

PADMASAMBHAVA BUDDHIST CENTER PRESENTS



Our beloved teachers, the Venerables  
Khenchen Palden Sherab Rinpoche  
& Khenpo Tsewang Dongyal Rinpoche,  
fondly known as "the Khenpos."

We are fortunate to have as our teachers two brother Lamas who are of the last generation of Tibetan Buddhist masters born and raised in Tibet before the Chinese invasion. Renowned as Dzogchen masters in the Nyingma lineage of Tibetan Buddhism, they are the founders and spiritual directors of Padmasambhava Buddhist Center, with groups in the U.S., Puerto Rico, Russia and India, and a beautiful monastery in upstate New York. They established the Tennessee sangha in 1987 and visit each year to give teachings at our retreat center, Padma Gochen Ling. To learn more about the Khenpos, visit their website, padmasambhava.org.

# annual tibetan buddhist retreat with the Khenpos

## June 11-13, 2004

HELD AT OUR RETREAT CENTER,  
PADMA GOCHEN LING • MONTEREY, TN

2 hours east of Nashville off I-40 (map on reverse). Topic to be announced.

### retreat schedule *(May be adjusted slightly during retreat.)*

**FRIDAY**

Arrive any time.  
7:00 pm – Gather in  
shrine room  
7:30 pm – Teaching

**SATURDAY**

7-8 am – Morning Practice  
10 am-12:30 – Teaching  
3-4 pm – Meditation  
4:30 pm – Fire Puja  
7:30 – Evening Practice

**SUNDAY**

7-8 am – Morning Practice  
10 am-12:30 – Teaching  
After – Refuge Ceremony  
& clean-up



Padma Gochen Ling, PBC-TN retreat center



# Padmasambhava Buddhist Center

CELEBRATING 16 YEARS IN TENNESSEE



[www.nashvilletibetbuddhism.com](http://www.nashvilletibetbuddhism.com) • 615-512-9071

# retreat details

**RETREAT FEE** \$100 or \$40 per day. (10% discount for PBC members, see below.) You may pay with check or cash at the retreat or register in advance. Your donation is tax deductible.

**WHAT IS PROVIDED** Padma Gochen Ling is consecrated land, crowned with a temple. Our new Sangha House with dharma bookstore, kitchen and dining hall will be used, but the kitchen will still be somewhat makeshift. Stove available; limited refrigerator space. Rustic camping conditions: private outdoor shower with running water and outhouses. Sorry, no hook-ups are available.

**WHAT YOU SHOULD BRING** Meditation cushion and a blanket or mat for sitting on a hardwood floor. (Some chairs available.) Food for your own meals plus one food offering for the tsok (ritual tantric feast). Drinks, snacks, and a cooler with ice if needed. Please bring bottled water; drinking water on-site is limited. Lawnchair or blanket for sitting on the ground for fire puja; chiggers are prevalent. Flashlight, insect repellent. If camping, bring tent, sleeping bag, towel, shower gear, etc. Flower offerings for the shrine are welcome.

**CLOTHING** This is a rural retreat, so casual, comfortable clothes are recommended. Nights can be cool, days can be warm. Rain gear recommended. Please help us maintain a meditative atmosphere by wearing modest clothing conducive to non-distraction. If wearing shorts, ladies please

bring a cloth to cover legs while sitting. For the comfort of others, please refrain from strong fragrances.

**WORK DAY** We will have a workday the Saturday before retreat, June 5, 10 am to 4 pm, to prepare the center. All volunteers are needed. Your help makes the retreat possible, so please join us for this special blessing if you can.

**LODGING** You are welcome to camp or bring a sleeping bag and sleep on the floor of the shrineroom. The closest lodging is in Monterey off Exit 300, a bed and breakfast: The Garden Inn at Bee Rock, 931-839-1400.

More reasonable accommodations are available in Cookeville, 20-30 minutes away:

**Exit 290, Cookeville:**

Alpine Lodge & Suites, 931-526-3333

**Exit 287, Cookeville:**

Hampton Inn, 931-520-1117

Days Inn, 931-528-1511

Econo Lodge, 931-528-1040

Comfort Inn Suites, 931-372-1881

Ramada Limited Suites, 931-372-0086

**MEMBER DISCOUNT** Please note that the member discount at all PBC retreats worldwide applies to those who have committed to monthly or yearly membership at any of the PBC centers. Suggested membership is a minimum of \$25 per month individual or \$40 per month family. We encourage all to join as members to support the growth of the Buddha Dharma, the local sangha, and our teachers' work. Membership forms are available in the FILES section of our e-group site (see below), at sangha meetings, or can be completed at retreat.

**REFUGE CEREMONY** will be offered on Sunday immediately after the teaching. Refuge is the point of officially setting foot on the path, according to all traditions of Buddhism. One is ready to take refuge when they have confidence in the Buddha, dharma and sangha as the means to liberation. During refuge, one receives the oral transmission of refuge vows and lineage blessings which stretch back over 2500 years directly to Buddha. One also receives a dharma name and may request a beginning practice in Ngondro, which is the foundational practice in our lineage.

Refuge is open to all. If you would like to take refuge, please go to the bookstore soon after your arrival and sign up. The lamas need a count so as to make a calligraphy of your dharma name. For more information on Refuge and Ngondro, visit the FILES section at our e-group site for downloadable teachings by the Khenpos.

**FOR MORE INFORMATION**

Visit our website for updated information, [www.nashvilletibetbuddhism.com](http://www.nashvilletibetbuddhism.com). For news on PBC International: [padmasambhava.org](http://padmasambhava.org).

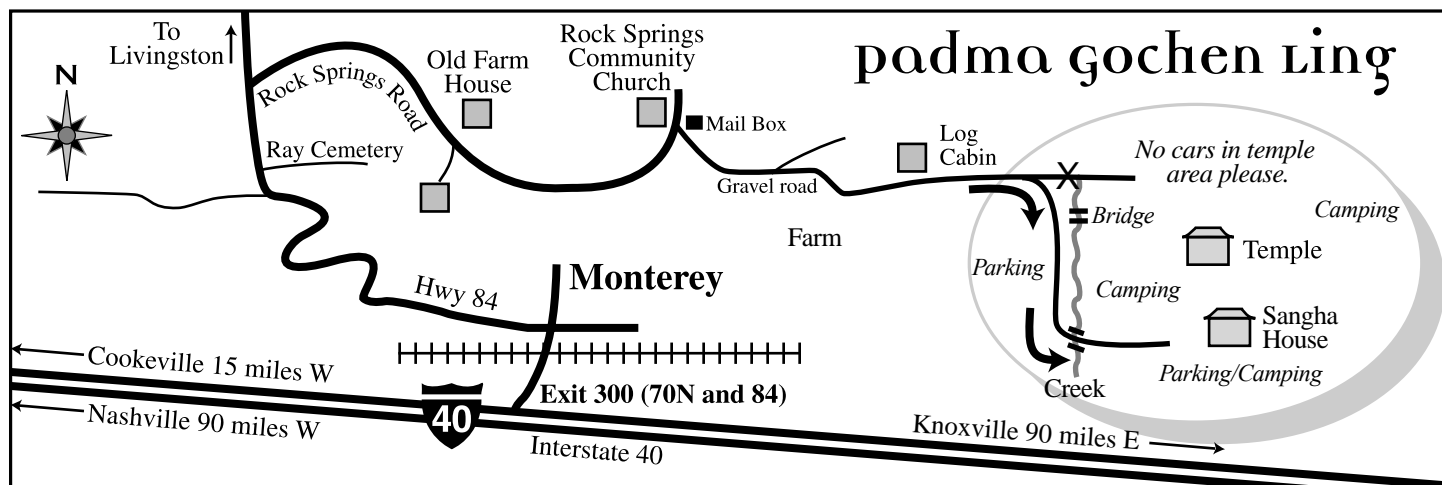
For all the latest announcements year-round, plus downloadable teachings and more, join our announcement e-group: <http://groups.yahoo.com/group/pbc-tn>

**FOR MORE INFORMATION:**

David Hinton, 615-512-9071,  
[Davidbhinton@aol.com](mailto:Davidbhinton@aol.com)

**REGISTRATION:** Dolly Carlisle, Treasurer,  
615-385-4438, [dollycarlisle@comcast.net](mailto:dollycarlisle@comcast.net)

**COORDINATOR:** Rita Frizzell,  
615-463-2374, [ritagold@aol.com](mailto:ritagold@aol.com)



## REGISTRATION • JUNE 11-13, 2004 RETREAT

**REGISTRATION** is required for all events at Padma Gochen Ling. You may fill out this form and turn it in at the Registration Table at retreat or pick up a form upon arrival. If you'd like to pre-register, send it by mail by June 1 or turn it in at the Nashville center. Pre-registration is not required but will help us plan.

**Suggested donation \$100; \$40/day.** (PBC Supporting members receive 10% discount.)

Please make checks payable to PBC. Donation is 100% tax deductible.

Name(s) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

**HOLD HARMLESS AGREEMENT** Participation in any PBC activities and/or use of any PBC facilities, including but not limited to Padma Gochen Ling, involves a risk of accidental injury despite all safety precautions. I/We, assume all risks and release from responsibility and agree to indemnify and hold harmless the Padmasambhava Buddhist Center, Padma Gochen Ling, their officers, directors, volunteers and members, for any illness or injury to the individual(s) listed above, occurring during use of any facilities or participation in any activities conducted by the Padmasambhava Buddhist Center of Tennessee.

\_\_\_\_\_  
Signature(s)

\_\_\_\_\_  
Date:

I am a supporting PBC member according to the national policy. (See below.)

**PBC SUPPORTING MEMBERSHIP** Please note that the 10% member discount applies to those who have committed to monthly or yearly membership at any of the Padmasambhava Buddhist centers. Membership is an essential component to the functioning of the centers. Suggested membership is a minimum of \$25 per month or \$40 per family, or \$300 a year individual, \$480 a year family, over and above retreat fees. This enables us to operate locally, as well as support PBC International. We encourage all to join as members to support the growth of the Buddha Dharma and our Ven. Rinpoche's work.

*Padmasambhava Buddhist Center*

*P.O. Box 120633*

*Nashville, TN 37212*

*ATTN: Retreat*

*Your support and donations are greatly appreciated.*