



## PROGRAMME 2008

# IN KARMA BERCHEN LING, GREECE

72 HOURS PROSTRATION RETREAT, MAY 1 TO MAY 4

BUILDING PERIOD BEGINNING OF MAY TO END OF SEPTEMBER

RETREAT OF MIPHAM RINPOCHE, JUNE 2 TO 15

MEDITATION COURSE WITH TRAVELLING TEACHERS, AUGUST 30 TO SEPTEMBER 5

"THE LAMA IN THE DIAMOND WAY – BLESSING, MEANS AND PROTECTION"  
COURSE WITH LAMA OLE NYDAHL, SEPTEMBER 5 TO 7

8TH KARMAPA RETREAT, OCTOBER 4 TO 11



## DEAR FRIENDS WORLDWIDE

A lot was happening at Berchen Ling during the last year. If you are interested to know more about it, please visit our website [www.berchenling.org](http://www.berchenling.org) and read our newsletters.

We would now like to invite you to our new program in the Greek mountains this year.

## AS EVERY YEAR, THE SEASON STARTS WITH OUR TRADITIONAL PROSTRATION RETREAT: MAY 1 TO 4: 72 HOUR PROSTRATION RETREAT

Once again we would like to invite you to participate in the most beautiful and meaningful Sangha activity: To meditate together. Come and join our 4th 72 hours prostration retreat from Thursday, May 1, 14.00 h until Sunday May 4, 14.00 h at Karma Berchen Ling.

**Costs:** 15 € per day (all meals included).

**Contact & registration:** [berchenling@diamondway-center.org](mailto:berchenling@diamondway-center.org)

## FILLED WITH FRESH ENERGY, JOIN THE BUILDING ACTIVITIES: BEGINNING OF MAY TO END OF SEPTEMBER: BUILDING PERIOD

Handicraft men and women, but also cooks, shoppers, and allrounders are always most welcome to join us. We are looking forward to international support.

**Costs:** 12 € per day (all meals included).

**Contact:** If interested to join, please contact [Alexanderpress@web.de](mailto:Alexanderpress@web.de)

## JUNE 2 TO 15: RETREAT OF MIPHAM RINPOCHE AND MAYUM

We are happy to announce that Mipham Rinpoche and his wife Mayum will visit us the second time in this summer. They will do a closed retreat during their stay. There will be no teachings but everybody is invited to meditate in Rinpoche's power field.

**Costs:** 15 € per day (all meals included)

**Registration:** [BerchenLing@diamondway-center.org](mailto:BerchenLing@diamondway-center.org)

## MEDITATION COURSE WITH TRAVELLING TEACHERS: AUGUST 30 TO SEPTEMBER 5

### SEPTEMBER 5 TO 7: COURSE WITH LAMA OLE NYDAHL: "THE TEACHER IN THE DIAMOND WAY – BLESSING, MEANS AND PROTECTION"



We will start on August 30 with a meditation course. Everybody who joined last year's meditation courses knows how great it is to meditate together at KBL. On September 5 Lama Ole Nydahl will arrive in Greece and give a lecture in the evening in Athens. Afterwards he will come to Berchen Ling and there will be an afternoon and an evening lecture with him both on Saturday and Sunday. There will be the possibility to meditate in the mornings.

**Costs:** 15 € per day (all meals included) + 9 € per lecture of Lama Ole.

**Children prices during the course:** free up to 4 years; from 5 to 15 inclusive: 1 € per year of life; before and after the course: free up to 4 years inclusive; from 5 to 15 inclusive: 5 €.

We will organise child care during the course!

**Registration:** After July 15 at <http://www.berchenling.org>



## A BEAUTIFUL CLOSING OF THE SUMMER SEASON: OCTOBER 4 TO 11 : 8TH KARMAPA RETREAT

A special event for 8th Karmapa practitioners: As last year, we will again close the season with an 8th Karmapa retreat in autumn. If you would like to be part of the retreat group, we are happy to welcome you October 4. The retreat will start at 19.00 and end October 11 in the morning.

Costs: 20 € per day (all meals included)

Registration: BerchenLing@diamondway-center.org

## SEARCHING FOR HEROES ALL YEAR ROUND:

It is our strong wish that Berchen Ling is active all year round. We have now developed a concept to make this possible: We are looking for people who have surplus to come for a few weeks and to take over the responsibility by running the center.

It goes without saying, that anyone who would like to come to Berchen Ling for meditation is always welcome to join these heroes! Potential heroes and guests, please contact Klaus (villach@kkoe.at) for more information.

## LONG-TERM VISION OF THE KARMA BERCHEN LING SANGHA THAT HAS BEEN DEVELOPED IN SUMMER 2007

- KBL is an international Diamond Way lay Buddhist retreat center of the Karma Kagyu Lineage. It is holding a protective powerfield for Europe through its activities such as Kalachakra Stupa for the longer future and retreats and smaller and bigger courses throughout the year.
- The whole year an international team is partially living at the place.
- The meditation is protected and the yogi mind is lived.
- There is a vivid Sangha based on friendship and trust where the people are open to learn from each other and have a good relation to their Greek neighbours.
- The place provides a simple but cosy and independent infrastructure which reflects the limited resources and the origin wilderness of the place.
- The environment is improved for better meditation in-and outdoor.
- Many beings shall develop and get enlightened in the mandala of Berchen Ling.

„In order to reap the greatest possible benefit from our increasingly precious time, it is very useful to spend some time in an established field of enlightenment.“

*Lama Ole Nydahl*

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## GENERAL INFORMATION

### CHILDREN

During the course with Lama Ole Nydahl we will have an organised child care, therefore children are most welcome. Also throughout the building period you are encouraged to bring your kids, but parents will be responsible to look after them. (By the way, kids love the place!)

### EQUIPMENT:

You will need your own equipment: a weatherproof tent (there usually is no space to sleep in the house), waterproof clothing, sun protection. No individual cooking & no open fire allowed!

### HOW TO GET THERE... FROM ATHENS AIRPORT:

Sorry, we cannot pick you up from the airport. But public transport is easy and good.

There is a **Suburban Railway** going directly from the airport in Athens to Kiato. Its service starts 6:00 and runs every 2 hours until 22:00. A one-way trip takes 1.30 hours and costs 8 €, a return ticket is 14 €. From Kiato you can take a train to Xylocastro which takes another ¾ hour. It runs from 7.30 to 19.30 every two hours. Please check our website at [www.berchenling.org](http://www.berchenling.org) under "How to get there" for the time tables of the trains!

From Xylocastro, we are going to pick you up by car. In order to cover our expenses there is a fee of 10 € per person for the shuttle. Whenever you know your arrival date and hour in Xylocastro please call us at +30 694 6080 969. We can also pick you up from Kiato (15 € shuttle fee).

### HOW TO GET THERE... BY BOAT FROM PATRAS' PORT AND BY CAR:

If you want to come by car there are ferries going from Ancona and Venice in Italy to Patras. When you arrive at Patras port, follow the national road to Athens. At km142 take exit Derveni and turn towards Evrostina/ Rozena up into the mountains. When you reach the village Evrostina you can stop in the restaurant of Yorgos, a good friend of ours, for a coffee. Continue the curvy street further up into the mountains. After around 5 km you find some big water tanks from a fish farm on the right hand side. Turn left there into a bumpy, unpaved country road. After about 9 km, winding its way through the rocky environment you'll reach Karma Berchen Ling. Whenever the road is splitting keep right and uphill until you can see the centre and the entrance gate. We will put up KBL signs to make it easy to find.

If you arrive without a car, go to Patras' bus station (Zaimi str. 2) and buy a ticket to Xylocastro (~ 6 €). Usually there is a bus every 30 minutes, beginning at 5:00 h in the morning until the last service around midnight.

Please be aware of the extra time (45 minutes) it takes to drive up to the mountain when planning your journey.

In an emergency you can call Jan +30 697 2703 988

More information: [www.berchenling.org](http://www.berchenling.org)

### OUR BUDDHIST CENTRE IN ATHENS IS WELCOMING YOU AT:

Athens-Dafni Diamondway Buddhist Center  
Eratous 4 str., Dafni  
172 35 Athens  
E-mail: [Athens@diamondway-center.org](mailto:Athens@diamondway-center.org)  
Tel.: + 30 210 3301120

Buddhist Center Athens-Acropolis  
Veikou 8 str. / 11742 Athens  
E-mail: [athens-acropolis@diamondway-center.org](mailto:athens-acropolis@diamondway-center.org)  
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