



# LONGCHEN FOUNDATION

## Welcome to the Path of Freedom “Openness Clarity Sensitivity”

Thank you for reserving your place on the Path of Freedom teachings in Openness, Clarity, Sensitivity. Whether you have booked one of the dates or are able to come to all, we look forward to meeting you there.

**“Openness” 23<sup>rd</sup> April 2016**

**“Clarity” 9<sup>th</sup> July 2016**

**“Sensitivity” 22<sup>nd</sup> October 2016**

**St. Margaret’s Institute, 19 Polstead Road,  
OXFORD  
OX2 6TW**

To make a firm booking, please pay online via [Eventbrite](#).

**A five day Path of Freedom retreat** at The Priory, Boars Hill  
with a view of the spires of Oxford based on the these teachings  
will take place from the 29<sup>th</sup> August to the 2<sup>nd</sup> September

Please see here for [retreat details](#)



# LONGCHEN FOUNDATION

## Schedule

10.00 – 10.30	Registration/Welcome. Tea/Coffee provided
10.30 – 11.00	Introduction Quiet sitting/Formless Meditation
11.00 – 12.30	<b>Talk</b>
12.30 – 14.00	*Lunch
14.00 – 14.30	Quiet sitting/Formless Meditation
14.30 – 15.30	<b>Questions and answers</b>
15.30 – 16.00	Tea/Coffee
16.00 – 17.30	<b>Talk</b>

### **\*Lunch**

*Taking meals together is an opportunity to share food and drink and chat with others. Please bring food to share.*

***NB:*** *We reserve the right to cancel bookings at short notice in the event of illness or unforeseen circumstances. A full refund of the course cost would be made in this situation, but we would be unable to cover losses in the form of*



# LONGCHEN FOUNDATION

*booked transport and accommodation.*

Dear Student

These pages should contain all the information you need for the weekend. As well as an outline of the day, there is an accommodation list and some information on The Lion's Roar and other Longchen courses.

Our Dharma Director, Rigdzin Shikpo, has invited Mary Mackay-James to present these teachings in April, July and October.

Your organisers for the days will be Hannah Horsfall, Sarah Leach, Colette Mills and Nick Leggett.

**If you have any questions**, please don't hesitate to be in touch with the team at Path of Freedom on [POF@longchenfoundation.org](mailto:POF@longchenfoundation.org)

Looking forward to seeing you soon,

With best wishes,

Hannah

e: [POF@longchenfoundation.org](mailto:POF@longchenfoundation.org)



# LONGCHEN FOUNDATION

## **Car parking:**

Local parking is very limited on a Saturday and subject to a two hour time limit, so park and ride is advised. Take the bus into town and then follow the guidelines below for access by bus. Sunday street parking is available.

## **From the train station to the city centre:**

You will need to walk into Oxford City Centre to catch a bus to Summertown; this takes between five and ten minutes. When you come out of the station, turn left past the Saïd Business School and follow Hythe Bridge Street for a few hundred metres until you get to a junction. Cross over into George Street, then continue straight on, past several restaurants and a theatre until you reach another junction. You will see Waterstone's bookshop opposite you and Debenhams on your left. Turn left into Magdalen Street, where you will see several bus stops. See below under 'By bus' for further directions. A taxi from the station will cost around £10.00.

## **From the coach station to the city centre:**

When you leave the coach, head towards the Market Square, just beyond the coach station, and come out on the right-hand side, which is George Street. Turn left and follow George Street to the end, where there is a junction. Turn left into Magdalen Street where you will see several bus stops. See below under 'By bus' for further directions. A taxi from the top of the market square, where there is a taxi rank, will be around £10.00.

## **Minicabs:**

These are cheaper than licensed cabs. Recommended firms include Royal Cars (01865 777333) and ABC Taxis (01865 770077 or 01865 775577).

## **By bus:**

Buses to Summertown leave from just outside Debenhams in Magdalen Street in the city centre. There are several bus stops here; you need to catch a bus to Wolvercote, but ask to get off at Polstead Rd, which is long before Wolvercote and just 2-3 stops from the Centre. Walk down Polstead Rd and the Institute is at the end on the right. There is a little shop just around the corner from the pub, if you need lunch provisions and other basics.



# LONGCHEN FOUNDATION

## Getting to Oxford:

The [Oxford City Council website](#) has useful information on getting to Oxford and travelling around in the city.

## Accommodation

The Oxford Daily Information website [www.dailyinfo.co.uk](http://www.dailyinfo.co.uk) is very useful and has a list of local B&Bs and travel information.

The Oxford Tourist Information centre is in Broad Street, opposite Balliol College. If you continue straight on from George Street, past Waterstone's bookshop, you come to it very quickly (telephone: 01865 726871). If you don't have access to the internet, you can ask the Tourist Information office to send you an accommodation brochure for free.

The Oxford YHA is located near the rail station. As you come out of the rail station, turn right and go under the bridge and the YHA is on the right hand side. This is a very comfortable and modern YHA, which costs about £20 per person per night (t: 0845371 9131/e: [oxford@yha.org.uk](mailto:oxford@yha.org.uk)). For further details see the [YHA website](#).

It is possible also to book a reasonably priced room through [www.university-rooms.com](http://www.university-rooms.com)

Wolfson College is the nearest to the venue.

Below is a list of some local accommodation. We welcome your feedback and will add any successes to this list for future use.

## ***Summertown***

### Burlington House

Bed and Breakfast / Guesthouse

374 Banbury Road

Summertown

Oxford

OX2 7PP



# LONGCHEN FOUNDATION

t: 01865 513513

w: [www.burlington-house.co.uk](http://www.burlington-house.co.uk)

## Cotswold House

Bed and Breakfast / Guesthouse

363 Banbury Road

Summertown

Oxford

OX2 7PL

t: 01865 310558

w: [www.cotswoldhouse.co.uk](http://www.cotswoldhouse.co.uk)

## Marlborough House Hotel

Hotel / Bed and Breakfast / Guesthouse / Self-catering

321 Woodstock Road

Oxford

OX2 7NY

t: 01865 311321

e: [enquiries@marlbhouse.co.uk](mailto:enquiries@marlbhouse.co.uk)

w: [www.marlbhouse.co.uk](http://www.marlbhouse.co.uk)

## Parklands Hotel

Bed and Breakfast

100 Banbury Road

Oxford

OX2 6JU

t: 01865 554374

e: [stay@parklandsoxford.co.uk](mailto:stay@parklandsoxford.co.uk)

w: [www.parklandsoxford.co.uk](http://www.parklandsoxford.co.uk)

## The Galaxie Hotel

180 Banbury Road

Oxford

OX2 7BT

United Kingdom

t: 01865 515688





# LONGCHEN FOUNDATION

e: <mailto:hotel@galaxie.co.uk>

The Remont Hotel  
367 Banbury Road  
Oxford  
Oxfordshire  
OX2 7PL  
United Kingdom  
t: 01865311020  
e: [info@remont-oxford.co.uk](mailto:info@remont-oxford.co.uk)  
w: <http://www.remont-oxford.co.uk/>



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## LONGCHEN PROGRAMMES

### **The Path of Freedom**

The path of Freedom introduces you to the teachings of Rigdzin Shikpo who teaches and highlights aspects of the path relevant to Maha Ati.

These themes and topics are taught in the Longchen Foundation by teachers and companion teachers authorized by Rigdzin Shikpo at local groups, evenings, days, weekends and on a yearly retreat.

Currently the topics of the Path of Freedom are:

- Mandalas
- Openness
- Clarity
- Sensitivity

This year's retreat will be held near Oxford – for front page for details.

If you are unfamiliar with the teachings of the Buddhist path, attending Path of Freedom events is an ideal way to learn more. It is possible to attend this course as a way to find out more about Longchen and its mandala of teachers and teachings,

For more information, see our Path of Freedom [website](#) or contact us.

The Path of Freedom make be taken alongside The Lion's Roar.

### **The Lion's Roar**

The Lion's Roar is a three-year meditation course in the Dzogchen tradition (Mahayana Maha-Ati), comprising nine weekends (gates) plus integral retreats. Its aim is to deepen one's practice of meditation as a basis for understanding all further teachings on the path via a simple, direct and profound meditation that connects us to the highest level of realisation.

The Lion's Roar helps us to connect view, meditation and our everyday activities to the path of awakening. Starting right here, with our own direct experience of everything that we encounter, this programme encourages us to embark upon a journey of discovery, a search for truth and the meaning of life.





# LONGCHEN FOUNDATION

The more we learn to rest in the immediacy of our experience, the easier it is for our hearts to open. To both ourselves and others.

The search for truth and further Gates explore:

- Awareness as the basis of everything
- Sense perception and outer world; illusion and reality
- Ambition and doing nothing; trust and openness beyond hope and fear
- Concepts about time, place and space
- Loosening up concepts about ego
- Trusting more and more in our inherent qualities of love, compassion and wisdom
- The power and principles of an enlightened society.

## Heart of Buddha

Heart of Buddha events are a special opportunity to meet and hear teachings from Rigdzin Shikpo, our Dharma Director and the lineage holder of the Longchen Foundation.

Spread throughout the year, Heart of Buddha teachings are open weekends, days and evening forums where Rigdzin Shikpo will teach on a range of Dharma topics according to his inspiration.

For details of the next Heart of Buddha day, please visit our [Events pages](#).

**For a summary of events this year**, please visit our [Events at a glance](#) page. Feast days and other public talks are opportunities to develop your practice and to meet other Longchen teachers and students.