

NYUNGNE

(FASTING RETREAT)

IS A MEDITATION PRACTICE ON THE
BUDDHA OF COMPASSION,
THOUSAND-ARMED CHENRESIG.



It is a very efficient meditation to purify negative actions and impressions while at the same time generates positive impressions in our mind. It is a great way to develop compassion for all sentient beings and has many beneficial effects.

One set of Nyungne takes two and a half days.

During the retreat we follow the 8 Mahayana precepts and meditate together 8-10 hours, divided into 4 sessions each day.

On the second day we neither talk, drink or eat.

This also helps to keep our mind focused in the meditation practice during which we recite and chant the Om Mani Padme Hung mantra, longer mantra version and prayers included in the text.

If due to health reasons you are unable to follow the above restrictions, but still wish to attend, please contact us for information before the program.

You can also join as a volunteer, thereby helping the retreat group with practical duties and joining the practice partly.

During the retreat practitioners are also welcome to join, without precepts, for a session as possible for them, thereby connecting to the practice energy and generating positive imprint.

Please contact us for any questions you might have.

Since 2008 when Venerable Dupseng Rinpoche started the practice here. We keep trying to arrange the retreat almost every year.

If you wish to read more about the practice we recommend the book "Buddhist Fasting Practice, the Nyungne method of thousand-armed Chenresig, Snow Lion 2009 by Wangchen Rinpoche"

We like to draw attention to the message from the 17th Gyalwa Karmapa in 2018, here quoted:

"Dear dharma friends, Firstly, I wish to express my heartfelt appreciation for all of your messages on the occasion of my birthday.

Please use this opportunity to consider participating in the practice of Nyungne. This profound practice of the Thousand-Armed Chenresig, the Buddha of Compassion, has great benefit – not only for the practitioner, but also for the Buddha dharma in general, and our Kagyu lineage in particular.

Therefore, I encourage all of you to participate in the Nyungne practice as much as possible, for the benefit of our precious lineage.

With compassion

Thaye Dorje, His Holiness the 17th Gyalwa Karmapa"