

**Karma Kagyu Three-Year-Three-Month Retreat**  
**for**  
**Lay Practitioners**  
**with**  
**Dupseng Rinpoche**

Manjushri Retreat Center invites all students who wish to enroll in the 3y3m program for lay practitioners to apply now if they can and would like to join the first-ever event for this program held at **Manjushri Retreat Center in Thailand from November 22-28**.

There will be two groups starting at this time with a maximum of 40 slots available.

One group will be starting at the very **beginning** of the process with the **preliminary practices**, the other group (to be comprised of students who have completed the preliminaries,) will most likely begin with a guru yoga (this is *not* the guru yoga of Ngondro). Rinpoche will determine the details at the beginning of the course.

If you

- haven't started your preliminaries (or haven't gotten anywhere with it, really, so far),
  - or if you
  - have completed your preliminaries but haven't received the next level of teachings and practices
- this event is for you.

If you aren't sure whether you can join the Thailand event (or if it fits your personal practice situation) but would definitely like to enroll in the 3y3m program as a whole, kindly also apply now and Rinpoche will advise how to best proceed. Future events within the framework of this program will be scheduled along Rinpoche's travels in Europe and Asia as well as at Manjushri Retreat Center in Thailand.

The traditional Kagyu 3y3m retreat entails some 47 practices and while the monks and nuns in the traditional retreats go through all practices because they need to be able to perform all traditional practices and ceremonies as well as give transmissions, etc., for the personal development focusing on an essential selection of these practices is not just sufficient but recommended.

Generalized, the building blocks are

- preliminaries (mandatory complete)
- lojong
- shamatha/vipashyana
- one altogether or one each of the following
  - guru yoga
  - yidam
  - dharma protector
- one (or more) of the six yogas of Naropa
- mahamudra

The exact path for each of the participants of this new program will vary depending on personal conditions and development and will be closely guided by Rinpoche.

Personal retreats of any length to work through this program are possible at Manjushri Retreat Center, Thailand, and Karma Shedrup Choling, Denmark, and at KIBS and JCM, Nepal. Participants are encouraged to plan as much time for retreats as their lives allow, and especially book retreat time following the event or events with Rinpoche you attend, whether Rinpoche will be physically present at your planned retreat or not.

If capacity allows others will be able to join this week, however, priority will be given to those who enroll for the 3y3m program, and among those again for practitioners who can already commit to a retreat time during the following three months.

May all be auspicious! Sarwa mangalam!

**Enrollment Application  
for the  
Karma Kagyu Three-Year-Three-Month Retreat  
for  
Lay Practitioners  
with  
Dupseng Rinpoche**

General:

Applicant's full name	
eMail Address	
Phone Number registered with WeChat/WhatsApp/ Viber (please indicate which)	
Main language	
Secondary languages (sufficient to receive Dharma teachings, ask questions, etc.)	
Date of birth	
Country of residence	

Practice:

Year of becoming a Buddhist	
What practices have you been doing?	
What are you practicing currently?	

(If the above form doesn't give you enough space, you can, on a separate sheet, if you like, share more in your own words about your aspirations, about your motivation to join the program as well as your practice history and development to this point.)

I apply to enroll in the Karma Kagyu Three-Year-Three-Month Retreat for Lay Practitioners with Dupseng Rinpoche.

\_\_\_\_\_  
Place, Date

\_\_\_\_\_  
Name, Signature

(please send to rinpoche@dupseng.org)

## Frequently asked questions

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### What is the schedule?

There is no fixed schedule. You start whenever conditions come together. This can happen whenever there is a retreat like the one Nov 22-28 in Thailand and its program fits your situation, i.e., you haven't completed your Ngondro yet or you have but haven't progressed much beyond that. Or it can happen along any event with Rinpoche.

Most probably there will be courses once or twice a year. Subject to change depending on Rinpoche's availability. You start whenever conditions come together.

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### How long is it going to take?

It depends on your practice level.

You progress along the traditional 3y3m retreat framework as adapted to lay practitioners by Rinpoche according to your personal progress. Maybe you need only a few months retreat for each of the steps. Maybe you need a few years for each, practicing in shorter retreats interspersed with practice during your daily life.

The good news is, you can progress through and complete the retreat program based on your individual situation.

The also good news is, there's no fixed schedule or time frame you have to follow.

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### When is the next event?

The next event dedicated to the 3y3m retreat program isn't scheduled yet. However, if you have conditions to join the BYOP retreat at KIBS in December and you apply for the 3y3m retreat, maybe conditions will come together that Rinpoche will accept you to start your personal journey during that week.

The next event dedicated to the 3y3m retreat program isn't scheduled yet. Most probably it will happen between spring and summer next year. However, if you have conditions to join the BYOP retreat at KIBS in December 2018 and you apply for the 3y3m retreat, maybe conditions will come together that Rinpoche will accept you to start your personal journey during that week.

Further events will be announced as they are scheduled alongside Rinpoche's annual schedule.

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## Will there be an event in Europe? When will it start in Denmark?

Yes, definitely, and more than one. Likely during Rinpoche's visit to Europe next year. Stay tuned for the announcement of the schedule on [manjushri.center](http://manjushri.center) or [dupseng.org](http://dupseng.org).

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## Should I apply even if I cannot join a particular event?

Absolutely. If you want to join the program, apply. If you can't join a particular event, please note that in your application form or attachment or the email you send it with, and we'll be able to consider you when future events are planned.

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## Are there any costs?

Only the costs for food and accommodation during your retreats, both group retreats with Rinpoche or single retreats. There is no teaching fee for the program so you can offer as your wish to Rinpoche.

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## Can I get a single room?

Depends. Only if space allows. At Manjushri in Thailand we are currently limited to 20 rooms, which means 40 participants. KIBS is similarly tight. If there are fewer eligible applicants than available places, single occupancy can be considered.

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## Can I stay for retreat at the center after the course?

Yes, it is possible to arrange.

Please mention that in your application or email. Currently the center isn't fully operational yet, so conditions for personal retreat may need to be created (if a sufficient number of retreatants apply for personal retreat at the same time), or it may be possible that conditions won't be quite perfect for the time being, e.g., it may be necessary for the retreatants to help prepare food etc.. The situation is fluid and will certainly change, so please ask and we will see what we can do.