



WANGDRAK RINPOCHE KARUNA RETREAT 2019 – REGISTRATION

Vast Wisdom of the Great Perfection

7pm Thursday 17 March 2019 (registration from 4.30pm) – 9am Monday 25 March 2019

Venue: Karuna Sanctuary Retreat Centre, Saywell Road, Katoomba, NSW 2780

The venue is located in 374 acres of bushland close to Katoomba and is 90 minutes west of Sydney, accessible by train and car. We may be able to walk to the cliff top one morning for meditation. There is shared accommodation – rooms and bathrooms - in railway carriages or in the main building.

Retreat fee is \$980. There is no fee for ordained sangha. This fee is for a residential retreat with shared accommodation and covers retreat expenses and offerings to Rinpoche and the translator.

A deposit of \$200 is payable on registration.

The balance of retreat fee is to be paid by 14 February 2019, or the full retreat fee can be paid at time of registration.

Retreat Payments:

Bank: Bendigo Bank
BSB: 633000
Account number: 164459224
Account Name: Gebchak Retreats

Please write *KAR and surname* in the reference field and then email gebchakretreats@gmail.com when you make your deposit with your name, amount and date of deposit.

Registration: Complete the registration form, scan or photograph, and email to gebchakretreats@gmail.com – please make sure the scan or photo is legible

- Or print and complete, and post to GRH Treasurer, 8 Lawrence Street, Blackheath, NSW 2785

Enquiries: Phone: Norbert 0475243249 or Margaret 0432858139 Email: gebchakretreats@gmail.com

Pre-requisites: Wangdrak Rinpoche offers retreats in Australia roughly every 18 months. His teachings follow a natural progression and deepen from one retreat to the next. To fully appreciate the nature of Rinpoche's teachings, it is necessary to integrate them into one's daily life through regular practice. These retreats are not stand alone, but based on the previous retreat and one's own regular practice experience.

The retreats are open to everyone. However it is required that before attending the 7-day "senior" retreat one should have attended a least two 3-day retreats, and have practised Rinpoche's instructions for at least one year in between. In the 3-day retreats, Rinpoche maps out the whole path from the initial motivation through Shamatha and Vipashyana, Generation and Completion Stages of the Vajrayana, culminating in Mahamudra and Maha Ati. One gets a glimpse of the journey ahead, and can decide to embark on it, or simply leave it there.

If one decides to follow on, as stated above one needs to commit oneself to regular daily practice, and embark on accumulating 50,000 of each Ngondro (of any lineage), unless one has already done so (of course it's also possible to do them again). There is no time limit for completing the Ngondro; they can be a lifelong cultivation to support deeper insight in your meditation. Most important is your motivation in doing the Ngondro. They are not some test or rite of passage, but practices that clarify one's intention, remove psychological and other obstacles hindering spiritual progress, accumulate positive energy or merit, and open oneself to the blessings of the lineage.

It is rare to meet a genuine Master who holds an authentic lineage of realisation. Also rare is the opportunity to be introduced to such a lineage and be taught its essential practices. This is the reason for having in place certain conditions and requirements before attending the 7-day retreat. It is precious and not to be embarked upon in a casual manner.

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PERSONAL INFORMATION:

NAME

ADDRESS:

PHONE NUMBER(S):

EMAIL ADDRESS:

EMERGENCY CONTACT NAME:

CONTACT PHONE NUMBER AND EMAIL:

MEALS: all meals are vegetarian (often vegan). Most special dietary requirements can be catered for.

Do you have special food requirements for medical reasons? Please state briefly below.

RETREAT REQUIREMENTS

- Observe the five training precepts (five lay vows) during the retreat:

No killing, no stealing, no sexual misconduct and no intoxicants, including drugs, alcohol and cigarettes and no dishonest speech.

- Observe silence from the evening session until lunch the next day. Retreatants can observe silence throughout the retreat if they choose to do so

SHARING ROOMS: Is there anyone you would like to share a room with? State their name below.

RETREAT SPONSORSHIP: If you wish to help someone who cannot attend this retreat for financial reasons please make your donation to the Gebchak Retreats bank account and email gebchakretreats@gmail.com

Is there anything else you wish to tell us?

Thank you for returning your completed registration form. *GRH 2019 retreat committee*

