

Purification Practice with the Recitation and Meditations on Vajrasattva

Retreat October 1 -6, 2021

The main intention for presenting this retreat opportunity is for our TTP students to be able to complete their commitment to engage in the retreat on the 4 preliminary practices of Mahamudra every year. However there are always many people who wish to engage in the retreat to purify our negative karma. Many people who are new to Kadam Dharma wish to purify their negative karma by engaging in this practice. Therefore, we modify the prayers of the practice to be suitable for anyone.

Also, because there are equal numbers of people requiring EN as require DE, we will alternate the language of the prayers and guidance.

- **Friday evening program is being changed to include introductory guidance in English with DE translation, and the prayers will be recited in German.** You can follow the prayers in English by reading the sadhana.
- **Saturday sessions, prayers will be recited in German.** You can follow the prayers in English by reading the sadhana.
- **Sunday Sessions: prayers will be recited in German.** You can follow the prayers in English by reading the sadhana.
- **Monday Session: prayers will be recited in English.** You can follow the prayers in German by reading the sadhana.
- **Tuesday Sessions: prayers will be recited in German.** You can follow the prayers in English by reading the sadhana.
- **Wednesday Sessions: Prayers will be recited in English.** You can follow the prayers in German by reading the sadhana.

Notes for New People:

Everyone should know that to purify our negative karma we must hold the mind that has 4 powers:

1. The power of regret, which is a mind that recognizes the suffering results of negative karmic potentials that exist in our minds, and therefore wishes to eliminate this negativity from our heart.
2. The power of reliance, which is a mind that relies upon enlightened Beings (in particular Buddha Vajrasattva in this practice) and upon compassion for all living beings to empower us to eliminate our negativity.
3. The power of the opponent force, which is any mental, verbal or physical action performed with the intention of purifying negativity. In this practice the opponent power is mantra recitation and meditation on complete purity.
4. The power of promise, which is the nature of intention not to commit negativity in the future.

People are new to these practices should gain familiarity by reading about purification in many Kadampa books, including the Meditation and Recitation of Solitary Vajrasattva sadhana, available in our bookshop. There is also a brief explanation of purification practice on a A5 Card in the bookshop that is very helpful in learning about purification practice.

Our General Program class 27. September at 7:30 will be about the purification of negative karma, and this is the best way to learn. You can also ask questions in this class, which is available in person or by Zoom live stream in DE and EN. However, please note that the recording of this class is only available in EN.