



10th Annual Kum Nye Retreat –Kum Nye Meditation

Sunday evening August 14th – Friday August 26th 2016

with Arnaud Maitland

St. Benedictine Monastery, Damme, Germany

English, with Dutch and German as needed.

We are lucky, once again we are able to reserve time for a retreat at the St. Benedictine Monastery in Germany. In this beautiful setting, in a large meditation room we will have the opportunity to explore new dimensions of Kum Nye from the three books by Tarthang Tulku Rinpoche, *Kum Nye – Tibetan Yoga* (two days), *Joy of Being* (five days) and *Kum Nye Dancing* (five days) and to prepare the ground and enter the meditation that Kum Nye offers. For an extended period we will be in silence during the retreat.

It is through Kum Nye that we can relax the energetic patterns and automatic responses that are the result of our mental attitudes—the stories we tell ourselves. Through the power of relaxation we can uproot these habitual tendencies, none of which are due to our own doing. Long time conditioning, time pressures and not knowing or believing that our lives could really be different we tend to fall victim to the same old thoughts and responses. Of course, as a result, we are often disappointed and may think we are missing something. However, when these rigid patterns are flowing again, we will be freer to choose our responses and attitudes.

Kum Nye meditation is deeply relaxing and opens us up to other forces than ‘just’ our mental energies; stress reduction is just the beginning of the Kum Nye experience. As we relax the tensions and holdings in the body, Kum Nye transforms the form of constriction and contraction to more openness; now we can begin to mediate in earnest. Through long periods of stillness steeped in inner calmness, augmented by Kum Nye for the mind and speech Kum Nye, we begin to make contact with the reality of our nature.

With a powerful Nye and vast, wide Kum our energies begin to interact with one another both within our bodies as well as with our environment. As our senses open we begin to feel all of our experience and receive the messages that feelings provide. We discover: feeling is the way of inquiry. Through Kum Nye we are exposing the mind to the treasures that the body offers as we shift from a sense of solidity to openness and the lightness of being.

As we let go of the mental activities we can actually surrender to calmness and submit to the control of our true nature. Here lies the secret key that we will explore together during this Kum Nye

meditation retreat – submitting to the control of our true nature, toward the optimal unfolding of our lives. The three books by Rinpoche give us access to the reality of our true nature and the powers and talents it contains. Supported by friendly comradery during the retreat we can take refuge in Kum Nye to lead us close to our real being: open, good, sweet and full of vitality. Kum Nye works; it restores a genuine happiness and opens new dimensions, while supporting positive change.

Tuition & Registration

The costs will be:

- Double Room: 1,295 Euro
- Single Room, Shared Bath: 1,445 Euro
- Single Room, Private Bath: 1,500 Euro

Audio recordings of the full retreat are included in the price.

A non-refundable deposit of 450 Euro is due at the time of registration. Please register no later than March 1st, 2016. Final payment of your tuition is due before July 1st, 2016. **There is a 5% discount for all students who have paid in full by March 1st 2016.**

For registration please contact Jutta at: j.fethke [at] web.de

For payment please contact Dharma Publishing at: programs@dharmapublishing.com. (Any transfer fees are the responsibility of the retreatant.)

The only requirements are full participation in all sessions—no late arrivals or early departures.

Kum Nye Teacher Training Level 2 Discount

For participants in the 10th annual Kum Nye Retreat in Damme there is a 150 Euro discount on the Kum Nye Teacher Training - Level 2: Kum Nye Meditation to be held April 23rd, May 28th and June 3rd-11th, 2016.

We invite you to sign up for this training to learn more about how to practice Kum Nye and then apply your study and practice in the retreat, in depth, over an extended period of time, using all three books of Tarthang Tulku Rinpoche.

About the Retreat Leader

Arnaud Maitland (JD and MA Tibetan Buddhist philosophy and psychology), author of the books *MasterWork* and *Living without Regret*, has been a student of Tarthang Tulku for over thirty-five years, and teaches all Dharma Publishing subjects, especially Kum Nye. At present, he is director of Dharma Publishing, Dharma Publishing Academy and Center for Skillful Means at Ratna Ling, California.