

# Tiibeti budismi nyingma koolkonna laama Erik Jung õpetab Eestis

3-6. aprill 2014  
(õpetused toimuvad inglise keeles)

loengud, seminarid on avatud kõigile huvilistele (allpool on ingliskeelsete õpetuste sisututvustused)  
Erik Jungi õpetuste plakat:

[http://www.budismiinstituut.ee/Erik\\_Jung\\_Estonia\\_2014.pdf](http://www.budismiinstituut.ee/Erik_Jung_Estonia_2014.pdf)

## õpetajast:

Erik D. Jung on üles kasvanud tiibeti budismi nyingma koolkonna järgijate perekonnas USA's. On läbinud akupunktuuri alased tasemeõpingud (M.Ac.), ning töötanud selles valdkonnas tervishoiu süsteemis parkümmend aastat. On olnud aastatel 2007 – 2010 organisatsiooni The World Dharma Foundation president. Viimase kümnekonna aasta jooksul järgib ta mahajaana budismi dzogchen õpetusliini õpetajat [T.E. Dzogchen Khenpo Choga Rinpoche](#) ning ühe tema peamise õpilasena juhendab regulaarselt harjutajate grupe mitmetes USA [dharmakeskustes](#), samuti mujal maailmas, s.h. Euroopas, Venemaal nig viimastel aastatel ka Eestis

Tema selgelt mõistetav inglise keel ja efektiivne õpetuslaad avab budismi põhilisi ning ka süsteemsemaid õpetusi kõigi jaoks arusaadavana ja ühendab need tänapäevase eluga.

vt. lisaks:

[www.erikjung.com](http://www.erikjung.com)

## Õpetuste ajakava ja tutvustused

**avalik loeng neljapäev 3. aprill, kell 18-20**

täpsustused: <http://www.budismiinstituut.ee/uudised.htm>

Budismi Instituudis - Eesti Rahvusraamatukogu Konverentsisaalis  
(Tallinna südalinn, Tõnismägi; asukoha kaardipilt on lisatud)

**"Yogācāra Svātantrika, Madhyamaka"**

### lugemissoovitus

hea raamat, kus teoreetiline teemakäsitus on kokku viidud meeleharjutaja vajadustega:  
'PROGRESSIVE STAGES OF MEDITATION ON EMPTINESS'

by ven. Khenpo Tsultrim Gyamtso Rinpoche

[http://webcache.googleusercontent.com/search?](http://webcache.googleusercontent.com/search?q=cache:zvtzMNoloD4J:www.wearesentience.com/uploads/7/2/9/3/7293936/progressive-stages-of-meditation-on-emptiness.pdf+&cd=1&hl=en&ct=clnk)

[q=cache:zvtzMNoloD4J:www.wearesentience.com/uploads/7/2/9/3/7293936/progressive-stages-of-meditation-on-emptiness.pdf+&cd=1&hl=en&ct=clnk](http://webcache.googleusercontent.com/search?q=cache:zvtzMNoloD4J:www.wearesentience.com/uploads/7/2/9/3/7293936/progressive-stages-of-meditation-on-emptiness.pdf+&cd=1&hl=en&ct=clnk)

**Nädalalõpu õpetused 4.-6. aprill (reede, laupäev, pühapäev)**

**"Yoga Residence" 2. korruse saalis**

koht: Tallinna südalinn, Pärnu mnt. 32 (samas hoones asub "Klaaspärlimäng" restoran; hotelli asukoha kaardipilt on lisatud)

sissepääs 4-6. aprilli nädalavahetuse õpetustele on kõigile huvilistele vaba.

Osalejate riietus võiks olla avar ja mugav.

Kohapeal on mõned toolid nendele, kel põlved ei luba 'maas' istuda. Kuna istumisaluseid ilmselt ei pruugi kõigile jätkuda, siis palume endal kaasa võtta näiteks joogamatt, tekk, paksem kampsun vms

Nädalavahetuse õpetuste saamise eest ei küsita tasu, eeldame siiski osalejalt õpetajale traditsioonilise 'dana' (sanskrit. "annetus") tegemist (tema reisi- ja elamiskulude katteks ja tema dharmakeskuse toetamiseks ja kohapealsete organisatsiooniliste kulude katteks). NB! Annetuse tegemine ei ole kohustuseks, ka need, kel pole selleks vahendeid, saavad õpetustel vabalt osaleda.

**palun teatage oma soovist osaleda 4.-6. aprilli õpetustel (osalejate nimi/nimed, mailiaadress) kuni reede 4. apr. hommikuni mailiaadressile [j@budismiinstituut.ee](mailto:j@budismiinstituut.ee)**

## nädalavahetuse õpetuste tutvustused:

### **reede 4. aprill, kell 18**

sissejuhatus nädalavahetuse õpetustele:

#### **'Introduction to the view and practice of meditation in Buddhism'**

What can the teachings of Buddhism offer to help a modern world? Is it possible to attain a lasting peace and to truly benefit others when, despite the efforts of many, our day-to-day reality is marked by so much disharmony and uncertainty?

In this modern world life we experience both mental and physical suffering. Tibetan Buddhism is not only a path of meditation leading to enlightenment; it also provides profound insights into the psychology of the human mind and spiritual methods for true healing the mind and body.

Meditation is certainly the core of Buddhist practice.

Skillfully controlling one's thinking to learn, contemplate and meditate on Dharma naturally leads one down the right path.

Learn the most essential principles of the meditation, thereby creating a solid foundation from which all other practices can build.

Two fundamental types of meditation in Buddhism are Shamatha and Vipashyana.

Shamatha is a focusing, pacifying, and calming meditation common to many traditions in the world, pacifying the mind and strengthening the concentration. Shamatha direct, unmediated experience goes beyond verbalization, will eradicate mental afflictions, thereby eradicating suffering.

Don't miss this opportunity to receive an introduction to the view and practice of the science of positive thinking and meditation.

**laup.- pühap. 5.-6 aprill, kell 11** (lõunavaheaeg 15-16, iga paari tunni tagant 'teepausid')

seminar/harjutuslaager:

**Buddhist teaching 'Mind Training and Healthy Life with Wisdom Power and Skillful Means'**

Humanity's constant striving for understanding and influencing of the phenomenal world has produced a high level of material and technical achievements. Yet, the knowledge and ability that produces abiding spiritual health and happiness remains elusive for far too many individuals and societies. What can the ancient teachings of Buddhism offer to help a modern world? Is it possible to attain a lasting peace and to truly benefit others when, despite the efforts of many, our day-to-day reality is marked by so much disharmony and uncertainty?

Mind training is certainly the core of Buddhist practice.

Skillfully controlling one's thinking to learn, contemplate and meditate on Dharma, naturally leads one down the right path. Using time-tested Tibetan Buddhist techniques of meditation to calm the mind and refine your thinking can lead you into luminous states of clear awareness where positive thinking naturally increases.

Through the process of generating the mind of enlightenment we have the ability to develop deep compassion and wisdom in our hearts. The Tibetan Buddhist tradition points to a spiritual approach to living whereby increasing one's wholesome thinking and decreasing one's unwholesome thinking can profoundly enhance our physical and emotional health.

To attain happiness we have been given a main roadmap in Buddha's teachings:

May all beings be free from suffering and negative thinking.

May all beings have happiness and positive thinking.

May all beings never be separated from sublime bliss, beyond delusion and illusion.

May all beings remain in absolute equanimity, beyond fear and false hopes.

Self-Healing is the Root of Practice - Healing with Wisdom Power and Skillful Means

In this life we experience both mental and physical suffering. Constant busy life, exposure to challenging conditions, and vigorous workload can have adverse consequences on one's physical and mental health. True healing comes when we can face the experience of suffering and illness with courage, while undertaking the causes that yield true wellness and happiness in the future. Through working with our present moment thinking, we can heal ourselves and others. ..

Weekend teaching will include a Shamatha and Vipashyana meditation instructions and sessions. Shamatha is a focusing, pacifying, and calming meditation common to many traditions in the world, pacifying the mind and strengthening the concentration in order to allow the work of 'insight' or 'clear-seeing' (Vipashyana) clarity of mind meditation. Vipashyana practitioner experiences increasing cessation of cravings (attachments) and aversions (fears), and eventually will reach strongly founded knowledge of the impermanence of all phenomena, equanimity of all formations, which lack an inherent existence. Direct, unmediated experience which goes beyond verbalization, leads to a very clear and direct experience of the nature of all things. This will eradicate the cause of samsara (which is mental afflictions), thereby eradicating the result of samsara (which is suffering).

This teaching is designed to give students real-world skills for coping with the stressors of modern life by laying out a solid foundation for Dharma practice, on and off the 'cushion'.

asukoha kaart:

