



Gomde Lindholme Hall
Hatfield Woodhouse Doncaster DN7 6DT
Telephone: 01302 842503

Web: www.gomde.org.uk; E-mail: national@gomde.org.uk; Registered Charity No: 1132050



Dear Friends,

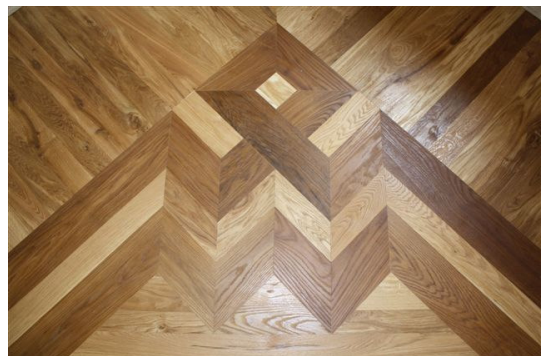
The sun shines in a bright clear sky, the deer roam across the south field and all manner of mammals, birds, insects and reptiles take refuge on the Gomde, Lindholme estate. To quote one of our visitors 'It is like a magical island kingdom'. Just how many diverse species live on Rinpoche's estate here will be better understood after next weekend's 2-day long 'Peter Skidmore Memorial Survey', which is to be completed by invited experts in many fields. Results in the next newsletter!

We are busy preparing for the arrival of Chökyi Nyima Rinpoche on the 8th July and the visits of Lama Oser in August and Lama Thempel and Lama Sherab in September. At the end of this newsletter is a list of the courses and retreats on offer.

We feel extremely fortunate to have such a full programme this summer. This is due to the kindness of Chökyi Nyima Rinpoche for once again coming to teach and also for the commitment and care of Chökyi Nyima Rinpoche and Phakchok Rinpoche, in sending their very experienced monks to assist with the programme here. Gomde's trustees are committed to making available authentic teachings and practice opportunities to any who would like to learn more about the Dharma. The retreats and teachings are very precious opportunities to enhance and develop both our practice and understanding. We hope many of you will participate, for a weekend, a week or to stay for extended periods during the Lamas' visits. Any questions please contact national@gomde.org.uk or see the web site for full details.

Completion of New Oak Floor in the Meditation Hall

We announced in the last newsletter the sponsorship of a new solid oak floor for the meditation hall. This has now been installed and we are delighted! It has a beautiful pattern made from contrasting coloured oak which consists of a knot in each corner with a border and a diamond arrangement in the centre; it is amazing!





New Shrine Project - a surprise for Rinpoche?

As we now have a beautiful floor we have been inspired to begin the construction of a new shrine to hold the wonderful Buddha statue sent by Rinpoche last year. During his visit here last year, Chökyi Nyima Rinpoche advised us as to the design for the shrine. It is to be made of oak with a granite platform to hold the offering bowls.



We have begun work on the central section and we estimate the cost for the materials will be £600. We know times are tough, but we would like to offer everyone the great opportunity to contribute to this, the first stage of the new shrine. We think it would be marvellous (and oh so exciting!) if we could complete it in time for Rinpoche's visit in July. If you can help please send whatever amount you can afford, to us at Gomde – many pennies will add up to many pounds! If you cannot help, then we thank you in advance for your kind thoughts and aspirations in our task!

Bank Details:

HSBC
Rangjung Yeshe UK
Account No: 52563436
Sort Code: 40-33-01
IBAN No: GB23MIDL40330152563436

By cheque

Cheques made payable to Rangjung Yeshe UK

Please send to: Gomde, Lindholme Hall, Hatfield Woodhouse, Doncaster DN7 6DT

or PAYPAL

See the details and click on the link on the web site.



Volunteers Needed - All Welcome!!

In the last weeks we have had some wonderful help from our valiant volunteers. People's generous offers of time and skill never cease to amaze and inspire – truly Dharma in action.

Lots has been accomplished: a new wood store erected and filled with seasoned timber taken from the ruins of the old wood store, (flattened by the snow in December), and logs harvested for 2012 winter by 'thinning' the formal gardens. The meditation hall porch has been painted, our office has been reorganised, the fire lagoon infill reseeded, vegetable garden, herb and flower garden tended and the east wing refurbishment is almost complete.



We are slowly making inroads into the invasive bracken that chokes much of the land in the summer. We have opened tracks and created glades so that it is possible to explore the land and truly experience the tranquillity and power of Rinpoche's place here in the UK. To enable visitors to enjoy the outdoor spaces we welcome donations of outdoor furniture; benches, platforms, chairs and tables. Please contact Gomde at national@gomde.org.uk or call us direct on 01302 842503.

As time is running short we now need to focus attention on the preparations in the house to make it ready for the seminar with Chökyi Nyima Rinpoche. Lama Oser comes twice to Gomde - once to help with the seminar and a second visit as resident Lama for a month in August. Prior to Lama Oser's arrival on 29th June we would like to get the house ready; to this end we have set aside a week from Saturday 18th to Friday 24th June. Any who can help move furniture, clean the house, cook or garden is MOST welcome. Please contact Gomde (01302 842503 or national@gomde.org.uk) for further details or to make arrangements.

Following Lama Oser's arrival on the 29th June we will be busy with setting up the meditation hall, creating the café, setting up tented dining hall, shopping, more cleaning and generally making everything beautiful. Anyone who would like to help during the week starting 1st July is (as usual) most welcome!!!

Cancelled Saturday teaching 18th June

As there is so much happening here at Gomde in the coming weeks we have cancelled the Saturday teaching on 18th June.

A fond farewell to all our friends and we hope to see many of you over the summer here in Rinpoche's magical island kingdom of Gomde, Lindholme Hall.

May all be auspicious and may all True teachers live long.

Team Gomde
4th June 2011



Summer 2011 Schedule of Teachings and Retreats at Gomde, Lindholme Hall

For full details of the Summer schedule see the web site
www.gomde.org.uk or contact national@gomde.org.uk

Chökyi Nyima Rinpoche Teachings

9th to 11th July
'Bodhigyan'

The following quote from Rinpoche's book 'Fresh Present Wakefulness' explains:

"The nature of the mind is not merely empty. The Buddha used the term 'lucidly awake' or 'luminosity' to describe it. The nature of the mind is endowed with the capacity to know and is naturally compassionate".

12th July
The Triple Excellence: Threefold Tara Terma Tantra

Teaching and Empowerment

Known as *The Triple Excellence*, this teaching describes the entire Buddhist path in gradual practical instructions. With its rich and vibrant interface, The Triple Excellence is perfectly accessible and profound for both beginners and seasoned practitioners of Tibetan Buddhism; a complete path of perfect awakening.

Please note: Lama Oser will lead a 5 day Retreat on the Triple Excellence at Gomde Lindholme Hall 24th- 28th August, (see below).

August and September 2011
Lama Oser Resident at Gomde Lindholme Hall

21 Tara 5 day Retreat 11th-15th August

Green Tara is the manifestation of the ultimate wisdom of all the Buddhas, and is therefore known as the "Enlightened Mother of the Conquerors". She is the female Buddha of active compassion and can respond swiftly to those in need. Course begins lunchtime on Thursday and ends after lunch on Monday.

Cost £195 for all teaching, accommodation and food. Participants will be expected to assist with simple yogi jobs.

A WEEKEND OF TEACHING 20th and 21st August

20th August
Introduction to Buddhism and Meditation

Lama Oser will help us understand some of the core teachings of the Buddha.

Cost £20 includes lunch

21st August
Mindfulness and Meditation

With all the exhausting mental and physical activities that modern life demands of us each day, how can we ever find and sustain a genuine sense of unshakable well-being? When will our over active mind find respite from its neurotic habit of replaying thoughts of the past, reflecting fixedly on the present and worrying ceaselessly about the future?

With his compassion and enlightened insight into the basic human condition, the Buddha taught a simple technique to help us gently and directly tame the restless mind that interrupts and undermines our lasting happiness. Step-by-step, the meditator learns to patiently quieten his mind so he can become aware of the quality of his mental state from one moment to the next.

A one day course for beginners and existing practitioners. All welcome!

Cost £20 includes lunch.

Those wishing to stay at Gomde for the week end £65



24th to 28th August

The Triple Excellence: Tara Terma Tantra - 5 day Retreat

Please note: *Chökyi Nyima Rinpoche will give the empowerment for this practice during his seminar at Gomde Lindholme Hall on 12th July*

Known as *The Triple Excellence*, this teaching describes the entire Buddhist path in gradual practical instructions. Complimenting the online studies programme and also a stand alone retreat this is a rare opportunity for guided retreat with authentic and experienced senior Lama.

Retreat begins Wednesday lunchtime and concludes Sunday after lunch.
Cost £195 includes accommodation and food. Participants will be expected to assist with simple yogi jobs.

2nd to 4th September

Mindfulness and Meditation Weekend

Complementing the day long course offered on 20th August, this weekend course is designed to help participants experience and practice calm abiding meditation and mindfulness. Learning to recognize rigid unhelpful states of mind that hinder serenity, mental clarity and well-being, one can then learn to dispel these states and cultivate the underlying natural peace and calm already present in one's mind.

Course begins Friday 5pm and concludes Sunday 4pm
Cost £95 Includes food and lodging.
Participants will be expected to assist with simple yogi jobs.

Lama Oser will also lead all the Tuesday night meditation and study Groups during his stay at Gomde, Lindholme Hall on 9th, 16th, 23rd & 30th August & 6th September.

Suggested Donation £5

12th to 26th September

Lama Thempel and Lama Sherab

Kyabgon Phakchok Rinpoche is to send two experienced Lamas: Lama Thempel and Lama Sherab, and his personal translator to Gomde UK in September as he believes it will greatly benefit our activities at Gomde, Lindholme Hall.

Tuesday 13th and 20th September 7-9 pm

Lead weekly Tuesday Meditation and Study group. All welcome!

Suggested donation £5

For the first of two Tuesday night groups which the Lamas will lead, teachings will be based upon Rinpoche's booklet *Glimpse of Buddha Dharma*, looking at key questions about Buddhism, meditation teachings and sitting meditation.

Open to all and especially useful for beginners.

Thursday 15th September - Monday 19th September

Trinley Nyingpo - 5 day Retreat.

Please note: Chökyi Nyima Rinpoche will give the empowerment for this practice during his seminar at Gomde, Lindholme Hall 9-12th July.

A Guru Rinpoche Sadhana - Dispeller of All Obstacles from the Barchey Kunsel Cycle. When all obstacles have been dispelled one's true nature is revealed.

This is a rare opportunity to have authentic guidance in this key practice. Lama Tempel and Lama Sherab will give guidance on this practice and rituals, including making tormas and the use of instruments. People who attend should have received the Empowerment for this practice.

It may be possible to attend this retreat as a day visitor please contact national@gomde.org.uk for further information.

Residential £195 for all teachings, food and accommodation.



Saturday 24th and Sunday 25th September

Introduction to Buddhism

Day visitors: £25 per day (includes lunch)

Residential £80 for the weekend Friday pm to Sunday 4pm.

Topics include: The Four Mind Changings, Refuge, Bodhichitta and Ngondro - The four Special Preliminaries.

Ideal for beginners and those wanting to deepen their understanding and practice.

1st and 2nd October

7 points of Mind Training

Ani Marcia, one of Chökyi Nyima's students, will lead discussion and practice on the 7 points of Mind Training.

All welcome!