



Friday, April 26, 7:00 pm - May 2, 9:00 am, Central European Time

*Entering the Stream of Lineage Blessings*  
*Working Basis for Chö*

Featuring

*Ear-Whispered Chö Five-Dakini Retreat with Guru Yoga*

## *This first annual residential retreat*

held in conjunction with the Chö Mastery Training (Five-Year Program) is devoted to the gateway of the Ear-Whispered Chö lineage, a repository of blessings. The retreat is rich in contents and is a well-balanced program exploring our personal journey while fully immersing ourselves in the traditional lineage practice.

## *The Five Dakini Retreat*

entails taking this first step deep into the stunning river of blessings, the essential working basis for Vajrayana and Chö. It includes the Tantric practice of visualization and mantra recitation while embodying the awakening energies of Chö Deities - Prajnaparamita and the Five Dakinis. This retreat is called “the Preliminary to the Sacred Chö Practice,” a prerequisite to further Chö practices. Retreatants are required to complete a certain number of mantra recitation with visualization, which can be continued as a daily practice after the retreat. Then we will perform fire puja together upon the completion during the 2nd annual retreat in 2020. (The cost of the practice text is \$35.)

## *The Vajrayana techniques*

Each annual residential retreat in the Chö Mastery Training is interwoven with the teaching on the Vajrayana techniques based on Vajrayana classics such as *A Book of Three Inspirations (A Treatise on the Stages of Training In the Profound Path of Naro's Six Dharmas)*, *A Commentary to the Six Yogas of Naropa* by Lama Tsongkhapa. Our 1st residential retreat features the most misunderstood and most important practice in Vajrayana - “**Guru Yoga: Entering the Stream of Blessing through Guru Yoga**”. The guru yoga is the source of blessings and the entryway to the Vajrayana path. A strong foundation with a correct understanding and skill in this method is the key to the success in all the subsequent practices.

## *Retreat highlights:*

- Chö Empowerment Common Opening the Door to the Sky
- Lineage Transmissions and Practice – Chö Whispered from the Mount of Bliss (“Ganden Chö”)
- Lineage Retreat (Transmission/Commentary/Practice) – Five Dakini Retreat
- Guru Yoga (Vajrayana Techniques in Chö Part 1) “Entering the Stream of Blessing through Guru Yoga”

## *Retreat Includes:*

- Common Chö Empowerment - Opening the Door to the Sky (First Day)
- Oral & Music Transmissions and Commentary
  - Chö Whispered from the Mount of Bliss
  - The Preliminary Practices and Concluding Prayer
  - The Seven 'PE's
  - Supplication to Machik Five Dakinis
  - Five-Dakini Retreat manual
- Retreat - Self-generation of Prajnaparamita and Front-generation of Machik Five Dakinis - Five Dakini Retreat: The Preliminary to Advanced Chö Practices
- Five Elements and Five-Facets of Timeless Awareness Teaching
- Tsok Offering
- Chö Practice
  - Group practice
  - Hands-on, private practice
- Chö in the Wilderness (outdoor practice)
- Guru yoga
  - Commentary and practice based on *A Book of Three Inspirations*
  - Transmission, Commentary, and Practice - *Ganden Lhagyama*
  - Transmission, Commentary, and Practice - *The Short Six-Session Yoga*
- Discussion and Inquiries
- Meditation
  - Opening Meditation, Mahamudra Shamatha (morning)
  - Concluding Meditation (evening)
- Movement
  - Subtle Body Training
  - Chö Dance (i.e. *Supplication to Machik Five Dakinis*)
- Hands-on Workshops
  - How to play the Chö damaru, bell & Kangling
  - Torma Making
- Interview with Chöying Tsok Feast Offering
- Vajrayana Techniques in Chö Combined with Mahamudra

Chö as a Vajrayana Path employs a multitude of techniques aimed at seeing our true nature by revealing the pure reality and skillfully transforming our deluded experience into a direct experience of awakened being. The path of these techniques called "the Path of Methods (*Tab Lam*)" will be taught and practiced in conjunction with the annual residential retreat of the Chö Mastery Training. Since they entail the practices of the completion phase as well as creation phase, each technique will be introduced sequentially and sensitively based on the authentic text of Lama Tsongkhapa's commentary to the Six Yogas of Naropa.

These Vajrayana techniques become powerful tools to liberation from what's in a way on the path of the direct approach of "the Path of Liberation (*Dröl Lam*)" such as Mahamudra. In this way, the Chö Mastery Training consistently and equally emphasizes both approaches to integrate into the path of awakening.

### *Schedule:*

<b>7.00-8.00</b>	<b>Session 1</b>	<b>Morning meditation (22:00 PST - Webcast)</b>
8.00-9.00	Breakfast	
<b>9.00-10.30</b>	<b>Session 2</b>	<b>Empowerment, Transmissions &amp; Commentary</b>
10.30-11.00	Break	
<b>11.00-12.30</b>	<b>Session 3</b>	<b>Teaching &amp; Practice - Five Dakini Retreat</b>
12.30-14.30	Lunch	
<b>14.30-16.00</b>	<b>Session 4</b>	<b>Outdoor - Chö Practice/Five Dakini Retreat/Movement</b>
16.00-16.30	Break	
<b>16.30-18.30</b>	<b>Session 5</b>	<b>Teaching/Hands-on/Discussion (7:30 PST - Webcast)</b>
18.30-20.00	Dinner	
<b>20.00-21.00</b>	<b>Session 6</b>	<b>Contemplation/Tsok Offering</b>

### *The Venue:*

The Föllökna Mansion

The estate dates back to medieval times and was once owned by Queen Christina. The present building was raised in 1840. It has a quiet location, by a lake, and includes an island with almost pristine nature and a non-denominal chapel. The island's name is 'Troll Island' because in old times it was believed that trolls lived there. It has now been referred to 'The Island of Tranquility' for the past fifty years. There are places for swimming. All in all, this is presented as a venue that is particularly suited for retreats.

There are fifty beds, most in double rooms. Two halls for gatherings with capacity for fifty people are available. Standard is old fashioned and simple, but it is practical and the place is well taken care of.

### *Arrival:*

Please arrive on Friday between 4.30 and if possible by 6.30. We will have supper at around 6:30.

### *Departure:*

We finish on the following Friday morning. If you need to leave early to catch a flight our last meditation will be finished by 9.00, but if you can stay till 10.30/11.00 to help clear up that is a real help.

### *Transportation:*

#### **How to get from the airport to the venue:**

Take the regional train from the airport to Eskilstuna - the end destination of that train is Örebro. It departs at 4.22 PM and arrives at Eskilstuna C 18.01. Once at Eskilstuna, you will be picked up at the train station by car for final transportation to the venue, which takes about half an hour. You do not need to buy train ticket in advance, you can buy it at the airport. Cost is about 25 USD or Euro. If you arrive early in the day, you can go downtown and catch the train at the Central station. That same train departs from Central station at 16:53. If you arrive before Friday, a van will take you from downtown to the venue on Friday morning.

### *Stockholm Tour before the Retreat:*

A tour of Stockholm will be provided on Thursday, starting 10.00 AM local time downtown, ending with a dinner together. Registration is required. Please contact Jens.

### *Food:*

All food is included, but if you want to bring anything that you especially like, e.g. favorite teabags or snacks/treats or cake/pudding to share then please do. All food will be vegetarian.

### *Currency:*

Sweden is one of the European countries that has kept its own currencies, Swedish Kronor, SEK. 10 SEK = approx. 1 USD or Euro. Credit and bank cards are accepted everywhere; Jens has not used cash for years. If you want to use cash, it is suggested that you use ATM, cash machines to withdraw, instead of expensive currency exchanges at the airport.

### *Offerings and Flowers:*

We will do an offering ritual at the end of the retreat, if you'd like to bring something to offer please do. E.g. fruit, chocolate, nuts, in fact, anything tasty that you would



like to offer. If you'd like to bring flowers for the altar you are also welcome to do that also, but it is not a requirement.

### *What to Bring:*

- Meditation cushions or bench, and blankets (whatever you need for sitting and moving)
- Comfortable clothing and layers
- Waterproofs and warm clothes (Spring in Sweden is unpredictable and can either be quite cool or warm.)
- Personal toiletry
- Medication
- Thermos
- Battery clock
- Slippers
- Special pillow
- Ritual implements: damaru, bell, mala, vajra, and vajra-bell cloth (travel-kangling). Do not bring your real Kangling as it might involve possible legal problems with the customs.
- Texts:
  - *Ganden Chö Practices* (If you don't have, please purchase from the DW Media store in advance.)
  - *Supplications to Machik Five Dakinis*
  - *The Seven 'PE's*
  - *The Short Six Session Yoga*

### *Pillow, blanket, beddings, and towel:*

These are included, and not needed to bring. There is a wash machine available.

### *Internet:*

Internet will be available, but participants are encouraged to keep it at a minimum. No internet will be permitted to be used during webcast sessions.

### *Cell phone coverage:*

This is spotty.

### *Cost:*

850 USD including offering-Dhana  
(2-3 work-trade positions in exchange for scholarship: 400 USD + work-trade (cooking))

200 USD to be paid 90 days before the retreat (**February 1<sup>st</sup>**), the rest 30 days before the retreat. All but 100 USD will be refunded in case of cancelation

*Preliminary menu:*

**DAY 1:**

*Dinner* - Falafel roll

**DAY 2:**

*Breakfast* - Porridge, bread, fruit, coffee, tea, and juice

*Lunch* - Indian sweet potato stew with chickpeas and chili

*Dinner* - Pasta with tomato sauce and lentils

**DAY 3:**

*Breakfast* - Porridge, bread, fruit, coffee, tea, and juice

*Lunch* - Oriental lentil soup

*Dinner* - Veggie goreng with tofu

**DAY 4:**

*Breakfast* - Porridge, bread, fruit, coffee, tea, and juice

*Lunch* - Spinach soup with peas

*Dinner* - Root vegetable curry with tomatoes and baked beans

**DAY 5:**

*Breakfast* - Porridge, bread, fruit, coffee, tea, and juice

*Lunch* - Quinoa curry with chickpeas and kale

*Dinner* - Bean casserole with bulgur and coriander

**DAY 6:**

*Breakfast* - Porridge, bread, fruit, coffee, tea, and juice

*Lunch* - Saffron curry with butternut squash

*Dinner*- Mix surprise

**DAY 7:**

*Breakfast* - Porridge, bread, fruit, coffee, tea, and juice

Please contact Jens ([jens@nasstrom.info](mailto:jens@nasstrom.info)) for any questions and concerns. We look forward to seeing you in person at the retreat.