nor non-being").

Here is a very short excerpt: "The Essence is in everything, from the smallest to the largest. The Spirit's infinity is beyond what is great or small and its radiance illumines all creation. It is beyond form and beyond pain, and those who have seen the Truth of the Spirit are one with it, their life is fulfilled, and they are ever beyond sorrow." (Quoted from a translation by Juan Mascaró, 1965)

by Hartwin Busch



Remembering Tenzin



We were all deeply saddened by the news that Tenzin (Nicholas Dove) died in November 2023. He was a colourful, exuberant, irrepressible man and we will miss him deeply. He once said something like:

"Just once, before I die, I want to see the Teapot as it actually is..."

These words seemed to express Tenzin marvellously – an intense commitment to practice, here-and-now practicality and all-pervasive humour.

Alongside his extensive knowledge of the Dharma, Tenzin was knowledgeable about a vast range of subjects from music to plants, cooking to geology. Many will remember his dedication and joy in helping to create the current Marpa House garden, a legacy we continue to enjoy.

Above all, Tenzin was a devoted student of Kyabje Chime Rinpoche and wholly dedicated to supporting Rinpoche's sangha. His confidence in his teacher was deeply inspiring and he served Rinpoche faithfully in many ways both big and small. Tenzin also helped many of us – giving generously everything from his time and advice to ritual objects and beautiful food.

Part of Tenzin's devotion was being a monk. Fellow students remember Tenzin's overwhelming joy when Rinpoche gave him permission to be ordained and the sumptuous food offering with which he filled the shrine room. Yet Tenzin was never only a monk, always remaining creative and spontaneous. He once told me he was Tenzin who happened to be a monk, not a monk who was also someone called Tenzin. Many of his unusual ideas succeeded despite (or perhaps because of) their eccentricity. Who else would have managed to support the Zambhala shop by selling potpourri made from fallen rose petals collected in Regent's Park?!

I can't say whether he did truly see the teapot before he died but I know he helped many of us to try. For that, Tenzin, we are immensely grateful.

by Ben Henriques

We had hoped to hold a service at Marpa House in memory of Tenzin, but he left specific instructions that he did not want any event to mark his life. However, we do want to remember him and his contribution, and due to his love of nature and gardening, we will be planting a rose in the Marpa House garden for him. When this is done, we will let everyone know. It will provide us all with a place where we can remember him privately.





marpa house
chös khor ling

ཆོས་ཁོར་ལིང་།



PROGRAMME OF EVENTS

MAY 2024 - OCTOBER 2024



Kyabje Chime Rinpoche: Khenpo Gangshar Teachings

Saturday 4th May - Monday 6th May

We are absolutely overjoyed that our beloved teacher will be giving these precious teachings at Marpa House.



Full details, including how to book, will be shared very soon. For now, please save the date!

- Saturday 4th May: Khenpo Gangshar's Loving Kindness and Compassion
- Sunday 5th May: Khenpo Gangshar's teachings on Taking Obstacles as Opportunities
- Monday 6th May: Khenpo Gangshar's teachings on Dzogchen

Kyabje Chime Rinpoche was recognised by HH16th Karmapa as Radha Tulku, one of the four tulkus of Benchen Monastery in Tibet. Rinpoche's teachers were HH16th Karmapa, his two uncles HH Dilgo Kyentse Rinpoche and 9th Sangye Nyenpa Rinpoche, and Khenpo Gangshar Wangpo of Shechen Monastery. Chime Rinpoche founded Marpa House (then Kham House) in 1973, after being one of the first Tibetan Lamas to come to the West, arriving in Oxford in 1963 with Chogyam Trungpa Rinpoche and Akong Rinpoche.

Rinpoche brilliantly combines Mahamudra and Dzogchen instructions and teaches in an incredibly engaging, accessible way, relating with warmth and humour to students in the West. His deep compassion, vast loving kindness and timeless wisdom are profoundly moving for everyone who meets him. Rinpoche is one of the last remaining direct disciples of Khenpo Gangshar as well as being one of the last tulkus to have been traditionally educated in Tibet.

Khenpo Gangshar Wangpo was a brilliant, highly realised Lama from Tibet, and Chime Rinpoche's root guru, as well as one of the primary teachers of Chögyam Trungpa Rinpoche and the 9th Thrangu Rinpoche. Khenpo Gangshar was a student of the great Jamgon Kongtrul of Shechen Monastery and is famous for his unconventional approach to giving pointing out instructions directly to everyone he met, with tremendous efficacy.

This is a rare and precious opportunity to receive such important teachings directly from such a highly realised teacher. We are very blessed, and absolutely delighted to be able to share this wonderful weekend of teachings with you. We hope you can join us.

Saga Dawa Duchen - Long Life practices for Rinpoche

Thursday 23rd May

10:30am & 3:00pm

In person and online, free of charge

We intend to accumulate Long Life mantras and practices as a sangha, for our precious teacher, Kyabje Chime Rinpoche, on this auspicious day of Saga Dawa Duchen!





Meditation Practice Day

Sunday 2nd June

10:30 am & 2:30 pm

Free of charge

Lunch is available extra but needs to be booked in advance.

Shamatha (or 'Shi-Neh') is the foundation for all further meditation practice. It is designed to create the calm, stable, supple mind necessary to work with other meditation techniques as well as being a practice in its own right. These sessions are suitable for meditators of all levels.



Filling and consecration of rupas (statues)

With Lama Kunga Dorje

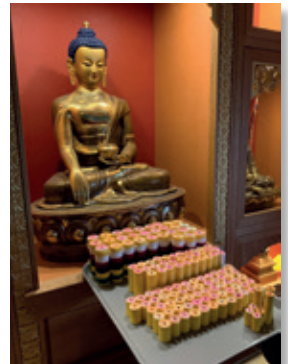
Friday 21st - Sunday 23rd June

After months of preparing many mantra rolls for all our rupas in the shrine room, Lama Kunga has kindly agreed to lead us through the process of filling these precious statues during this weekend. We are very grateful for Lama Kunga's expert support in the important step of 'bringing our statues to life' in this way.

If you would like to be part of the atmosphere and learn from Lama Kunga's presence in the house during this time, please contact the Secretary to book. Room bookings will be made on a first-come, first-served basis and priority will be given to those who have previously expressed an interest in the project.

Drupon Lama Kunga Dorje received his education in the monastery of Khenchen Thrangu Rinpoche. Under his guidance, he performed a traditional Three-Year Retreat in Namoh Buddha, Nepal, and afterwards served as Vajra master in the Thrangu Tashi Choling monastery. In 1998 he was appointed as retreat master (Drupon) of the retreat centre Karma Tekchen Yi Ong Ling in Halscheid/Siege in Germany.

After the foundation of the Thrangu Tashi Choling centre in Frankfurt, later in Cologne, he was also appointed its leader. In addition, Lama Kunga is a guest teacher in several other centres of the Karma Kagyu lineage. His deep and profound practice experience makes him a highly valued teacher who can guide us in all aspects of our meditation practice. Having lived for many decades in the west he is familiar with the Western mentality and teaches fluently in English. We are deeply grateful to him for his kindness, guidance, and support!





Meditation Practice Day

Sunday 7th July

10:30 am & 2:30 pm

Free of charge

Lunch is available extra but needs to be booked in advance.

Shamatha (or 'Shi-Neh') is the foundation for all further meditation practice. It is designed to create the calm, stable, supple mind necessary to work with other meditation techniques as well as being a practice in its own right. These sessions are suitable for meditators of all levels.

Members' Meeting

Saturday 20th July

2:30 pm

This meeting is for Foundation and Subscribing Members of Marpa House only.

Full details are sent separately to members. If you are interested in becoming a member, please contact the Secretary!



Summer School

Saturday 27th July to Sunday 4th August, inclusive

Rinpoche's annual Buddhist Summer School in Baerenthal – details will be shared soon.

For full details, including how to book, please contact the Secretary.

The House will be closed to visitors for essential maintenance work to be done during this time.





Volunteers' Weekend

17th and 18th August

10:00 am – 4:30 pm each day

Come and support us by working in the House & garden. No specialist knowledge is needed, just a willingness to work hard in return for all accommodation and meals.

A lovely way to meet fellow Sangha members and enjoy working and practicing together.



Marpa House 1973-2023 50th Anniversary celebrations

Saturday 24th August

Save the date for a very special anniversary!

Health permitting, we are delighted that Kyabje Chime Rinpoche hopes to join us as we celebrate 50 years of Marpa House together!

Full details including booking information will be shared nearer the time.





Meditation Practice Day

Sunday 1st September

10:30 am & 2:30 pm

Free of charge

Lunch is available extra but needs to be booked in advance.

Shamatha (or 'Shi-Neh') is the foundation for all further meditation practice. It is designed to create the calm, stable, supple mind necessary to work with other meditation techniques as well as being a practice in its own right. These sessions are suitable for meditators of all levels.



Prayer Flag Making

Dates will be confirmed nearer the time

We are hoping to be able to come together to make prayer flags sometime in September. Prayer flags hold a special significance and working on them is a wonderful way to offer your time and energy to the Dharma. More details will follow later.





Meditation Practice Day

Sunday 6th October

Sessions at 10:30 am & 2:30 pm

Free of charge

Lunch is available extra but needs to be booked in advance.

Shamatha (or 'Shi-Neh') is the foundation for all further meditation practice. It is designed to create the calm, stable, supple mind necessary to work with other meditation techniques as well as being a practice in its own right. These sessions are suitable for meditators of all levels.



Kyabje Chime Rinpoche's Birthday Celebrations

Saturday 12th October

From 2:30pm

Free of charge

Please do come and join us as we celebrate our precious teacher's birthday together. Always a joyful and auspicious occasion, we hope you can join us for this wonderful afternoon!

Green Tara, Chenresig, and Calling the Lama from Afar practices every week via Zoom

Please don't forget that we are continuing our regular Green Tara, Chenresig and Calling the Lama from Afar practices via Zoom. Thanks to our dedicated Umzes we can all join in and practice together. Please contact the Secretary for the links.

We look forward to seeing you in our virtual shrine room!

A SHORT BEGINNERS GUIDE TO LUCID DREAMING

by Paul Wootton



In last Autumn's 2023 newsletter I wrote an article about the potential benefits that practicing Lucid Dreaming and Tibetan Dream Yoga can have for our practice, our daytime and night-time experiences and eventually helping us at our death. In this article I will share some basic techniques in order to get started on a Lucid Dreaming journey. There's a lot more to be said but editorial space is limited!

1. DEVELOP EXCELLENT DREAM RECALL

Remembering your dreams will lead to familiarity with your own particular dreamscapes and dreamsigns.

KEEP A DREAM DIARY RECORD EVERY DREAM THAT YOU REMEMBER
& WRITE DOWN ALL YOUR DREAMS NO MATTER HOW FRAGMENTARY

REMEMBER THE DREAM YOU JUST HAD AND WORK BACKWARD TO
REMEMBER ALL YOU CAN

GIVE THE DREAM A TITLE, DATE & TIME

WHEN YOU WAKE, TRY NOT TO MOVE A MUSCLE BEFORE RECALLING THE DREAM

READ YOUR DIARY BEFORE BED & READ ABOUT LUCID DREAMING

GOOD DREAM RECALL WILL HELP YOU TO RECOGNISE YOUR PERSONAL DREAMSIGNS

Recording your dreams makes it easier to recognise what differentiates dreaming and waking life!

2. DREAMSIGNS

Differences that reliably vary from the corresponding experiences in waking life can alert you to the fact that you are dreaming.

STRONG DREAMSIGNS ARE

THOSE THAT COULD ONLY HAPPEN
IN A DREAM - SUCH AS...

FLYING • TALKING ANIMALS •
MEETING THE DEAD • UNUSUAL OR
SURREAL SITUATIONS

WEAK DREAMSIGNS

THOSE THAT COULD HAPPEN IN
WAKING LIFE - SUCH AS...

MALFUNCTIONING ELECTRONIC
DEVICES • FINDING MONEY •
MEETING CELEBRITIES

By studying dreamsigns you can resolve that "The next time I find myself flying (or whatever), I will remember to recognise that I am dreaming!".

Record dreamsigns for at least 12 - 15 days before starting Reality Checks.



3. REALITY or STATE CHECKS

Reality or State Checks allow us to find out if we are dreaming or not in a particular situation.

ASK YOURSELF... “AM I DREAMING OR AWAKE RIGHT NOW?”

ASK YOURSELF WHAT YOU WERE DOING 10 MINUTES AGO - CAN'T REMEMBER? **YOU MAY BE DREAMING**

AT LEAST 10 - 20 TIMES PER DAY & WHENEVER DREAMLIKE SITUATIONS OCCUR
EXAMINE YOUR ENVIRONMENT CAREFULLY FOR DREAMSIGNS
IMAGINE WHAT IT MAY BE LIKE IF YOU WERE DREAMING

SOME REALITY TESTS...

LOOK AT YOUR HANDS, LOOK AWAY, LOOK AGAIN - HAVE THEY CHANGED IN ANY WAY?

DOES THE LIGHT SWITCH WORK?

TRY TO FLY - HOP OFF THE GROUND & LOOK FOR ANY MINUTE LAG IN GRAVITY

Use the same test each time you do a state check.

LOOK AT YOUR ELECTRONIC DEVICE OR MOBILE PHONE, LOOK TWICE - DOES IT WORK?

TRY READING SOME TEXT - LOOK AWAY -

TRY AGAIN - CAN YOU READ IT?

4. MILD (MNEMONIC INDUCED LUCID DREAMING)

The MILD technique requires that we visualise the dream that we were just having and is best practiced after waking from a vividly recalled dream or a sustained period of dreaming.

DAYTIME PRACTICE... PERFORM REALITY CHECKS REGULARLY
BEFORE BED STRONGLY SET YOUR INTENTION TO REMEMBER YOUR DREAMS AND TO RECOGNISE THAT YOU ARE DREAMING

THROUGHOUT THE DAY, AS OFTEN AS POSSIBLE, REMIND YOURSELF THAT
“TONIGHT I WILL REMEMBER TO RECOGNISE THAT I AM DREAMING”

NIGHT-TIME PRACTICE...

AFTER FULLY WAKING FROM A DREAM, RECALL ALL YOU CAN

REMEMBER THE DETAILS, TRY TO MEMORISE THE PLOT & REHEARSE THE DREAM A FEW TIMES

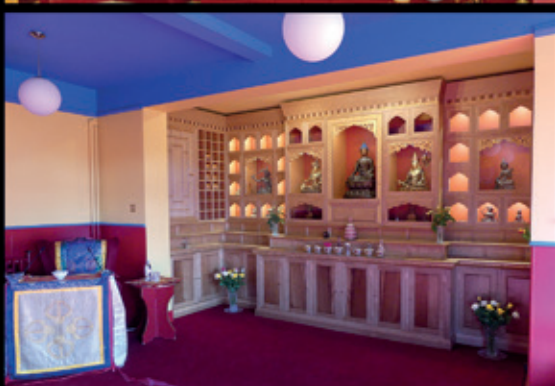
SET THE INTENT... LET YOURSELF ENTER THE HYPNOGOGIC STATE. RECITE WITH CONFIDENCE, ONE POINTEDLY & WITH STRONG MOTIVATION
“THE NEXT TIME I AM DREAMING, I WILL REMEMBER TO RECOGNISE THAT I AM DREAMING”

VISUALISE LUCIDITY... ONCE YOU HAVE A STRONG MOTIVATION TO REMEMBER, VISUALISE YOURSELF BACK IN THE DREAM YOU JUST REHEARSED. IMAGINE YOURSELF SEEING DREAMSIGNS AND HAVING THE REALISATION THAT “I'M DREAMING!”

MILD involves setting the intention to ‘remember to recognise that I am dreaming’ whilst simultaneously visualising yourself becoming lucid. Try setting your alarm 2 hours before you usually wake.



SOME IMAGES FROM THE SHRINE ROOM OF
KHAM TIBETAN HOUSE/MARPA HOUSE
OVER THE LAST 50 YEARS



A close-up portrait of an elderly Buddhist monk, Kyabje Chime Rinpoche, smiling gently with his eyes closed. He is wearing a maroon robe with an orange shawl draped over his shoulders. The background is a dark, textured blue.

"One sky, one mind".

by Kyabje Chime Rinpoche

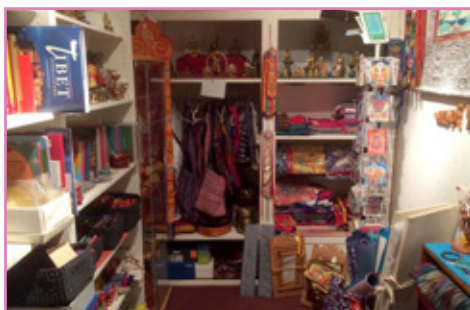


We are celebrating 50 years of Marpa House on Saturday 24th August 2024. The House officially opened on 10th November 1973, and exactly 50 years later, we held a Guru Rinpoche Tsok to mark the occasion.

The Zambhala shop at Marpa House sells all things Tibetan and Buddhist, from Thangkas and Rupas to Books and Shawls. Just ask the secretary when visiting.

For mail order or if you have any questions please contact Joyce McCleary via email for more information:

joycemccleary@gmail.com



Marpa House Accommodation prices are:

Standard House Charge (shared accommodation and 3 vegetarian meals)
£38.00 per night £228 per week

Standard Retreat Charge (single room accommodation and 3 vegetarian meals)
£40.00 per night £240 per week

Further discounts are available for retreats of four weeks or more, provided they are pre-booked and pre-paid.