



Tilogaard
Meditation School
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Tilogaard (pronunciation in Danish: **Tilogor**)
Meditation School is affiliated with the 14th
Shamarpa Mipham Choegyi Lodroe and in
alliance with Bodhi Path Buddhist centres.

My name is Lama Tendar Olaf Hoeyer. I am the owner and resident Dharmateacher 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 in Europe.

I have been Shamar Rinpoche's student since 1981 and accomplished the 3 year meditation retreat under the guidance of Gendun Rinpoche from 1991 to 1994. I am a student of many other Lamas since 1977, when I met the 16th Karmapa Rangjung Rigpae Dorje, Kalu Rinpoche and later Tenga Rinpoche (in 1978). I was manager of the Karmapa's Centre in Copenhagen (**Karma Kadjy Skolen**) from 1985 to 1989. I have been teaching the Dharma since 1985 on Shamar Rinpoche's request.



I was ordained as a novice monk in 1984, became fully ordained Gelong (Bikshu) in 1988, but gave back the vows in the year 2000. I have been driving the local bus as a source of income, training and social engagement for 8 years, but have now retired and enjoy a government pension since 2013.

Tilogaard means *Tilopa's Farm*. *Tilo* is Tilopa in another 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 by pressing the oil from sesame seeds, thus extracting the essence of those seeds. This was used as an allegory for the actualisation 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.

Tilogaard was founded in May 2002, when I acquired the property. **Tilogaard** entered into alliance with Bodhi Path in 2007 at the request of Shamar Rinpoche. Students come here for personal instruction in the view and practise of the Dharma, particularly in the disciplines of *Ngoendo*, *Lojung* and *shiné-lhagthong*. I also conducts seminars on meditation at various places at different occasions, when I am invited to do so.

Tilogaard serves as my residence with a few guest-rooms and a relatively large garden. There is a small Temple room on the first floor. I do not conduct a regular program for the Centre as it is, because there are no local students. So students of the Dharma come for instructions from all over Denmark, when necessary. With the new Temple room on the first floor, it is now possible to conduct seminars and retreats for small groups of people. Such events will start later, when the renovation of the Centre is completed.

The centre is for now privately owned. **Tilogaard Meditation School** is the formal institution for the students and supporters of Tilogaard, and for my Dharma activity. This institution was formed in 2012, in order to take over the property in due time, in this way making the institution self-owning and governed by it's own constitution. I estimate that to happen 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 just be the organising body for the activities. **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.



Peace, love & Buddhahood

Basically, you may learn meditation here, hence it is called **Tilogaard Meditation School** as it's 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 reach your own realisation of the *nature of your 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 Teaching of **Buddha Sakyamuni** is all about development and stabilisation of your own focus and presence. Development and stabilisation of your own wisdom and understanding. Development and stabilisation of peace and insight in your own mind. And also, to turn your attention towards - and get yourself used to - 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 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. To modern people, this kind of love of 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 is 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.

Tilogaard aims to realise the detailed propagation of Dharma and learning through the Bodhi Path Curriculum from Shamar Rinpoche. For this reason, Tilogaard is in alliance with Shamar Rinpoche's Bodhi Path Buddhist centres, that are mostly situated in USA and Europe, but also at other places. The strength of this curriculum is simplicity, depth and comprehension. *Simplicity in complexity*. Shamar Rinpoche points to, that this quality originates from **Buddha Sakyamuni's** own use of these same methods and views, that brought him to his liberation. Therefore Bodhi Path use a leaf from the bodhitree as logo. **Buddha Sakyamuni** achieved complete enlightenment, sitting under such a bodhitree (the pipal tree, *ficus religiosa*), so the leaf from this tree has since the time of **Buddha Sakyamuni** been used as symbol of **Nirvana**.

The activities at **Tilogaard** as well as my general Lama activity at other places, is therefore mostly conducted within the framework of Bodhi Path. The Bodhi Path Curriculum has been collected and formulated for common modern people, so you may live a normal life, while realising an authentic and original Buddhist training and development. Bodhi Path as such may be called a *franchise* (from the point of view of the Dharmateacher).

I have received transmission to - and been instructed and trained in - the whole tradition of Karma Kagyü, so I also teach other subjects besides the Bodhi Path Curriculum, when it is required or wished for.

Tilogaard has H. H. Karmapa Thinley Taye Dorje as spiritual protector because the former, Shamar 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, April 2016.

