



The Garden of Great Compassion

Thouktchenling

The Garden of Great Compassion is a place of meditation practice.

Great Compassion refers to the Compassion of all the Buddhas who have come up to benefit beings and have shown a path to enlightenment.

The Speech of Buddha Shakyamuni is at the source of the Teaching transmitted and guides us along this path.

Training the mind develops the practice of mindfulness meditation as well as selfless love and compassion in everyday life. The Venerable Guendun Rinpoche and the Venerable Lama Teunsang both encouraged the creation of such a place and wished that together with practice, the authentic teaching would be given for the benefit of all beings.

Thus, we offer a retreat place favorable for meditation, in an exceptional mountain environment in an altitude valley, in the Hautes Alpes.

The Transmission

In this place you can get meditation instructions according to the lineage of uninterrupted transmission of the teachings of the Buddha, the Enlightened Sage, in accordance with the Karma Kagyu oral transmission, to which belong particularly famous and saintly human beings such as Tilopa, Naropa, Marpa, Milarepa, Gampopa and the continuity of Karmapas until today.

Masters of the lineage such as Djamgueun Kontroul Lodro Thaye have gathered a treasure of universal instructions on meditation, which are still a vast source of inspiration for mind training.

The Teachings

Theoretical and practical instructions are given according to the ability and progress of each one. They are intended for those who wish to know the essence of the mind, to develop abilities of attention, consciousness, love, compassion and all enlightened qualities.

We are part of an authentic lineage of transmission, but whatever your religious aspiration is or simply if you are in search for truth and if your investigation and your wishes guide you to us, you are welcome.

Why should one come to this place?

The world is full of pain and suffering. The one to blame is not, as we generally think, outside of ourselves.

The cause of all pain is the grasping of what we consider the self.

If this is understood and realized, then the door opens toward freedom, true happiness arises.

It is our responsibility to recognize what has always existed deeply in ourselves.

Standing back from our daily routine is not a way to escape from reality, rather, it enables to gradually discover who we are deeply, where is the origin of all our suffering and how we can free ourselves.

The method and the approach are essentially meditative. They do not resemble to a form of psychotherapy.

Introducing the meditation practices

We practice meditation according to the Path of the Great Seal (Sanskrit: Mahamudra). These instructions are universal, simple, without fabrication or complication. They enable to realize the nature of the mind in its original essence: the enlightened nature.

This meditation beyond any formal support is fundamental and transcends any affiliation, school, belief or culture.

The practice of Mind Training (in Tibetan: Lojong) also has a major place beyond the traditions because it helps develop the altruistic Bodhi Mind, heart of the Buddha's teaching, together with the understanding of the ultimate nature of all things.

Also we offer silent hikes, walking mindfully in nature, which is favorable to the recognition of the mind.

Practice texts and prayers are recited in French. This has a great importance to understand and deepen the meaning of the teachings.

Retreats

We organize group retreats with a guided meditative practice, accessible to everyone, even to beginners.

Individual retreats

Throughout the year it is possible to come for an individual retreat under certain conditions and if you are already familiar with the place and have met the Lama.

The resident lama

Lama Tsultrim Gyatso is French. He practiced under the spiritual guidance of Venerable Guendun Rinpoche and Venerable Lama Teunsang. His Masters confirmed his qualifications and asked him to transmit the Dharma.

He guides all practices unless otherwise specified on the program.



Wishes

All beings and ourselves, happiness and the causes of happiness may we obtain. From suffering and the causes of suffering may we be freed. From authentic happiness free from suffering may we never be separated. Freed from attachment to close and aversion to distant, in Great Equanimity may we remain.

Road directions :

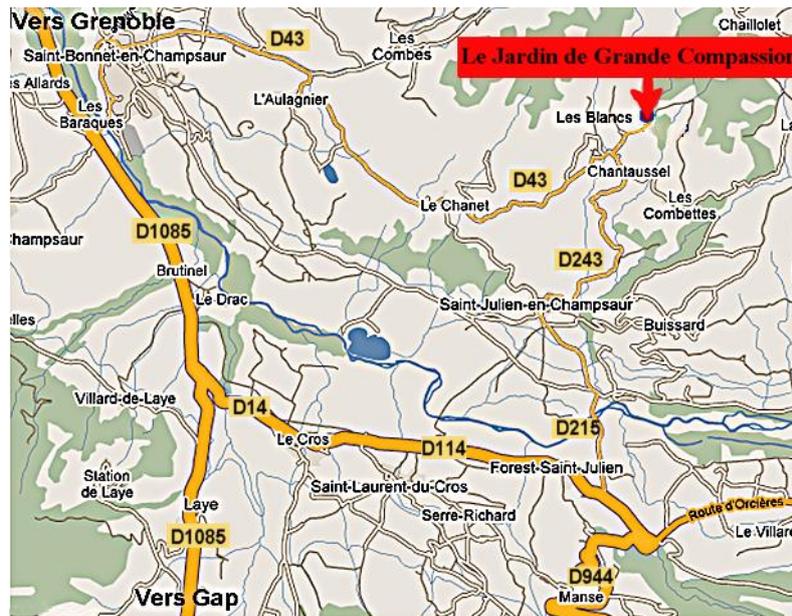
If you come from Gap, follow the direction of Grenoble, on department road number D 1085 (or N85 on old signs), going through the Col Bayard.

Go towards St Bonnet and by-pass St Bonnet on the left, then take department road number D43, towards Chaillol, l'Aullagnier and Chantausse. When you get to Chantausse, after the phone booth, turn at the first road on your left towards "Les Blancs" and go straight on to the end of the paved road. The house is on your left.

If you come from Grenoble, follow the direction of Gap, on department road number D 1085 (or N85 on old signs), up to St Bonnet, then follow the same indications as above.

A shuttle bus connects Grenoble to Gap twice a day and stops in St Bonnet en Champsaur. All schedules are available on our Website. We can pick you up at St Bonnet.

Shuttle bus Grenoble Gap : Transisère : 08 20 08 38 38

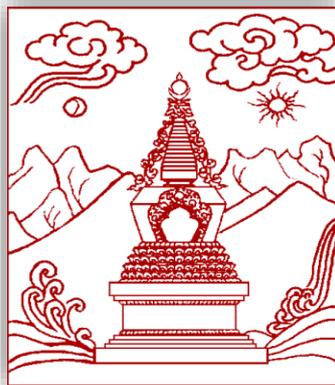


Le Jardin de Grande Compassion

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