

NYUNGNE

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



Nyungne is an in-depth and transformative retreat practice within Tibetan Buddhism, dedicated to Chenresig, the Buddha of Compassion, who is depicted with a thousand arms, symbolizing his ability to reach out and assist countless beings simultaneously.

Since 2008, when Dupseng Rinpoche started the practice here, we have attempted to arrange the retreat almost every year.

The retreat combines fasting, meditation, mantra chanting, and prostrations (glide falls) in a practice designed to purify the body and mind as well as to develop and deepen compassion and bodhicitta (the mind of enlightenment).

What Does the Practice Involve?

A central part of the Nyungne practice is the recitation of the Chenresig mantra "Om Mani Padme Hum". This helps to focus the mind and invoke Chenresig's qualities within the practitioner's mind. The meditations focus on Chenresig's form, and participants visualize him as a radiant source of compassion and healing. On the second day of the retreat, we neither speak, drink, nor eat (considerations are made for individual needs). This also helps to keep our minds focused during the meditation practice. During the retreat, participants commit to observing the 8 Mahayana precepts.

This practice is seen as a swift path to developing bodhicitta and a deeper compassion as well as accumulating extensive positive karma.

Although Nyungne can be a challenging practice, it is often performed in a community where participants support each other in their practice. This community enhances the experience and creates an environment of collective spiritual striving and understanding.

Nyungne is one of the most respected and valued retreats within Tibetan Buddhism.

It is an excellent way to develop compassion for all sentient beings and has many beneficial effects.

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

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

Dear dharma friends

Please take this opportunity to consider participating in the practice of Nyungne. This profound practice of the Thousand-Armed Chenresig, the Buddha of Compassion, is greatly beneficial - not only for practitioners but also for the Buddha Dharma in general, and our Kagyu lineage in particular. Therefore, I urge you all to engage 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.

Nyungne retreats at the Buddha Center Karma Shedrup Choeling are announced on the program page.