



The Vision

In the holy place of Tsopema, the ancient kingdom of Zahor, Guru Rinpoche and his Indian consort Mandarava practiced together and liberated the entire kingdom by turning their minds toward dharma. It is said that the benefits of dharma practice in this holy place is infinitely greater and more powerful. All the great teachers recommend that aspiring practitioners should practice in places that already have great blessing, as this will naturally help one to progress along the path toward enlightenment. Thus it is a very rare and special privilege to be able to have an opportunity to practice in good circumstances in such a place.



The Motivation

Out of his pure motivation, His Eminence Ontül Rinpoche, (most accomplished Dzogchen yogi and teacher) has generously decided to offer a small piece of land as a place where aspiring practitioners can live together in a small, supportive and harmonious community to engage in the practice of the Vajrayana.

LUNDUP LING which means “*Spontaneous Accomplishment*” is a small Ngakpa* hermitage emphasizing study, practice and retreat under the guidance of H.E. Ontül Rinpoche.

Meditation centers and monasteries can be seen simply as special educational environments. In Buddhist countries the purification of the mind is valued enough that specially created environments are provided for the needs of those embarked on the path.

First, basic bodily needs are met: Food, clothing and shelter are provided in moderate but sufficient amounts. Emotional and social needs are met, as one lives in a supportive group with similar values and interests. The psychological need for seeing one’s activity in life as meaningful and important is also met, since inherent in the society’s support of the monastic community is a great respect for the work of self-purification.

Besides meeting basic needs, the environment of the meditation centres and monasteries provides special conditions for learning mind control and developing concentration and wisdom.

There is little talking and little noise. There is quiet for the other senses as well: simple, unadorned food, (private) meditation cottages, and few visual distractions. These factors all aid in quieting the turbulent mind. Social aspects of the community also aid in the process of purification. One is surrounded by good friends, wise people who value honesty and clarity.

The community’s norms are those of non-greed, non-hatred, and non-delusion. Love, compassion and concern for others are practiced and valued, supported and modeled. Awareness is the watchword. Inner and outer harmony and patience in the individual are rewarded and built into the social system.

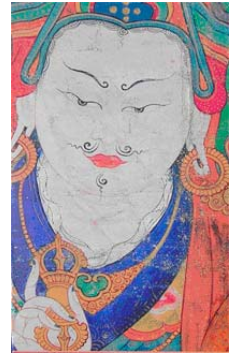
Daily activities are uncomplicated and straightforward. The community structure and outward discipline further simplify life. There is no need to think what to do next or how to behave. This frees the mind to concentrate on the various meditation exercises.

True freedom is not found in outward form, true freedom is found only in the mind.

(extracted from *Living Dharma* – Jack Kornfield)

Activity

We wish to help establish this small retreat hermitage, Lundup Ling, comprising of a community of non-sectarian practitioners wishing to undertake extended periods of meditation retreat and commit their lives to living in a peaceful environment living in harmony with nature. The centre is situated about halfway up to the caves above the lotus lake in Tsopema. We plan to erect 4 or 5 rustic bamboo or wooden huts/cabins that ensure a simple yet practical and supportive environment. Fresh air, a simple life, an organic vegetable garden and a private setting ensures conducive outer causes for authentic practice. Set next to hilltop pine forests, surrounded by the breathtaking Himalayas in a serene setting for meditation practice, the rest is really up to oneself. We invite you to help shape this project as there are so few places available providing these kinds of opportunities for practice, especially in the holy land that gave birth to the BuddhaDharma.



** A Ngakpa/Ngakmo is a mantrika (tantric practitioner) who has received the samayas from a qualified master and generally trains to become a yogi practicing in solitude or can also be a householder practicing within the community. Basically it implies that one has committed oneself fulltime to the practice of the BuddhaDharma. Technically anyone who has received highest yoga tantra initiation is regarded as a ngakpa/ngakmo.*

We're all about natural and keeping things simple. One doesn't need much.

This is a very rough draft of some of the things that will be needed to bring the project to fruition. Please feel free to share your ideas and suggestions and also to open your generous heart should you feel inspired.

This is a link to the [photo album](#) for your viewing pleasure ;)

*** immediate needs are highlighted**

Main Building

Which would comprise of converting the existing stone & mud house.

- 1. The top main room (size 5m x 3m) into a small shrine room (mini Gumpa for max 10 people). This will be used for teaching instruction from Rinpoche and also for group tsog practice and special pujas occasionally.*
- 2. The bottom room into a small library. Currently there is only a very small window and no flooring. It is just a very basic roughly finished mud and concrete box.*
- 3. Building a wall and door for the existing open toilet. Simple wash basin. We have running water.*
- 4. Kitchen – We need to convert the existing dark store room into a kitchen with basic kitchen facilities.*
- 5. A small slate patio with awning and some simple wooden benches.*
 - **Ceiling** (at present the ceiling is temporarily tacked with plastic sheeting and during monsoon it becomes more and more flimsy and less functional)
 - **New door for main building** (the existing wooden door is warped and doesn't provide much security)
 - Simple furniture i.e. One large Buddha statue, Shrine (wooden), puja tables, meditation mats & cushions (max for 10 people)
 - Dharma books & texts for library, a computer for dharma resources i.e. reading and watching teachings, Audio Players to listen to audio dharma teachings.
 - Flooring for Library & Kitchen – either wooden or temporary linoleum is inexpensive
 - Better lighting and electrical wiring fitted, preferably solar generated
 - Shoerack
 - Kitchen furniture – table & surface, shelves
 - Basic kitchen utensils (pots, pans etc.), crockery, cutlery and cooking equipment i.e. gas cooker and bottle
 - **Water Filter system** – we have running water by means of electrical borehole pump but it is necessary to filter.
 - Paint & brushes

- Garden tools
- Storage shed
- Labour costs

For the Perimeter

- **Bamboo fencing** – this will consist of live bamboo barrier and sectioned off areas also of bamboo poles (We have found a supplier locally who can provide these materials. For more information see <http://www.bambootech.org/files/Perimeter.pdf>) This is not only a beautiful natural enhancement to the environment and will assure that the area is a lot more isolated since it is in close proximity to the road.
- **Gate** – at the moment there is no proper gate and one has to climb through the barbed wire fence. In India it is imperative to have a fence to ward off curious wanderers and hungry bovines. A secure metal gate is desperately needed.
- More trees – please help to sponsor some trees, plants and flowers. India doesn't seem to encourage tree planting (or much natural growth for that matter) There is a lot more chopping going on each day and the trees hardly get a chance to grow big and strong.
- **Labour costs**

For each Retreat Dwelling (we estimate a maximum of 5 huts would be sufficient)

- Simple bamboo or wooden hut
- Solar water heating system
- Solar lighting
- Simple furniture i.e. low bed & mattress, small shrine (wooden) puja table, meditation mat & cushion, small storage cupboard / shelving.
- Kitchen furniture – table & surface, shelves
- Basic kitchen utensils (pots, pans etc.), crockery, cutlery and cooking equipment i.e. gas cooker and bottle
- Water Filter system
- Toilet & Washing facilities
- Low stone wall for retreat boundary
- Labour costs

BUILDING METHODS & ENVIRONMENT

- The retreat village should be kept very simple.
- We wish to use natural resources as far as possible. The traditional method for constructing houses is very suitable for the requirements of retreat huts (i.e. using mud, wood and bamboo).
- The gumpa (existing mud and stone house) should also remain simple construction and should aid practice but not be ostentatious and be free from elaborations.
- Furnishings should also be sparse and simple in the retreat huts.
- We would prefer to intervene as minimally as possible with the natural surroundings to aid preservation of the beautiful surroundings and rather plant more trees, flowers and indigenous plants wherever possible.
- Solar power should be utilized wherever possible.
- All community members will be encouraged to be mindful of preserving water and natural resources and keeping the environment clean and pollution-free.
- It should always be kept in mind that the main reason for living in the retreat village is for dharma practice and simplifying one's life!

It is difficult to confirm how much money is needed towards this project but we estimate that \$20,000 would be enough to give it the cash injection that is sorely needed to turn it into a conducive practice environment. We will humbly accept any kind of financial contribution or support you are willing to make, including your time, energy and skills.

Big Picture Benefits

The benefits of contributing towards & supporting Dharma projects or activities

Supreme Holy beings of the past have said that living in quietude they have found the nectar (of dharma experience). You naturally practice the Dharma and somber thoughts of impermanence arise. Your possessions are put aside and you have no work or distractions. Masses of good qualities like faith and renunciation multiply and because there is no involvement with people, your activities automatically become fewer. Therefore without the eight worldly feelings, not worrying about others or saving face, pass your days and nights with the dharma in the bliss of having total freedom. – Longchenpa

It is wise to attempt to create the cause for success as much as possible in our everyday life, therefore accumulating merit is essential. One can receive the benefits of meritorious actions such as building holy objects and spreading dharma. With these holy objects, they create the cause of success and happiness. Because these holy objects exist, sentient beings make offerings to them, pray to them. This helps them to create the cause of happiness, and this is how they experience happiness up to the highest happiness of enlightenment. Every time you look at a holy object – i.e. pictures of the Buddha, statues, scriptures, stupas – they plant the seed of liberation and enlightenment in your mental continuum. So every time you look at them, they purify your mind. They plant the seed of enlightenment which includes all the causes to achieve enlightenment. How? When you look at them they plant a seed or positive imprint on your mental continuum so that later when you meet the BuddhaDharma, either in this life or in future lives, you are able to understand the words and the meaning of the teachings. From that, you are able to practice the meaning of the Dharma you have understood, which causes you to cease the gross and subtle defilements by actualizing the path and then your mental continuum becomes omniscient mind. That is what is meant when it is said that by seeing holy objects it plants the seed of enlightenment in the mind. Because the temporary and ultimate happiness of yourself and others depends on the existence of holy objects, there is a purpose and a need to make them. – extracts from Lama Zopa Rinpoche

May the value of establishing such a meditation HERMITAGE be of great benefit to all sentient beings.



How You Can Help

By contributing to projects such as these and all dharma projects that help preserve the practice of dharma, not only for oneself but also future generations, one not only accumulates merit, but also creates favourable conditions for oneself to be able to do retreat if one is not able to do so at this time. It is said that by supporting practitioners or helping bring about conducive conditions one creates the same amount of merit as if one were doing the practice oneself. The great yogi Milarepa stated that the meditator

and the benefactor supporting the meditator will attain enlightenment at the same time, due to the auspicious karmic link they created.

If you would like to contribute in any way, either financially materially or by volunteering your time and skills, please send us an e-mail for more information. We appreciate your enthusiasm gratefully.

May our practice unite right motivation with action that encompasses all without bias.

May all beings be happy!

If you would like to see more information about H.E. Ontul Rinpoche his monastery and his other projects go to <http://www.dharma-media.org/wogmin>