

3rd December – 6th December 2007.



HAPPY LIFE, MEANINGFUL LIFE

A Retreat with Samdhong Rinpoche

This retreat-workshop will begin with a review of the four basic requirements of how to lead a *happy* life, viz. a healthy body; healthy mind; clarity of life's goal and its means; perseverance and sustainability in effort, to achieve goals. Then will be reviewed a fifth requirement, needed for leading a *meaningful* life.

Before a discussion of these subjects there will also be offered a brief introduction to the skill of communication.

There will also be sessions of silent contemplation on the issues being discussed.

A rough working plan of the workshop:

3rd December (afternoon, day one):

One afternoon session where Rinpoche will introduce communication skills, some discipline of the workshop, time-schedule etc., and the participants will have an opportunity to enquire about anything regarding the subject or procedure of the workshop.

4th December (day two):

A brief early morning silent session during which all the participants can contemplate on the subject.



Session One: Discussion on healthy body

Session Two: Discussion on healthy mind

Session Three: Discussion on the goals and means of life

Session Four: Discussion on same topic

5th December (day three):

A brief early morning silent session during which all the participants can contemplate on the subject.

Session One: Discussion on perseverance to achieve goals

Session Two: Discussion on above topic

Session Three: Discussion on persuasion to spirituality or inner science

Session Four: Discussion on above topic



6th December (day four):

A brief early morning silent session during which all the participants can contemplate on the subject.

Concluding Session: Review of the workshop, comments by participants and future plans.



The Venerable **Samdhong Rinpoche** is now serving his second term as the Prime Minister of the government-in-exile of His Holiness the Dalai Lama. Known and respected widely for his espousal of Gandhian principles, his deep scholarship and wisdom, and for his openness to dialogue with people of all persuasions, Samdhong Rinpoche is indeed an exceptional Lama. Unassuming and down-to-earth, he is able to communicate profound verities in his characteristic simple and gentle manner.

Places for this retreat are very limited, so prior registration is essential. For registration please contact Mridu / Chaiti with your name, email, phone, address at gapyearcollege@gmail.com and 01376-213060 ; 0135-6455203 ; 09219594203. A contribution of Rs.1500 is suggested, to cover board and lodging during the retreat. More generous contributions to support our activities are always welcome!

Lobsang Tenzin, better known by the titles Professor Venerable Samdhong Rinpoche, and to Tibetans as the 5th Samdhong Rinpoche (born 5 November 1939), is now serving his second term as the Prime Minister (officially Kalon Tripa, or Chairman of the Cabinet), of the Central Tibetan Administration, or Tibetan government in exile, which is based in Dharamsala, India.

A close associate of the Dalai Lama, the Tibetan leader, he was elected to his current position in 2001.

Lobsang Tenzin was born in Jol, in eastern Tibet. At the age of five, he was recognised as the reincarnation of the 4th Samdhong Rinpoche and enthroned in Gaden Dechenling Monastery at Jol. Two years later he took vows as a monk, started his religious training at Drepung Monastery in Lhasa and completed it at the Madhyamika School of Buddhism. But in 1959, after the Chinese invasion of Tibet, he was forced to go into exile in India along with the 14th Dalai Lama, Tenzin Gyatso.



From 1960 onwards Samdhong Rinpoche worked as a teacher in Tibetan religious schools in India, first in Simla and later in Darjeeling. Between 1965 and 1970 he was the Principal of Dalhousie Tibetan School and between 1971 and 2001 he headed the Central Institute of Higher Tibetan Studies (CIHTS) at Varanasi (Benares), first as Principal and then as Director. He is regarded as one of the leading Tibetan scholars of Buddhism and is also an authority on the teachings of Mahatma Gandhi. He is fluent in both Hindi and English.

In 1991 Samdhong Rinpoche was appointed by the Dalai Lama as a member of the Assembly of Tibetan People's Deputies, and later was unanimously elected as its Chairman. Between 1996 and 2001 he was an elected member of the Assembly representing exiled Tibetans from Kham province and also its Chairman.

In 2000 the Dalai Lama decided that the Tibetan people in exile should elect their own head of government, and in July 2001 Samdhong Rinpoche was elected with about 29,000 votes, or about 84% of those cast. Jochen Thubten Namgyal, the other candidate, won the remainder. Since 2001 he has travelled extensively to gain support for the cause of Tibetan autonomy and raise awareness of the Dalai Lama's proposals for negotiating autonomy with the Chinese government.



(Note on his name)

Lobsang Tenzin is his Tibetan personal name. His legal name in India is Samdhong Rinpoche, although in fact this is a Tibetan religious title, like Dalai Lama. In English he is commonly called Professor Rinpoche, and accepts this although it is incorrect. Tibetans address him as Rinpoche, which means "precious one." It would be best to use the correct form and address him as "Rinpoche" or "Venerable Rinpoche" during the workshop.

