



Tilogaard
Meditation School
Lama Tendar Olaf
Hoeyer
Bulbrovej 28
DK 4913
Horslunde
Denmark

Tel.: +(45) 458 319 49

Cellphone:
+(45) 244 537 18

www.tilogaard.dk/english

Bank:

Danske Bank
IBAN DK74 30000001930605 (Tilogaard Meditationskole)



Sponsors are welcome to contribute with a donation for Tilogaard Meditation School or for the activity of Lama Tendar Olaf Hoeyer. Donations accumulate good karma for everybody. You will gain merit and ownership for yourself, because it is meritorious to support what is good, and you will be making a difference in the World, which will belong to you exclusively. Your store of merit will simply increase, even with just little effort. Also,

you will benefit all those that enjoy the activity of the Lama, free of charge. Your support will benefit the general Dharma, because you are participating in the transmission by financing it.

Tilogaard (pronunciation in Danish: **Tilogor**) **Meditation School** aims to instruct and teach a classical Buddhist meditation system to the really interested people, as well as the informed view to apply during formal meditation and in the daily life afterwards. Tilogaard is affiliated with the 17th Karmapa Thinley Taye Dorje and the 14th Shamarpa Mipham Chögyi Lodrö.



My name is Lama Tendar Olaf Hoeyer, owner and resident of Tilogaard. *Tendar* is the name, I got, when I became a monk. Even though I am not a monk any more, this name seems to stick to me, so I am still called Tendar by many people. I have been Shamar Rinpoche's student since 1981 and accomplished the 3 year meditational retreat under the guidance of Gendun Rinpoche from 1991 to 1994.

Many other Lamas taught me since 1977, when I met the 16th Karmapa Rangjung Rigpae Dorje, the former Kalu Rinpoche, and later in 1978, Tenga Rinpoche.

I was manager of the Karmapa Centre in Copenhagen (Karma Drub Djy Ling, or: 'Karma Kadjy Skolen') from 1985 to 1989. I have been teaching the Dharma since 1985, on Shamar Rinpoche's request, when I became a monk.

I was ordained as Getsul, a novice monk in 1984 and became fully ordained Gelong (Bikshu) in 1988, but gave back the wows in the year 2000. Driving the local bus was my business here on the isle of Lolland in the South of Denmark as a source of income, training and social engagement for 8 years. I have now retired from the bus service, and enjoy a government pension.

Tilogaard means Tilopa's Farm. Tilo is Tilopa in Sanskrit rendering. Tilo means sesame in Sanskrit, while the suffix 'pa' means 'the man' in Tibetan, so Tilopa is the *Sesame-man*. For some time in his life, Tilopa lived from pressing the oil out of sesame seeds, thus extracting the essence of those seeds. This he used as an allegory for the realisation of *Mahamudra*, extracting the essence of Dharma by meditation and the application of the corresponding view. It is the aim of Tilogaard to likewise teach *Mahamudra* in spirit and practise.

Mahamudra is the integrated view and practise of *Bodhicitta*, which means open mind, open heart and no prejudice, as attitude. Mahamudra is likewise as both view and practise: **1)** *shamatha*, which means meditation with a focus, **2)** *vipashyana*, which means meditational yoga of penetrating insight - and **3)** both the philosophy of *Madhyamaka* from *Nagarjuna* and the psychology of *Cittamatra* - or *Yogacara* - from *Asanga*. The distant transmission line of Mahamudra originates from *Saraha*, while the near or visionary transmission line start with Tilopa. Please read the *Kagyü Golden Rosary* for details of the transmission lineage. I received the transmission of Mahamudra from several Lamas, though first of all it was from Shamar Mipham Chögyi Lodrö Rinpoche and the former Kalu Rinpoche.

Tilogaard was founded in May 2002, when I acquired the property. Tilogaard engaged with the international network of *Bodhi Path Buddhist centres* in 2007 at the request of Shamar Rinpoche. Rinpoche directed me to do so and teach the *Bodhi Path Curriculum*. Tilogaard does not participate in the Bodhi Path centres' particular way of organising themselves. It is the Bodhi Path Curriculum, that we share, since I teach the various subjects of this Mahamudra collection. Tilogaard is also spiritually connected to the *Dhagpo Mandala* in France by *samayas* to Gendun Rinpoche and his students. *Samaya* means a holy commitment.

Students come to Tilogaard for personal instruction in the classical view and practise of the Dharma, particularly in the disciplines of Ngöndro, Lojong and Shiné-lhagthong (*shamatha / vipashyana*). I do not conduct seminars on meditation and the view of Dharma any more as I used to do, because I suffer a lung disease, that has weakened me a lot.

Tilogaard serves as my residence with a few guest-rooms and a relatively large and spacious garden with a small lake. There is a simple Temple room on the first floor. I do not conduct a regular program as it is, because there are no local students and besides me, only the cat lives here. So

students of the Dharma come for personal instructions from all over Denmark, when they want to learn something, and I find time to see them.

The property is for now privately owned, but *Tilogaard Meditation School* – which is the name of the formal institution of Tilogaard – was legally formed in 2012. This formal institution will take over the house and land in due time, in this way making Tilogaard self-owning and governed by its own constitution. I estimate that the transfer of ownership will take place in 2024, due to the size of the mortgage, that has to be reduced before my bank will consent to the arrangement. Until then, the institution Tilogaard Meditation School is the organising body for the activities here. Tilogaard Meditation School will inherit all my belongings as the sole heir. When I am dead and gone, some other Danish Karma Kagyü Lama is supposed to take over and continue the activity of Dharma here. That is what I aim to accomplish with this institution.

Peace, love & Buddhahood

Basically, you may learn meditation here, hence it is called Tilogaard Meditation School as the formal name. Lamas are generally not academics, but they would normally have a broad knowledge about Dharma. Their expertise though, is meditation and ritual - and how to apply the view of Dharma in the training.

The classical Buddhist meditations are direct and simple methods for you to accomplish your ownrealisation of the nature of your very own mind - and your own discovery of the way, in which your mind works. With this understanding, you will develop a certain degree of magnanimity for the benefit of both yourself and others.

In practical terms, the Teachings of Buddha Sakyamuni is all about development and stabilisation of your own mental focus and spaciously aware presence in the moment of consciousness. Development and stabilisation of your own wisdom and understanding. Development and stabilisation of peace and insight into your own mind. And also to turn your attention towards – and get yourself used to grow and develop – love, compassion and non-violence (Sanskrit: *maitri*, *karuna* and *ahimsa*). These abilities and qualities can grow and develop by the traditional meditative exercises and by lojung, ‘mind-training’ (meaning cultivating an open-minded presence, sanskrit: *smriti* - and understanding with the heart, sanskrit: *Bodhicitta*). Lojung is the art of authentic attentive presence in the actual moment of consciousness, and relaxation of various mental movements into an ever present sense of mind-space, kindness and compassion.

The Sanskrit word *maitri* literally means love of friendship, deriving from the word *mitra*, friend. What is meant though, is not just an ordinary friendship with people, with whom you already sympathize and like to share your feelings, though it is good starting point for development of *maitri* in modern life. *Maitri* is the love of friendship, that tribal people traditionally share in a somewhat unlimited way, stemming from their traditional heartfelt family ties, sharing, loyalty and solidarity. This love was of course conditioned by tradition in a tribe. To modern people, this

kind of love in friendship is normally quite unknown and sort of theoretical, because of the heart felt depth of sharing, that tribal people used to have, and modern people lack completely. It was a common experience for most people in India, when this Buddhist phrase came into use by Mahayana 2000 years ago. The point is to overcome family and tribal limits and take this kind of love in friendship, already present, and develop and expand this well wishing kindness and empathy to all sentient beings, that you may and do encounter in real life. *Maitri* is the perfect remedy for ill will.

The symbols used at Tilogaard

Tilogaard has been established for the really interested people in order to bring the authentic Dharma into their labs, both concerning the art of meditation as well as the ability to use the view (or *angel of view*), that **Buddha Sakyamuni** demonstrated so long ago. That is why, Tilogaard Meditation School's logo is the Dharma-wheel, the symbol of **Buddha Sakyamuni's** teachings. In most traditions from the Northern Buddhist Schools, this symbol is used for places, where you may find **Buddha Sakyamuni's** Dharma. In this context, Tilogaard is completely traditional.

The Dharma-wheel has 8 spokes, symbolising the 8 fold path. The central circle, divided in 3 intertwined drops of 3 colours, is called *anandachakra* in Sanskrit (which means 'wheel of joy'). It symbolises 3 levels for unfolding of Buddha Sakyamuni's incarnation, that is designated as the 3 bodies (Sanskrit: *trikaya*) or the body, speech and mind of **Buddha Sakyamuni**. He used all 3 in his demonstration of Dharma. The 3 also symbolise the 3 vehicles to liberation, Shravaka-yana, Pratyekabuddha-yana and Bodhisatwa-yana. So, where this symbol is to be found, you should also find the Buddha Dharma.



The Spiritual protector

The picture shows the 17th Karmapa Thrinley Taye Dorje.



Tilogaard has H. H. Karmapa Thrinley Taye Dorje as spiritual protector because the former, Shamar Mipham Chögyi Lodrö Rinpoche died in July 2014. The formal institution of Tilogaard Meditation School accepts members, defined as students, users and supporters of Tilogaard. No membership fees are asked for, nor money for teachings. Tilogaard is financed by Lama Tendar Olaf Hoeyer and the supporters and sponsors.

Lama Tendar Olaf Hoeyer, June 2017.