



Rigpe Yeshe

## Newsletter Losar 2008

We wish you and your family a very happy Year of the Earth Mouse!

Mouse years are characterized by prosperity and plenty; they are quite tranquil and allow for growth. However, be aware of taking too many risks. Earth years give stability; they are calm, stabilizing and prosperous. Good Luck!



**We can sit!**  
Dragons proclaim their silent strength in front of Rinpoche last summer. The main teaching in 2007 was **learn to sit!**

**Rinpoche taught us in Kirchheim! Twice!**  
Rinpoche is teaching more and more to kids & teens. Here is a quote from 30 December 2007:  
*It is important not just to look for entertainment or seek happiness in things outside, like computers and machines ... Just quietly be with yourself more and more and then you find yourself more....For me, Buddhism is not a religion, it's a science of mind - a way of being - to discover ourselves.*



### Check out the updated website, [www.rigpeyeshe.org](http://www.rigpeyeshe.org)

for latest news regarding membership, family retreats (happening in Berlin, Dzogchen Beara and Holland), this summer's programmes in Lerab Ling, video clips and materials available (like the very fashionable Rigpe Yeshe designer T-shirt).



#### Parenting as Path: We Want to Hear

We are enriching the sessions on Parenting as Path that are offered during Family Retreats. As part of this process, we are collecting insights, advice, questions and experiences from parents. If you have something you would like to share, please email us at [info@rigpeyeshe.org](mailto:info@rigpeyeshe.org) and we will send you a questionnaire...Please spread the word!

#### Curriculum Moves

Based on Rinpoche's instructions, advice from HH Dalai Lama, research gathered from experts in the field of education, and on our own experience, we are building a curriculum to be offered in Lerab Ling and at all national retreats. Again, if you feel you have some insights to share, please let us know!

#### Apply Early for this Summer

As you are aware, His Holiness the Dalai Lama is coming to Lerab Ling this summer. To help create the best circumstances for the retreat, Rigpe Yeshe has a strict limit on available places. 30 Tigers, 30 Dragons and 12 teens at any one time. Application forms will be available for download from 15 April at [www.rigpeyeshe.org](http://www.rigpeyeshe.org).

#### Volunteer Opportunities

If you feel inspired to contribute to Rigpe Yeshe's activities, and have experience in any of the following areas, we're looking for you!

- Activity Holder for the Haileybury Easter Retreat
- Activity Holder for the Summer in Lerab Ling, including one longer-term French-speaking residential post
- Holder for the Teenagers during the All Mandala Retreat in August in Lerab Ling
- Birthday Card Manager, sending cards to all child members of Rigpe Yeshe
- Fundraiser for the Building Project

#### New Membership Arrangement

There is now an annual family membership fee of 30€ to enable us to function as a valid association in France (law 1901). You will be asked to pay this before attending any Rigpe Yeshe activity in France. All funds this year will be invested in further up-grading the programmes.

#### Who is in the Rigpe Yeshe team?

Download the pdf file that shows Who's Who in Rigpe Yeshe ...and the Annual Report to see what we have done.