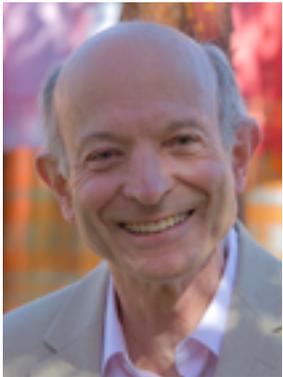


## PRACTICES ON THE BUDDHIST PATH and CARING

European Program February-March 2019  
with Ralph McFall and Maria Helena Kubrusly

*"Through your practice you may discover the beauty of your own manifestation and wonder at the qualities you find within your thoughts and senses. Then you can represent more fully the richness of your being and share with others your positive energy and understanding"*  
- Tarthang Tulku

### Instructors:



Ralph McFall



Maria Helena Kubrusly

Ralph McFall began full time volunteer work in the Nyingma Community in 1980. He is a past director of Nyingma Institute, Berkeley and of Nyingma Centers. Currently, he is a member of the NAMO Leadership council. Ralph has been an Odiyan resident since 1999, where he works printing books for the Yeshe De project.

Maria Helena Kubrusly is a founding member of the Nyingma center in Rio De Janeiro, Brazil, where she worked as a volunteer for 10 years. An Odiyan resident since 1999, Maria Helena works regularly with Tarthang Tulku Rinpoche on administrative and community matters. She also rendered the Portuguese translations of *Knowledge of Time and Space*, and *Mandala Gardens*.

### Amsterdam, The Netherlands

#### 'Practices on the Buddhist Path' Retreat

Friday, February 15, 19:30 hrs - Wednesday, February 20, 16:00 hrs. Costs: € 485/435

#### Public Talk 'The Power of Prayer'

Friday, February 15, 19:30 - 21:00 hrs. Free Admission. Livestreamed.

'The Power of Prayer' Workshop + Public Talk Friday Saturday, February 16, 10:00-17:50 hrs. Costs: € 95

**Ceremony for World Peace** (conclusion of workshop) Saturday, February 16, 17:10 - 17:50. Free Admission.

Evening Talk '**Odiyan and Dharma in the West**' Saturday, February 16, 18:00 - 19:00 hrs. Free Admission

Workshop '**Introducing the Buddhist Path**' Sunday, February 17, 10:00 - 17:00 hrs. Costs: € 95

'**Exploring the Buddhist Path**' Retreat Sunday, February 17, 10:00 hrs - Wednesday, February 20, 16:00 hrs. Costs: € 395/375

Location: Nyingma Centrum Nederland  
Reguliersgracht 25, Amsterdam | +31 20 6205207  
Register/info: info@nyingma.nl  
Website: <https://tinyurl.com/pbp2019>

### Göteborg, Sweden

#### 'Caring' Retreat

Friday, February 22, 18:30 - Sunday, February 24, 16:00 hrs. Costs: 1150 kr

Location: Föreningen för tibetansk buddhism  
Linnégatan 21, Göteborg | +46 768 85 82 99  
Register/info: stig@tibetanskbuddhism.se  
Website: <https://tibetanskbuddhism.se/>

### Köln, Germany

#### Workshop '**Introduction to Caring**'

Thursday, February 28, 10:00-17:00 hrs. Costs: €85/75

#### Public Talk '**The Power of Prayer**'

Thursday, February 28, 20:00-21:30 hrs. Free Admission

'**The Power of Prayer**' Workshop +Public Talk Thursday Friday, March 1, 10:00-18:00 hrs. Costs: €85/75

#### '**Inner Journey - Following the Way of the Buddha in Our Time**' Retreat

Saturday, March 2, 10:00 hrs - Monday, March 4, 18:00 hrs. Costs: €335/285

Location: Nyingma Zentrum Deutschland  
Siebachstraße 66, Köln | +49 221 58 90 474  
Register/info: info@nyingmazentrum.de  
Website: <https://www.nyingmazentrum.de/retreats>

# Practices on the Buddhist Path and Caring

European program  
15 February - 4 March 2019



Practices on the Buddhist  
Path - Amsterdam, NL  
15 - 20 February 2019

Caring - Göteborg, SE  
22 - 24 February 2019

Caring and Practices on the  
Buddhist Path - Köln, DE  
28 February - March 4 2019

*“The impulse toward prayer seems to be almost universal in human consciousness.”*

– Tarthang Tulku

## The Power of Prayer

This program explores the meaning, value, and practice of prayer. Our prayers can have value for our world and can be a direct channel to higher awareness.

Our rational mind questions what the heart knows. Even in the midst of the tribulations of daily life, and the whirlwind of information and news we receive every day, we can feel the presence of the sacred. In our hearts we know the existence of something bigger, beyond our routine and everyday concerns. But when we turn to this more open and inviting dimension we may feel insecure, skeptical, or even embarrassed.

For our prayers to be effective for ourselves and others, we need to have the right perspective, and know the best ways to practice.

In this workshop, practices, discussions, and talks, will illuminate the dynamics of prayer so we can contact our inner nature, learn to reinforce the positive, open to the world, and invite the presence of the sacred.

Familiarity with the Vajra Guru Mantra is helpful but not required.



## Exploring the Buddhist Path

*What does the example of the Buddha's life have to tell us today? How can we engage his teachings while living in the modern West? Do we need to “believe” anything in order to begin to meditate and study the Dharma?*

In the **workshop**, we will:

- talk about the Buddha's life and the significance of his awakening;
- practice four contemplations that help us orient ourselves to a meaningful life;
- discuss concerns about faith, belief, doubt, and inquiry;
- learn how the teachings can be put into practice in daily life, bringing us greater satisfaction and meaning.



In the **retreat**, we will deepen the experience of the workshop by learning about the fundamental teachings of the Buddha, including: The Four Noble Truths and the Eightfold Path; how to work with emotions; cultivating love and compassion, and working for the world. Lecture and discussion will be mixed with meditations for inner calm, insight, and openness. We will also do specific practices to implement each teaching in daily life.



## Odiyan and Dharma in the West

Now that the construction of Odiyan, home for the Dharma in the West, is completed, its senior residents will be reaching out more often to present Tarthang Tulku's teachings.

Ralph McFall and Maria Helena Kubrusly will share insights, experiences, and challenges from their combined 70 years of experience of living and working at Odiyan. What does it take to sustain a Dharma community and work on Dharma projects every day of the year? And what are the benefits?

Date: Saturday, February 16, 18-19 hrs.

Please also join us for the special **ceremony** for World Peace that Ralph and Maria Helena will lead from 17.10-17.50 that same day. Free admission, donations welcome for sustaining the Odiyan volunteer community.

