

The New Retreat Centre, at Sarangkot, Pokhara, Nepal

To preserve and propagate the unbroken lineage of Mahamudra practice in modern times, Ven Shangpa Rinpoche, has compassionately undertaken the project of building a new Lama's Retreat Centre at Sarangkot in Pokhara. This will provide more opportunities for the monks to undertake the traditional retreat, which will give them a solid grounding in their Buddhist knowledge and practice.

Situated near the Annapurna mountain ranges, the serenity of the environment makes Sarangkot an ideal retreat location for the Lamas. Through the generous sponsorship of many, the retreat centre will be ready in October 2007 and the 1st batch of about 10-15 monks will soon be entering into retreat.

The retreat

Each retreat lasts a minimum of 3 years and 3 months and 3 days, in seclusion. The retreat covers the entire cycle of teachings, from the preliminary practices (Ngongdro), through creation and completion meditations (Kyerim and Dzogrim), the Six Yogas of Naropa and culminating in Mahamudra practices.

The retreat master, Venerable Sherab Gyaltsen Rinpoche will personally oversee the retreat and provide individual guidance for each student. All the practices lead one to understand the nature of mind and maximize one's benefit for all sentient beings. Retreatants would receive a thorough grounding in Buddhism and meditation and are the future teachers for the Sangha. The closed and protected environment is conducive for the retreatant to practice undistracted and with total focus towards the ultimate realization of the path.

Sponsoring a Monk on 3 years Retreat

Retreatants usually require financial sponsorship to cover the costs of food, electricity, gas, practice necessities such as tsog offering and offering to visiting high lamas who provide them instructions. Most monks who wish to join the retreat have limited, if any, financial support from their own families. Shangpa Rinpoche thus plays a critical role in helping them look for sponsors, so that they can concentrate on their retreats without having to worry over financial support.

It is said that, "Supporting a person in retreat is considered as meritorious as if you yourself are doing the retreat." Sponsoring a retreat lama is a meaningful way to practice generosity. It would help the retreatants in their practices, benefit the Sangha at large and ensures that the glorious and pure teachings of the Buddha and the unbroken lineage will continue to flourish in this degenerate time. Through it may all sentient beings be liberated.

If you cannot go into retreat yourself, why not consider helping by:

- Donating any amount towards supporting all the retreatants;
- Sponsoring the expenses of a particular monk in retreat for the period of 1 year or throughout the 3 years.

Any donations, small or large, will be gratefully received and rejoiced in!

If you have been inspired to offer a donation towards this meaningful cause, please contact us at admin.kibs@gmail.com or Tel: 9815 0386