

DHARMA CURRICULUM

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In a nutshell, there have been 3 periods in my spiritual journey :

- 1997-1999 : First steps in Buddhism (taking refuge, bodhisattva vows) while I was still a student in the Engineer school
- 1999-2013 : Life in the Dharma Center Karma Ling (France) where I have accomplished the 3 years retreat from 2002 to 2006 and where I have been the instructor for the three years retreatants from 2007 to 2013. During that time, I have received most of the teachings and instructions of my spiritual journey from various teachers (Lama Denys, Khenpo Tsultrim Rinpoche, Ringu Tulku Rinpoche, Namkhai Norbu Rinpoche, Situ Rinpoche, Bokar Rinpoche)
- From 2013 to nowadays: yearly solitary retreats and practice in the wilderness

EMPOWERMENTS

- From 1997 to 2013, I have received all the Shangpa Kagyü and Karma Kagyü empowerments and some Dzogchen from different teachers and for some of them several times. Here are a non exhaustive list of them :
- 2001 : All the Shangpa and Kagyu empowerments for the 3 years retreat in Mirik from Bokar Rinpoche and Khenpo Lodrö
- 2006 : Shangpa, Kagyu and Dzogchen empowerments for the 3 years retreat from Lama Denys
- 2007 : Part of the Dam Ngak Dzö empowerments, lungs and teachings from Situ Rinpoche in Sherab Ling
- 2008 : She bya dzö lungs and teachings from Situ Rinpoche in Sherab Ling
- 2009-2011 : Different Dzogchen transmission and teachings from Namkhai Norbu

TEACHINGS AND PRACTICE

Here are the main instructions I have received and practiced since the beginning of my Dharma Journey :

- Samatha-Vipassana teachings (Lama Denys, Ringu Tulku Rinpoche)
- Lödjong 7 points mind training (Lama Denys)
- All the sadhanas and rituals of the 3 years retreat (Lama Denys)
- Mahamudra teachings (Khenpo Tsultrim Rinpoche and Lama Denys), mainly based on the 9th Karmapa Manual : the Ocean of Definitive Meaning
- Trekchö and Tögal from Namkhai Norbu, Lama Denys and Robert Olds, based on different manuals (nyinthig mapu from Jamgön Kongtrul in particular)
- The Five golden teachings of the Shangpa Lineage including the 6 yogas of Niguma and Sukhasiddhi and the Mahamudra instructions

DHARMA STUDIES

- 1997-2013 : Learning literary Tibetan for Dharma studies
- 1999 – 2001 and 2006-2009 : I did twice the 3 years Buddhist studies curriculum in 9 units (a kind of condensed Chedra taught by Lama Denys) covering the main aspects of comprehension : Dharma History, Buddhist phenomenology, Philosophical Views, Subtle body, ...
- 2008 : She bya dzö transmission and teaching by Situ Rinpoche in Sherab Ling

RETREATS

In bold the retreats I consider being the most meaningful for my experience

- Every year from 1999 to 2001 : two weeks Dathune + one week of individual retreat (Ngöndros)
- 2001 : 6 months pre-retreat (including first time 100 000 Ngöndros)
- **2002 – 2006 : 3 years retreat** in the Shangpa / Kagyu tradition plus trekchö and Tögal at the end of the retreat, including three 5 days mini-retreats in the dark (munkhang)
- Every year from 2006 to 2013 : 15-30 days of Dathune, 3-5 days munkhang retreat. In addition of those personal retreats, as the assistant of Lama Denys, I would participate and help with the organization of all the retreats he would teach (Lojong, Mahamudra, Dzogchen....)
- 2015 : One week guided Mindfulness silent retreat teachers trained with Jon Kabat-Zinn
- May 2017 : Two weeks solitary retreat in the mountain wilderness of Austria / One week of silent retreat for the new year
- **July 2018 : One month of solitary retreat in the mountain wilderness of Colorado** (near Crestone) / One week of silent retreat for the new year
- **Oct 2020- March 2021 : Six months of solitary retreat** in a cabin in the wood in the South of France
- **June 2022 : 5 days of intense solitary retreat** (with no sleep and no food) in the mountain wilderness of the Alps / one week of silent retreat for the new year
- August 2023 : 10 days of Tögal teaching-retreat in Quebec with Robert Olds / one week of silent retreat for the new year
- April 2024 : 10 days of Tögal teaching-retreat in Cape Breton with Robert Olds / two weeks of silent retreat for the new year