

## **ANDY WISTREICH 18-20 JUNI IN GOTHENBURG, SWEDEN**



Andy was born in England in 1950. Now retired from paid employment, he spent most of his career as a teacher in further education in England. He gained a masters degree in education in 2000 and went on to work for the UK higher and further education funding councils providing support services for the educational use of the Internet. Married to Shan Tate in 1981, he is father to four boys, now all adults. In 1980 he began to practise Buddhism, taking refuge, lay vows and bodhisattva vows with Geshe Jampa Tekchog.

During the eighties, Andy was spiritual programme coordinator at Manjushri London Centre (now Jamyang), taking teachings from Geshe Wangchen, Lama Yeshe, Lama Zopa Rinpoche and others. He began to teach Buddhism and lead short retreats at the centre in 1982. He took a series of empowerments and undertook some short solitary retreats during that period. After moving to Somerset, England in 1989, Andy continued teaching on Bodhicaryavatara, Gom Rim, Lo Rig, Samatha, Introduction to Tantra and Discovering Buddhism modules at Jamyang Leeds.

Having first taken the Kalacakra Empowerment in Madison, Wisconsin, USA in 1981, Andy developed an ongoing enthusiasm for study and practice of Kalacakra, with a strong wish to support Kalacakra practitioners with materials, teachings, retreats etc. In 1998 he and David Reigle set up the International Kalacakra Network for that purpose, and the network has become a major source of information, and support for practice by means of the internet.

Since retiring in July 2007, Andy has undertaken a year of retreats in two FPMT retreat centres. Having now emerged from those retreats he plans to dedicate the rest of his life to studying, practising and teaching the Dharma. He is available to teach a wide range of texts and topics from sutra and tantra, as well as to lead retreats.

### **WEEKEND COURSE 18-20 JUNE "INTRODUCTION TO KALACHAKRA"**

This will be an introduction to the extraordinary Kalachakra system, and will give those planning to attend the empowerment in Stockholm some preliminary information to help them get the most benefit from attending. Kalachakra is the most advanced of all Buddhist tantric systems, having emerged in India at the end of the first millennium, from where it rapidly spread northwards into Tibet to form the basis of the Tibetan renaissance and its culture. In recent times, under the leadership of His Holiness the Dalai Lama, Kalachakra has played a powerful role in the introduction of the rich Tibetan Buddhist tradition throughout the world. This system has much to offer us as we face the challenges of the 21st century, and taking the empowerment enables one to enter the Kingdom of Shambhala, a state of transcendence which embodies our highest potential as human beings.

Kalachakra means 'Wheel of Time' which refers to the cycles in the external, inner and

transcendent domains. For example, in the outer domain we have the cycle of day and night, the cycle of the seasons and the cycle of arising and cessation of the universe. In the inner domain there is the cycle of the breath which shifts its force from the left to the right nostrils at regular intervals through the day, and the cycle of energies in the body such as the menstrual cycle which correlates with the outer cycle of the phases of the moon. In the transcendent domain the Kalachakra empowerment forms the gateway to the mandala – a great cyclical representation of the purification of the outer and inner domains, and through whose practices we may bring about just that pure state.

This course will include meditations, talks and discussion. There will be plenty of opportunity to ask questions. It will be suitable for both beginners and experienced practitioners.

**Friday 18 June, 18.30 - 20.30**

**Saturday 19 June, kl. 10.00 - 17.00**

**Sunday 20 June, kl. 10.00 - 17.00**

**Fee: 550 SEK (non-member 650 SEK)**

You can register by writing your name on the list at the association or by phone/mail. The fee should be paid to the PG of the association at least one week before the course.

Please observe, that this course will be held in English!

Contact information:

The Association for the Tibetan Buddhism on Gothenburg

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Please see our Swedish website: [www.tibetanskbuddhism.se](http://www.tibetanskbuddhism.se).

You can also e-mail to: [katja@tibetanskbuddhism.se](mailto:katja@tibetanskbuddhism.se) if you have any questions.