

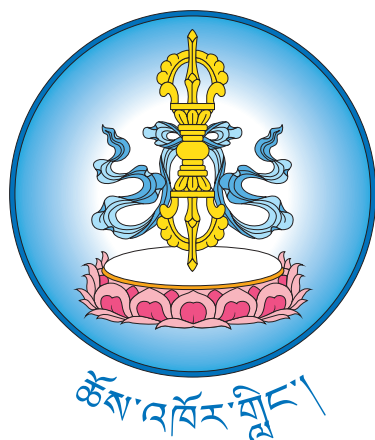


*marpa house*  
chös khor ling



**50 years of the Marpa House Mandala**

newsletter - may 2025 to october 2025



## 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](mailto:mail@marpahouse.org.uk)

w: [www.marpahouse.org.uk](http://www.marpahouse.org.uk)

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

Registered Charity No. 1090628

## TRUSTEE NEWS

A tale of two parts...

### Reflections after Losar

The year of the dragon seemed to be a year of obstacles and challenges for many, not least for our precious teacher. So following the news of Rinpoche's continued poor health, the Mahakala pujas this year took on extra significance, with a strong wish to clear all obstacles and negativities, not just for the Sangha, for Marpa House and its Dharma activities, but more importantly for Rinpoche.

Added to this potency was the fact that this year a group of students also came together to learn tormamaking, music and the puja rituals from a very patient Lama Alasdair, who generously shared his time, guidance, knowledge and expertise.

Rinpoche has often told us we need to 'stand on our own feet', so maybe the realisation that we could be the ones responsible for the Mahakala pujas in the future, pushed us that bit more. It's often easier to take a back seat, allowing someone more experienced to do everything, but there is something extremely valuable in being nudged or pushing oneself to make that joyful effort to learn or try something new. Sharing a heartfelt wish to learn with Dharma sisters and brothers, it becomes easier and more enjoyable.

The Mahakala pujas seemed exceptionally powerful this year and the Losar celebrations saw much rice thrown into the bonfire, everyone happy to leave the challenges behind and embrace a fresh new year.

There is always a wonder and joy in seeing Sangha come together, working together, each playing a little part, which may sometimes seem insignificant, yet all these little parts are interconnected and together they create something, both beautiful and meaningful. Through the harmony and connection of coming together, of practising together, of continuing the teachings, and with these blessings we can ensure the



lineage is carried forward.

More importantly, being together, and practising harmoniously, is the greatest offering we can give to Rinpoche, to follow his teachings, to embody them and let them filter through into our lives every moment, where they can ripple out into the wider world, benefitting many. Our Sangha is full of open hearts which shines through, it is something so special which I always appreciate.

As we approach our belated celebrations for 50 years of Marpa House, it is with gratitude I reflect. Our beloved Rinpoche has laid such a strong foundation on which to grow, to flourish, both as a retreat centre, but also as a Sangha.

We have had a year of coming together both as a Sangha online and at the House to practise for Rinpoche's long life. We feel closer than ever. Everyone's effort devoted to the same wish and prayer- the long life and good health of our precious teacher. There is a strength in practising together; it unites us and I'm sure the results ripple out in ways we cannot fathom.

Our heartfelt devotion to Rinpoche and the House and our continued joyful effort to embody the teachings, to keep 'standing up', whatever that means for each of us, as it will mean something different for each of us, but each becomes part of the whole, interconnected and interdependent, equally valuable and vital. Together, with the lineage blessings, they create the beautiful environment which is the Marpa House mandala.

## Reflections after the 50th celebrations

Wow, wow and wow! The 50th celebration weekend was a truly joyous, moving, emotional, inspiring and memorable event. In all honesty, these are just words I'm finding but they don't go anywhere near enough to encapsulate the energy and vibrancy of the weekend. It was a remarkable weekend that will long live in everyone's hearts and memories. What an incredible offering to Rinpoche. A marquee full of his students and Sangha from all around the world together in joy, harmony, community and unity creating this special celebration. I think this is probably the best offering we could ever give.

Huge thanks to all the speakers, performers and all the amazing helpers who made sure the weekend ran so smoothly. It truly felt like Rinpoche was there with us, of course, Rinpoche is always present, but this felt so much more tangible and on Saturday many commented that they felt they'd just walked out of a May teaching! Special thanks must go to the AV team and that spectacular screen display and sound. We will be creating various film clips from the celebration to share which I know will delight, whether you are seeing it again or for the first time if you were unable to attend the event.

Somehow seeing and hearing the memories and timeline, and personal messages from Rabjam Rinpoche, Pasang Rinpoche, Khenpo Gyurme and Traleg Khandro, demonstrates just how significant this anniversary was and what a truly precious and sacred place the Marpa House mandala is. Here's to another 50 years and beyond!

And now to the mundane, whilst I remain a trustee, this is my last time writing as chair of trustees. It has been an honour and privilege





to be Chair throughout what has been an exceptional and busy time, from the visit of Ratna Vajra Rinpoche and the Vajrakilaya empowerment, an audience with His Holiness Karmapa in London, the design and creation of a new shrine and commissioning and filling new rupas, the visit from Shechen Rabjam Rinpoche and so many more wonderful visits, courses and events in between, as well as all the governance and trustee work happening in the background. So, after nearly 7 years I need a bit of a rest and am handing over to Ben who will bring some fresh energy!

With thanks, love and best wishes.

*by Louise Kuka - Chair of the Trustees*



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## Staffing Opportunities

We need volunteers to come on staff in 2025/26. 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](mailto:mail@marpahouse.org.uk)  
w: [www.marpahouse.org.uk](http://www.marpahouse.org.uk)



**& FLAGS WERE RAISED...**



**...14TH SEPTEMBER 2024**

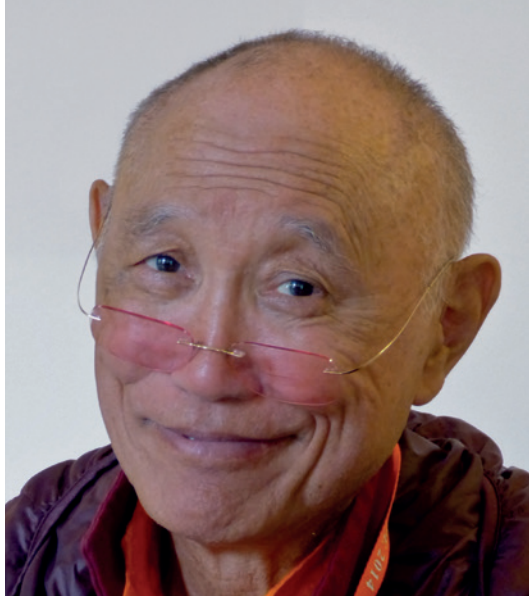


# POEM

## Chime Chénno

You are The Sun  
You are The Moon  
The Daytime Star  
The flower's Bloom  
All The Finest Things  
The Finest Qualities,  
You are in every face  
Your Compassion, Wisdom, Grace  
Is So Divine you joke and tease us  
Joking like there is no joker  
With your skill you point out  
Our weakness and manage to please us  
Seeking like there's nothing to seek  
The Bright Light...  
When things seem bleak,  
Laughing without laughter  
You are beyond The Beyond  
So Much So  
Our love and devotion is beyond being fond...  
You are here now and you are after...  
Sacred Slow  
Sacred Speed  
The Right Balance  
No faster...  
To remember you is all we need...  
May our bond  
Be Indestructible  
May You Live Long  
You remind us of the  
Serenity in what could seem to be  
A disaster...

May We Sing Your awesome teachings  
In song  
May we ignite  
Your Vajra Pride  
Honour your Wisdom, Compassion,  
Kindness  
Tenderness



Strength, Sensitivity,  
You are always on our side  
Omniscient Awareness...  
May we Be more  
Do less,  
Find You Within  
Everyone  
Everything  
Breathe you in...  
Selfless  
Dissolve your suffering  
Breathe you out  
Free your magical, mystical  
Sparkle to transform all doubt  
Be More True to You  
Than We Have Ever Been  
Find the fun  
In the discipline  
Be the ones  
Who make you Grin  
May we fulfil your wishes  
May we serve your favourite dishes  
May we observe this bliss is...  
Chime Blue  
May You Always Remain...  
And May we remain with you

*by Imogen Hayman*



# MARPA HOUSE 50TH ANNIVERSARY CELEBRATION



We had an amazing weekend in April to finally celebrate 50 years of Marpa House. Thank you so much to everyone who joined in or helped to make it happen - especially the beautiful birthday messages from our very special friends; Shechen Rabjam Rinpoche, Tulku Pasang Rinpoche, Khenpo Gyurme Tsultrim, Traleg Khandro, Ani Pema Chodron and Lama Zangmo, and to our all amazing speakers and performers. The biggest thank you though is to Rinpoche for his inspiration and care and for giving us this very special and sacred place to practice in and share special moments together.

Although not physically present, Rinpoche's energy filled the space, and the love, joy and harmony between everyone was tangible. It was something truly extraordinary to share together.





In the heart of Ashdon's sacred village, where excellence and prosperity bloom, stands Kham Tibetan House - Marpa House- established in '73, a milestone to assume. Now, on this momentous day, we commemorate 50 years of grace and devotion. Within the divine mandala's embrace, through past deeds and prayers, a profound notion.

From distant corners, visitors did appear; with tongues and origins diverse and dear: Men and women, faithful and true, gathered willingly, as if a calling they knew. No summons required, no invitation sent, their unity and purpose were divinely meant. Drawn together by a shared inner fire, in Ashdon's tapestry, their spirits aspire. May this anniversary be a testament true, a celebration of blessings and memories imbued. In this land of excellence, prosperity, and grace, may Kham Tibetan House - Marpa House- continue to embrace.

*The Chime Tulku*



Messages from our esteemed teachers...



Moving stories from Rinpoche's senior students...and a birthday cake!





...and some great entertainment too!



...and last but not least...some of the staff and helpers!

# A Book for Rinpoche and his Sangha

For many years now, I have been fortunate to receive teachings from Rinpoche, with Summer camp locations ranging from Füssen in Germany to Baerenthal in France, and other locations such as Marpa House, Kamalashila and Todtmoos-Au. And, of course, the beautiful (and sometimes a little bit chilly) Marpa House garden in the special set-up marquee – not to mention places in between London, Berlin, and Vienna. Well-treasured and happy memories – definitely among the very best of my entire life.

All these unique and special encounters plus the odd personal meditation experience have inspired and accompanied me for almost four decades, motivating me to translate the gist of it all into poetry. Celebrating 50 years of Marpa House at Easter 2025 seemed a good occasion to finalise and print it.

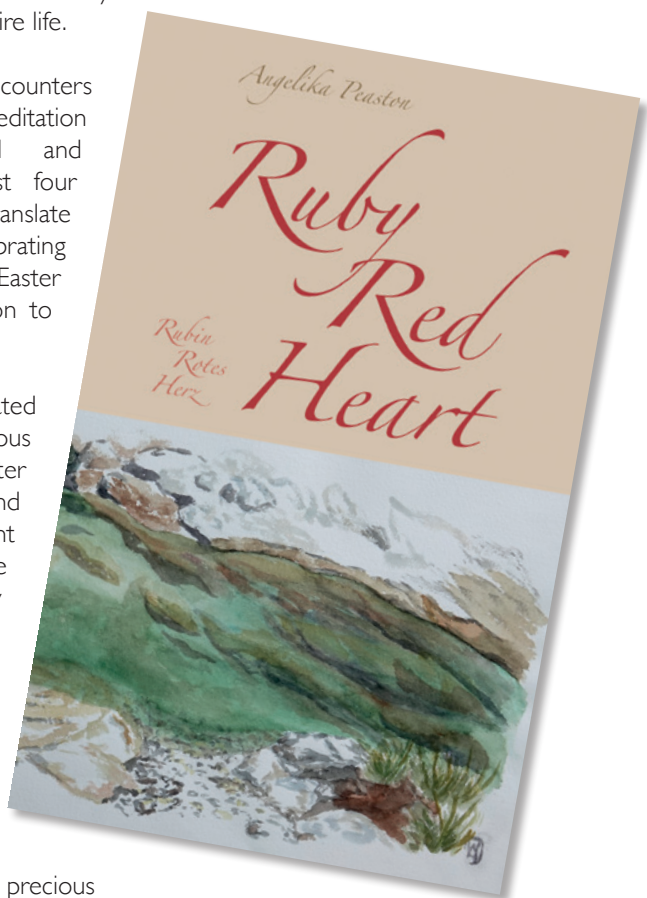
The booklet has been generated and compiled with the generous help of Lorenz Dobrot, Walter Hentschel, Andy Peaston, and Dieter Frank – who sent hundreds of the most elaborate flower photographs taken by him to choose from. In this way, I was lucky enough to embed a few of my Dharma poems in between, in English and German.

The book was a modest golden jubilee gift to our most revered, beloved and precious teacher which can at the same time be shared with the whole Sangha.

The booklet is available at Marpa House for a suggested minimum donation of £15. All proceeds (after covering the printing) go to Rinpoche's centres and projects.

Share, donate, read and enjoy!

Love, Angelika



# Celebrating Losar 2025

Saturday was a chance for those of us who hadn't been at Marpa House during the week to celebrate the new year. A week of Mahakala pujas & tormas making culminating in the year of the wood snake on Friday, February 28th.

The house was humming with welcoming, flowers, plating & arranging offerings. Hasty greetings, hasty cups of tea. Katakas were placed thoughtfully by the shrine room door.

Once in the shrine room, we presented our katakas with Lama Alastair standing by. Rinpoche's beautiful New Year's poem had touched all our hearts and 'Calling the lama from afar' was truly heartfelt. It was such a happy occasion to be singing alongside friends, and apparently, from the depths of the kitchen, it had sounded particularly harmonious. A short meditation, prayers for Rinpoche's long life and good health, then dedications. We were reminded of the preparations leading up to this occasion and thanks followed to all who had worked so hard to make the week possible. Thanks especially to Lama Alasdair for his calm presence as always & for sharing his knowledge & skills so patiently.

Lama Alasdair ran through what the new year represented - a fresh start, a clean slate. The past is gone, and we can't do anything about it, but we can do something about the future. Let go of any new mistakes. The bonfire ritual was explained with grains of

rice representing negativity which we then throw on the fire with the words Ki Ki So So Lha Gyalo! preceded by three long ohh.. ahh..ohhs.

Waiting around the well-behaved bonfire, there was a slight pause and we became aware of our grains of negativity beginning to burn holes in our hands. We duly chanted, threw our rice and watched the bonfire burn. In the spring sunshine a short speech to wish Myrto well as she returns to live in Greece.



Then the thought of tea and time to head back to the house for a brilliant feast. The fire then beckoned us back so tea round the bonfire it was.

Time to sit in the sun with the snowdrops - memories of Tenzin - chat & catch up. We talked, laughed, relaxed and had fun. We missed the people who used to be here and watched the fire slowly burn. We saw animal shapes in the glowing embers. As the fire turned a deep shade of orange, the embers blackened, and the ash turned white. When the sun went down, it suddenly got cold. Back to the house and home. Hugs, kisses, thank yous & goodbyes. A sneaky bit more cake than more waves and goodbyes,

In the breath of an afternoon, cobwebs had been blown away, spirits lifted, and purpose strengthened. We felt happy, positive & lighter. As we left, a spectacularly red sunset glowed right across the sky, the colour reminiscent of a Tibetan robe.

*by Susan Mumford*



# MARPA HOUSE FAMILY WEEKEND



Last November our family had the most heartwarming family weekend. For us, it was a chance to introduce our two girls, aged 3 and 6, to the place that means so much to us. Marpa House has always been a special part of our journey, especially since Karim was the secretary there over 16 years ago when we first got together. Coming back to the house, now as a family, felt like a beautiful full-circle moment. As parents of young children, we don't often get the chance to stay, so it was a rare and precious opportunity to reconnect.

Coming back to the house as a family felt incredibly meaningful. What made the weekend so magical was the sense of connection - to Marpa House, to the Sangha, and most of all, to Rinpoche, our teacher. Being in the house brought back memories of our early days together; and we felt a renewed sense of gratitude for the teachings that have guided our lives. Karim especially loved being back in the house, watching our girls connect to the house, the environment and the Sangha that have shaped us over the years.

One of the highlights for us was seeing the vibrant energy of the young Sangha we once knew - now parents themselves - who have now grown into the middle-aged Sangha (sorry guys, but we have - hahahahahaha). It was heartwarming to see our children bond with theirs, playing freely in the garden, sharing meals, and experiencing moments of stillness together in the shrine room. It was also a chance for our friends in the Sangha to meet our children for the first time, as we now live in Wales.

Seeing our daughters play in the garden, bond with other Sangha children, and sit quietly in the shrine room made us feel like they were part of something bigger - a link in the chain of connection to Rinpoche and the teachings of Buddhism. We also loved showing the girls around the beautiful Marpa House grounds and the surrounding countryside. There's something truly magical about the peace and tranquillity of the area. It felt like we were planting seeds of something beautiful in their hearts.

We are so grateful to the Trustees for making this weekend possible. It allowed us to reconnect with Marpa House and share it with the next generation. The girls are already asking when they can go back! We can't wait to return as a family and deepen our connection to this special place. With love and gratitude, Sian, Karim, Seren & Efa

by Sian Rabi-laleh





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PROGRAMME OF EVENTS

MAY 2025 – OCTOBER 2025



## Completing the shrine, filling and consecration of the New Tara Statues with Lama Kunga Dorje Friday 23rd - Sunday 25th May



In June last year, Lama Kunga kindly came to Marpa House, guiding us with his superb skill & knowledge, to fill 37 of our beautiful statues with precious substances and the many mantra rolls we had prepared during the months before his visit. He worked incredibly hard for several long days and now the shrine is beaming with statues that have spiritually come to life.

In the meantime, the newly commissioned 21 Tara statues have arrived at the House and are waiting to be filled and consecrated in the same way, so we are delighted that Lama Kunga has accepted our invitation to help us bring the last phase of this amazing project to completion.

These three days are a great opportunity to be part of the atmosphere and learn from Lama Kunga's presence in the house and from his enormous knowledge and kindness! Due to the nature of this project, the time schedule will be arranged each day anew, according to need and instructions by Lama Kunga.

If you wish to book in, please contact the secretary. 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. Day visitors are welcome, there are dietary restrictions we need to observe during the filling of the rupas so please get in touch for details if you haven't been before or need reminding!

### **Please note that booking is essential.**

*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 Namu 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/Sieg 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 Lama Kunga for his kindness, guidance, and support and are greatly looking forward to his visit!*







## **Meditation Practice Day Bringing Body and Mind together**

**led by Irmela Stone**

**Sunday 1st June**

**10.30am and 2.30pm**

*Free of charge. Lunch is extra but needs to be booked in advance.*

This day of meditation will have a gentle focus on physical presence and ease of posture through exploring some simple exercises that work with breath, natural weight and attention to sensation. These sessions are suitable for meditators of all levels.

Having taken refuge with Kyabje Chime Rinpoche in 1991, Irmela has worked as a movement practitioner for many years. She will lead this June's meditation session drawing on her experience of working with the body.



## **Saga Dawa Duchen - Green Tara practice for Kyabje Chime Rinpoche**

**Wednesday 11th June**

**10.30am**

*In person and online, free of charge. Please email for Zoom link.*

HE Guru Vajradhara Chamgon Khenting Tai Situpa recently advised us to practice Green Tara to help remove obstacles to Rinpoche's health. So on this auspicious day of Saga Dawa Duchen, we intend to practice Green Tara together as a Sangha, for our precious teacher. We very much hope you can join us.



**Venerable Sean Price on Shabkar's Lhaktong or special insight meditation instructions from 'The Emanated Scripture of Manjushri'**

**Saturday 14th - Sunday 15th June  
10.30am and 2.30pm on both days**

*In person and via Zoom.*

**Booking essential - please contact the Secretary.**

To book please contact the Secretary by email on [mail@marpahouse.org.uk](mailto:mail@marpahouse.org.uk)

We are delighted and very honoured that Venerable Sean Price will be sharing Shabkar's special insight meditation instructions from 'The Emanated Scripture of Manjushri' with us.

Shabkar (Shabkar Tsogdruk Rangdrol) was a renowned practitioner and teacher of both the Mind-Training and the Dzogchen traditions of Tibetan Buddhism. He was a free spirit who chose to live as a hermit or wandering pilgrim without home or possessions, far from the organized life of religious establishments. He left behind many volumes of teachings, including a celebrated autobiography.

In this weekend's talks, Sean will guide us through Shabkar's meditation instructions on Lhaktong or special insight meditation, taken from 'The Emanated Scripture of Manjushri', a text that Sean translated. In it, Shabkar provides practical yet profound directives that cover the entire Tibetan Buddhist path to enlightenment, with pithy instructions regarding the graded stages of the path, the practice of calm abiding and special insight; bodhichitta; the bodhisattva vow; and study of the six perfections, Mahamudra, and Dzogchen' (*Shambhala publications*).

We are absolutely delighted to welcome Sean back to Marpa House and very much hope you can join us.

*Venerable Sean Price became a monk in the Tibetan Buddhist tradition in 1994. He studied at various monastic institutes in India and Nepal and has resided at Shechen Monastery, Nepal, since 1999. He has worked on locating and preserving rare Tibetan books and on translating liturgical texts. He has been the director of Tibetan publications for Tsadra Foundation since 2009 and is a regular contributor to Lotsawa House*





**40th birthday of HH 17th Karmapa,  
Orgyen Trinley Dorje**  
**Thursday 26th June**  
**2.30pm**

*In person only.*

We are delighted to be doing the Amitayus long life practice for His Holiness followed by an offering of flowers and butterlamps for his birthday. Happy Birthday Karmapa! Karmapa Khyenno!

*All are welcome but please book ahead by emailing the Secretary. This event is free of charge; you are also very welcome to sponsor flowers or butterlamps. Please email for details.*

**Family Weekend**  
**Friday 27th - Sunday 29th June**

*This is a private event - please contact the Secretary for further details and to be put in touch with the organisers.*

For families with children this is a rare opportunity to all stay in the House and practice together – a chance for children to enjoy the Dharma and for parents to learn and practice together in the House.

## JULY



**'Simplicity Itself' led by David Crawford**  
**Saturday 5th July**  
**10.30 and 2.30pm**

*Free of charge. Lunch is available extra but needs to be booked in advance.*

David says, "In his commentary of the Hundred Verses of Advice (*Tibetan Buddhist Teachings on What Matters Most*), Dilgo Khyentse Rinpoche wrote of Simplicity. Dakpo Tashi Namgyal (*Clarifying the Natural State*) described in our practice the point at which Simplicity dawns for the meditator. There are many other references to Simplicity by the great teachers of Mahamudra/Dzogchen. Simplicity itself is simple. As indicated by many of the teachings by Chime Rinpoche at Marpa House and elsewhere, there's no need for philosophy, great learning, or the like. The sun rises by itself. We just have to be awake, and in a place with no clouds, to see it."

*David Crawford was pronounced a ngakpa (a non-monastic, enrobed practitioner of Vajrayana Buddhism) by Kyabje Chime Rinpoche. David has a long experience of meditating, advises Chime Rinpoche's students, and is a Buddhist Pastor. He founded the Kyabje Chime Rinpoche International Archive (KCRIA) and is the author of Grace of Mind – Reflections Inspired by Buddhist Meditation.*





## **Meditation Practice Day**

**led by David Crawford**

**Sunday 6th July, 10.30am and 2.30pm**

*Free of charge. Lunch is available extra and 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.



### **His Holiness the Dalai Lama's 90th birthday.**

**Happy birthday to His Holiness!**

**Sunday 6th July**

**8pm via Zoom**

We will be performing a special online Chenresig puja in honour of HH Dalai Lama's 90th birthday. May all beings benefit!

*Please email the secretary for the zoom link.*

## **Members Meeting**

**Saturday 12th July, 2.30pm**

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.



### **Amitabha Empowerment (Initiation & Teachings)**

**with Venerable Tulku Pasang Rinpoche**

**Saturday 26th - Sunday 27th July**

*Full details including how to book will be shared nearer the time.*

This empowerment is for the Amitabha sadhana given by Amitabha himself to the great tertön, Mingyur Dorje. Amitabha is the Buddha of limitless light and love, and his realm of Dewachen is a particularly special one. This is a complete empowerment (initiation, lung and teachings) for anyone wishing to practice the sadhana or perform Dewachen payers as we do every day here in Marpa House.

*Ven. Tulku Pasang Rinpoche is the principal 'Heart Son' of His Eminence 18th Dülmo Chöje Rinpoche. He was recognised by both H.H. 17th Karmapa Orgyen Trinley Dorje and H.H. 12th Chamgon Kenting Tai Situpa as the reincarnation of the Chime Drubpa Wangpo Rinpoche in Damkar Monastery; he is also the nephew of Kyabje Chime Rinpoche. He has been to Marpa House before on several occasions and we are absolutely delighted, and very honoured to welcome him back again!*





## **Buddhist Summerschool in Baerenthal** **Friday 1st to Sunday, 10th August**

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.*



### **Mahamudra Retreat**

**with Lama Klaus**

**Saturday 23rd August 10.30am – approx. 5pm**

**Saturday 30th August**

**£375 per person including accommodation and meals.**

In this week-long retreat Lama Klaus will guide us through the essential points of Mahamudra Shamatha meditation, with plenty of opportunity to practice in the deep peace of a closed silent retreat.

As this is a closed retreat participants are asked to join us for the whole course and places are limited as all participants have a single room. Please make the most of this wonderful opportunity as it is likely to be very popular!

Lama Klaus will give an introductory talk at 10:30 am and the house will then be silent until the following Saturday. There will be scheduled (optional) meditation sessions as well as an opportunity to ask questions with Lama Klaus.

*Lama Klaus himself has been a student of Rinpoche's for many years and completed the traditional three-year retreat at Karma Triyana Dharmachakra. His retreats are always greatly enjoyed and deeply transformational for everyone who takes part, so we really are delighted and very honoured to welcome him to the House again!*

To secure your booking we ask for a deposit of £100. Places are likely to go quickly so please book early!



## **Young Sangha retreat**

**led by Lama Klaus and Ben McCarthy**

**From 6 pm on Friday 5th September to lunchtime on Sunday 7th September**

**Suggested donation: £150 per person including all accommodation and meals. Please contact the Secretary for details.**

We are delighted to be holding a young Sangha retreat again! These weekends are for anyone aged 18-40 to relax into retreat and enjoy the House with other younger Dharma students, ask questions, practice, learn about the Dharma in an informal setting, and simply enjoy the magical space that is Marpa House. Lama Klaus will lead the meditation session and guide students as needed. We hope to have a bonfire one night and plenty of opportunities for walks in the beautiful countryside around the House.



## **Milarepa Guru Yoga retreat**

**with John Howard**

**From 6pm Friday 26th September to approx.**

**6pm Sunday 28th September**

**Suggested donation: £175 per person including two nights' accommodation (single room) and meals.**

**£30 per day for day visitors (please make it both days if you can).**

**Booking essential - please contact the Secretary.**

The Milarepa Guru Yoga and Tsok are a vital practice of the Karma Kagyu lineage, so we are absolutely delighted that John has very kindly agreed to lead a special weekend retreat on this. The Milarepa Guru Yoga is based on a translation of Jamgon Kongtrul's commentary and is a wonderful practice that combines pith Mahamudra instructions with yoga practices.

*Please bring a note pad or memory stick for file downloads, as well as an offering for the Tsok.*







## **Meditation Practice Day**

**Sunday 5th October**

**10.30am and 2.30pm**

*Free of charge. Lunch is available for an additional cost 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 86th birthday**

**Saturday 11th October**

**2.30pm**

*In person only.*

Please do come and join us as we celebrate our indescribably precious teacher's birthday together. We hope you can join us for this wonderful afternoon.



## **The Generosity of Self Transformation**

**with Traleg Khandro**

**Saturday 25th - Sunday 26th October**

**Via Zoom, 9.30am - approx 11am**

**Suggested donation £30 per day**

In these discussions, we can look at the importance of developing inner richness through different meditation techniques to help generate a sense of generosity and loving kindness towards ourselves and others in a very fundamental and experiential way.

Many meditation practices are designed to help elucidate the insubstantial quality of our experience. Deity practices and other practices that engage the imagination can transform

our state of mind. Such positivity can be used to diminish and overpower negative states of mind. That is, we do not need to address our negativity directly but rather we can transform it or “leap over” it by generating alternative states of mind. Through these transformative practices, we create healthier habits and pathways to more positive, useful, generous states of mind that are enriching. This can be done without falling into the trap of trying to work out why one has generated unnecessary misery and self-diminishing and self-defeating mental states.

*Traleq Khandro, long-time student and wife to the late Traleg Kyabgon Rinpoche IX, studied Buddhism under Traleg Kyabgon Rinpoche's guidance for many years and has undertaken numerous long meditation retreats. Khandro has given commentary on Traleg Rinpoche's teachings in Australia, America, Europe, U.K., and South East Asia. At Rinpoche's request Khandro received traditional Lujong (Tibetan Yoga) training after qualifying as a Hatha Yoga instructor. Khandro also has a degree in Psychology.*

## **Rinpoche's 'Lineage of Mind' retreat**

**with Craig Boulton**

**From 6pm on Wednesday 29th October – approx. 5pm Saturday 1st November**  
**Day visitors also welcome - 10.30am & 2.30pm each day**

**£30 per day, usual accommodation and meal prices apply**

This course includes a mix of meditation, teaching and informal talks based on the teachings that Kyabje Chime Rinpoche has shared over many years.

*Craig Boulton was ordained as a Ngagkpa by Chime Rinpoche and has been a student of Rinpoche's for nearly 50 years. We are delighted that he is leading this course for us.*

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

Please remember 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 link.

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



# Simple, Kind, Wise

## Notes on Three Recent Books

The first book is 'Piranesi' by Susanna Clarke (Bloomsbury Publishing 2020). The hero of this book is nicknamed Piranesi. He lives in an amazing World consisting of an incredibly large House with many huge Halls connected by long corridors spreading out North, East, South and West. The walls of each Hall are covered with Statues with symbolic meanings. The House has Tides in its lower levels and Clouds in the upper ones. There are sea creatures in the water and many birds in the air. Piranesi is one of the few humans. The Others want to use the House for their own ends. Piranesi is the only one who appreciates it for itself and lives respectfully in it. He says that the Beauty of the House is Immeasurable; its Kindness is Infinite. The book is a wonderful description of a life joyfully lived with simplicity and awareness.

The next book is 'Human Compatible' by Stuart Russell (Penguin Books 2020). This book would be a good starting place for anyone wanting to know more about the subject of Artificial Intelligence. It does not discuss Large Language Models like Gemini (which was Bard) and ChatGPT, but you can learn about Google's Gemini by just trying it. I find using Gemini is a different experience from just using the internet. It's funny how you get drawn into chatting with a machine, and it's hard to remember that it doesn't know anything; it is just programmed to apply probability theory to searches. Don't trust anything it says, and don't tell it anything about yourself. 'Human Compatible' is densely packed with information on machine learning. Stuart Russell's main concern is the likelihood of humans being able to control Artificial Intelligence machines. This is difficult because,

as he says, none of us can say exactly what we want, so how can we tell these machines what to do? Instead, he suggests a step-by-step approach based on answers to the question of whether each stage of AI development is benefiting us. He looks to philosophers from the Ancient Greeks onwards for guidance, but there is no reference to any Buddhist philosopher. In the comprehensive index, there is no mention of love and compassion. How can questions of human benefit be decided without consideration of them? All the same, the author's concern for our safety in the face of unchecked technical advances is itself an act of kindness and compassion for all sentient beings.

Finally, we have 'Helgoland' by Carlo Rovelli (Allen Lane 2021). This tells how Werner Heisenberg came up with the key insight behind quantum mechanics on the island of Helgoland in 1925. Then it describes the various interpretations of quantum theory. It leads up to Professor Rovelli's original theory that ultimately all that exists is relationships between aspects of reality. (This is putting it in less than a nutshell; to get a clear picture of this, please read the book!).

The philosopher A.C. Grayling says that philosophy tries to answer two questions – 'What Is There?' and 'What Should We Do?' In the Dharma, Wisdom includes the study of What Is There. Quantum theory is also the study of What Is There. Professor Rovelli says that he searched for a philosophical text which would give him a basis for understanding this theory. He finally found it in Nagarjuna's *Mulamadhyamakakarika* (translated by J.L. Garfield, OUP 1995). Ultimately, nothing exists in itself, things only exist in relation to something else. Altogether, I think it could be said that 'Helgoland' is a book of wisdom.

*by Brian Richardson*

# Pilgrimage to Nepal - India with Lama Kunga 2023

The last time Dieter and I visited India was in 1993. Thirty years later, we had another opportunity, this time joining Lama Kunga on a pilgrimage. Our journey began in Nepal, where we attended the cremation rituals for Lama Kunga's teacher, Ven. Khenchen Thrangu Rinpoche, at Namo Buddha. From there, Lama Kunga led us to the four main sites connected to the life of Buddha: Lumbini, where he was born; Bodhgaya, where he attained enlightenment; Sarnath, where he first taught; and Kushinagar, where he passed away. Additionally, we visited other significant places where Buddha spent time and performed miracles: Sravasti, Rajgir, and Vaishali.

At each location, Lama Kunga selected appropriate prayers, making our pilgrimage deeply spiritual and meaningful. The pilgrimage allowed us to connect with the Buddha's life, not just by visiting these places but by understanding the qualities and events associated with them. It wasn't just about being at these sacred sites; it was about the stories, teachings, and blessings that these places held. For instance, Bodhgaya is special not merely because Buddha attained enlightenment there, but because of the determination and effort he put into reaching that state. These

places, blessed by Buddha and other holy beings, continue to bless pilgrims today, aiding our inner journeys.



Our journey began in Namo Buddha, witnessing the dignified cremation ceremony of Ven. Khenchen Thrangu Rinpoche, an event that left a profound impact on us. Afterward, we visited three significant stupas in one day: Namo Buddha Stupa, Swayambhunath Stupa, and Boudhanath Stupa, each representing different aspects of Buddha's life and teachings. We then travelled to Maratika cave, where Guru Rinpoche and Mandarava attained deathlessness, and Temal, another place connected to Guru Rinpoche.

The pilgrimage took us to Lumbini, Buddha's birthplace, and Kapilavastu, where he spent his early years sheltered from the world's suffering. After witnessing life's realities during his famous excursions, Buddha left his home to seek enlightenment. We visited his birthplace in Lumbini, the Majadevi Temple, and Kutan, a site with stupas dedicated to Buddha's family.





Crossing into India, we visited Sravasti, where Buddha performed miracles and spent many rainy retreats. We meditated at the ruins of the ancient Jetavana Monastery and recited prayers in Buddha's "perfumed chamber." In Kushinagar, we paid respects at the reclining Buddha statue and the Rambhar Stupa, where Buddha was cremated.



In Vaishali, where Pajapati Gotami became the first ordained woman in Buddha's Sangha, we visited the ancient Kutagarasala Viharam monastery and one of the eight relic stupas containing Buddha's remains. At Rajgir's Vulture Peak, where Buddha taught the Heart Sutra, we recited prayers and experienced the profound energy of the site.



Finally, in Bodhgaya, we spent three days exploring the Mahabodhi Temple, offering prayers and robes, and visiting nearby sites like the Dungeshwari Cave and Sujata Garh. Our pilgrimage concluded in Sarnath, where Buddha delivered his first teachings. We reflected on the journey with a boat trip on the Ganges in Varanasi, releasing lamps and flowers into the river.

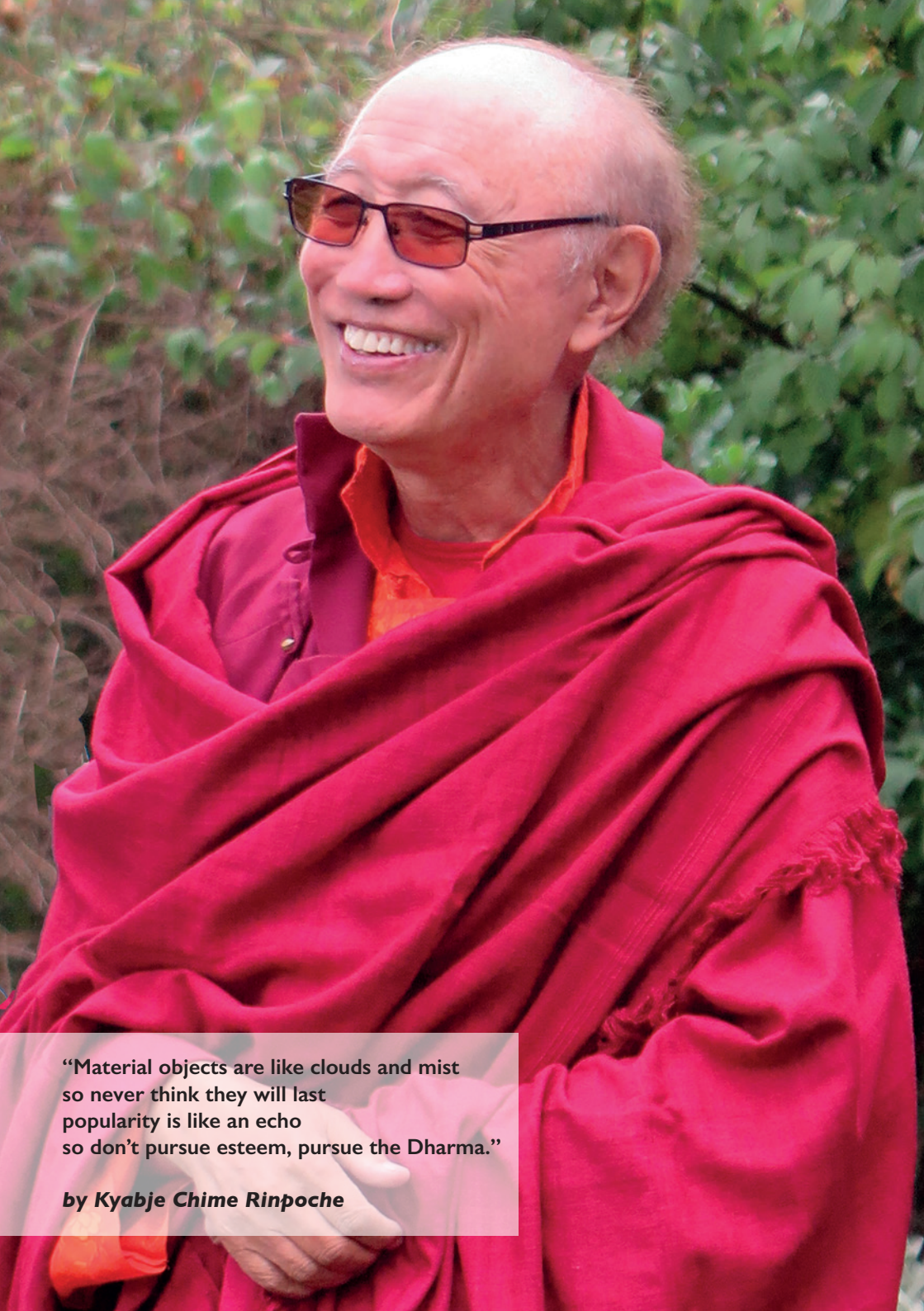
Our pilgrimage was an extraordinary experience, made possible by Lama Kunga's guidance. We visited many sacred sites, received heartfelt hospitality, and felt deeply connected to Buddha's life and teachings. As the saying goes, "Whoever travels without a guide needs two hundred years for a two-day journey." We were fortunate to have such a knowledgeable guide and wonderful companions on this journey.

*by Steffi Druege*









“Material objects are like clouds and mist  
so never think they will last  
popularity is like an echo  
so don’t pursue esteem, pursue the Dharma.”

**by Kyabje Chime Rinpoche**

