

Retreat with Gen Kelsang Demo

1st Session

We invite DS from the place of the DK to appear in front of us - when we invite him he does not come from far away he is ready to appear in front of us because his DK is everywhere there is no place where there is an absence of DS TB so in reality the real or definitive DS is actually already in front of us but in order to develop and increase our conviction we engage in the visualization.

DS is already there - we use visualization to increase conviction and we try to hold it is not about the detail but holding the feeling I am in the presence of my DP DS

Feeling you are in the presence is the object

That will be our meditation

As mentioned we will begin with the OM AH HUM meditation then the HJ prayers

Meditation Break

Continue to remember that we are in DS presence. No need to visualize - we can feel that we are in his presence.

Take this experience to the meditation break.

2nd session

Same format as the previous session Some breathing OM AH HUM HJ to inviting of DS Stay in the presence of DS for short while on basis of that develop some special reco of DS

In her commentary GDek referred to a verse in HJ

“ In short from now until I attain the essence of E ... therefore please watch over me ... and never waver in your action as my protector

We will develop this three reco

Basis on the feeling of being in the presence of DS:

1. Our Guru JT
2. Our Yidam Hrk
3. The DP himself

Purpose :

Receive blessings of JT through him

Receive attainment of Hrk father mother

Receive the attainments of pacifying obstacles and gathering necessary conditions through him the DP himself

We contemplate this verse

The object of concentration - mind of faith - seeing DS the embodiment of our G Y and Protector.

In the last session I said we are practicing relying on DS during this retreat so we have chance to practice in this way.

In GDek teaching she read some words from VG:

“ Through relying on him in this way we will receive JT blessing through him the attainment of Hrk father and mother through him and pacifying obstacles and gathering necessary conditions through him

She asked - holding this recognition what will happen - the development of the three faith - naturally come. These three recognitions are one the greatest gift of this festival

In the previous incarnations of the DP VG says:

“ To guide living beings along the spiritual path DS manifests many different aspects sometimes he appears in a peaceful aspect sometimes in a wrathful aspect sometimes as an ordinary person sometimes as a Buddha sometimes as a Hindu sometimes as a non-Buddhist and sometimes even as a non-human being. Since there ... it is difficult to tell who is an emanation and who is not. The only person we ... but we do not know about others. Each being has the ability to manifest as many emanations as they are because this ability is necessary because if it remained in only one form without any emanations they ... according to their needs

As Kad practitioner we have the need to rcvi the blessings of JT the attainments of Hrk and the pacification of obstacels and favorable conditions.

The object is the faith the DS is the G Y and DP through contemplating the verse from HJ - the purpsoe is to rcv blessing of JT the attainment of F and Moth through him and the attainment of pacifying obstacles and gathering favorable conditions through him

//Strikes me how when we say blessings of jt through him, attainments of hrk through him, etc - we are actually directing our m to a very specific being - obviously VG, Trijan, Phabongkha, and previous lamas regarded as most worthy to tune our m in that being's direction and to let that being be a portal for all attainments//

Meditation Break

These are the reco we maintain during the break - in this ways we receive the various blessings attainments and pacifying obstacles and gathering necessary conditions through him.

Try to remember the recognition - being here we can use each other as a reminder of these recognition. In festivals we recognise each other as different ways - they perform different functions and we recognize them. Use these differente ways of recognizing people as a reminder 'oh yeah, just like DS who is my Guru Yidam and arraniging the condintions for my practice'

In the next session we shall look at the benefits of relying on DS with respect to seeing our conditions as favorable.

Before dedication - a reminder of what Gen-la said - from the chapter on reincarnation Panches Sonam Dragpa - the holder of the JT throune - composing the following prayer

“ So thta hte traddition of JT may flourish May all obstacles be pacified and may all favorable conditinos abound

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