



Lama Jiga – present and past –

by DBG Administrator – Maggie Powell

I am fulfilling a request to present a little of what I know of Lama Jiga's extraordinary life and extensive training gathered from personal experience, some of his stories, other lama's, Dharma student's anecdotes and archive documents.

He is a former Dharma Professional and senior monk, who stepped down from his position in a religious institution that was the worldwide headquarters for an international Buddhist and Humanitarian organisation founded by his root teacher the 2nd Choje Lama Akong Tulku Rinpoche, HH the 16th Gyalwa Karmapa's representative in Europe. He presently teaches at DBG, our small public Dharma group in Dundee, at our request.

Lama Jiga is an independent teacher, meaning he is not bound to a particular monastery, it's religious politics, centre politics, or group politics. His allegiance, as he puts it is, "to the 17th Gyalwa Karmapa, the Karma Kagyu Lineage – the Dharma Professionals I associate with and the commitment I made to my late Guru's wish, that I "help others who need and seek help".

- From visiting Lamas – all of whom taught him –

He was extensively trained, taught widely and gave refuge with his Lama's blessing. He had a very close relationship with his teacher and, for some years, stayed with Akong Tulku Rinpoche and extended family in his cottage when he visited, sometimes for months at a time, until ordinations, when he was given accommodation in the monastery.

- On my Monastery visits

I saw that he spent almost all his time with resident and visiting lamas and that he also accompanied these lamas on behalf of the monastery. He also used to disappear from time to time, accompanying Akong Tulku Rinpoche on trips in Europe, the Near East and eventually Tibet.

- Archive –

His photographic archive shows that on these travels, he spent most of his time in the company of high lamas, yoginis and yogis, politicians and even Tibetan Royalty!

He says that that's due to the kindness of the Lama, his Guru's activities and his personal sponsors. We asked Lama Jiga if we could put some of his photos on the DBG website and he agreed.

- Training

A summary from some documents we have –

Teachers etc. – Lama Jiga was inducted into the Kagyu lineage in 1973 by Akong Tulku (Refuge and Bodhisattva vow) - given the name Lama Sangye Dorje – Vajra Buddha.

He studied both publicly and privately with most of the Dharma Teachers Akong Tulku invited to the U.K from that date - most notably –

- Three Kagyu Regents simultaneously – over a number of months –

Guru Vajradhara Chamgon Kenting Tai Situpa the 12th/ 5 Treatise of Maitreya - Uttaratantra

The 14th Kunzig Shamar Rinpoche – 7 point training/Koncho Yenlag – Amitabha – Phowa

The 12th Tsurphu Goshir Gyaltsab Rinpoche – Vajrapani + others

- Very Ven. Khenpo Kalu Rinpoche – Shangpa Kagyu Lineage Holder – no entry
- HH 14th Dalai Lama – Langri Tamba etc. + part of his protection team!
- Panchen Otrul Rinpoche – Logic.
- Khenpo Truro Tsenam – no entry
- H.E. the 18th Dulmo Choje Rinpoche, the highest living Kagyu Lama in Tibet.
White Tara - Lama Chagme – Advice suitable for an old lady - etc

Dundee Buddhist Group



Under Akong Tulku Rinpoche's tutelage - he studied all aspects of Dharma –

- 10-year Dharma study programme - Very Venerable 9th Khenchen Thrangu Tulku.
- Tibetan Language - Khenpo Dagpa Gyaltsen/Acharya Tenpa Negi
- Mahamudra – all forms plus he received formal & informal pointing out instructions (Yongey Mingyur Rinpoche - 2nd Akong Tulku Rinpoche respectively)

He also studied:

- Ritual - Mandala Construction - Mahakala Instruction – Sadhana Practice texts. The 3rd Kyabje Tenga Tulku Rinpoche - Vajra Master of the Lama Kagyu Shangpa Kagyu Lineage Holder.
- Tibetan ritual music - instruments, Lama Dance- casting and moulding - construction of inner and outer temple objects – Lama Gadri Master Artist Sherabpalden Beru

Lama Jiga has

- received numerous empowerments and **Lungs** given by Lamas invited by Akong Tulku Rinpoche over 37 years – including transmission of the Medical tantras –
- All 3-year retreat empowerments from the Very Venerable 9th Khenchen Thrangu Tulku Rinpoche
- Many empowerments and Lungs from Choje Akong Tulku Rinpoche.

Lung = ritual reading and authorisation to study – eventually teach.

- Retreat experience – from 1973 – various - from - several weeks, to several months – over 12 years, Several years – the 2nd 3 year retreat
- Choje Akong Tulku Rinpoche - Lama Ganga - Lama Thubten, Lama Lodro - Tulku Urygen of Bir
- All Lineage practices - breathing exercises etc. and realised the Yidam - Vajra Yogini – after which he was re-integrated back into the monastery.



- more deeply inducted into the lineage on two further occasions by the 12th Kenting Tai Situ Pa – Kagyu Regent - during and after participation in the traditional 3-year retreat – (Getsul and Gelong ordinations)

In General -

- helped build a monastery and its retreat centres, managed and administered these projects within and outwith the monastery, and established groups and centres on Akong Tulku Rinpoche's behalf, here and abroad.

A timeline summary - training & ministry

Non-residential householder – 12 years - resident - 25 years – independent – 10 years

- Status

Gelong - known as Lama and Lopton Pa (Dharma master).

See e mail and Longlife prayer below.

From: Ringu Tulku [REDACTED]@bodhicharya.org>
Sent: 03 September 2012 14:56
To: Karma Jiga
Subject: Re: Join my network on LinkedIn

Dear Lama Jiga,

Thank you for your mail and message. I am glad that you will be able to do this course. Hope your visit to Mongolia will be wonderful.

Best wishes,
RT

On 3 Sep 2012, at 19:14, Karma Jiga [REDACTED] wrote:

Hi Rinpoche

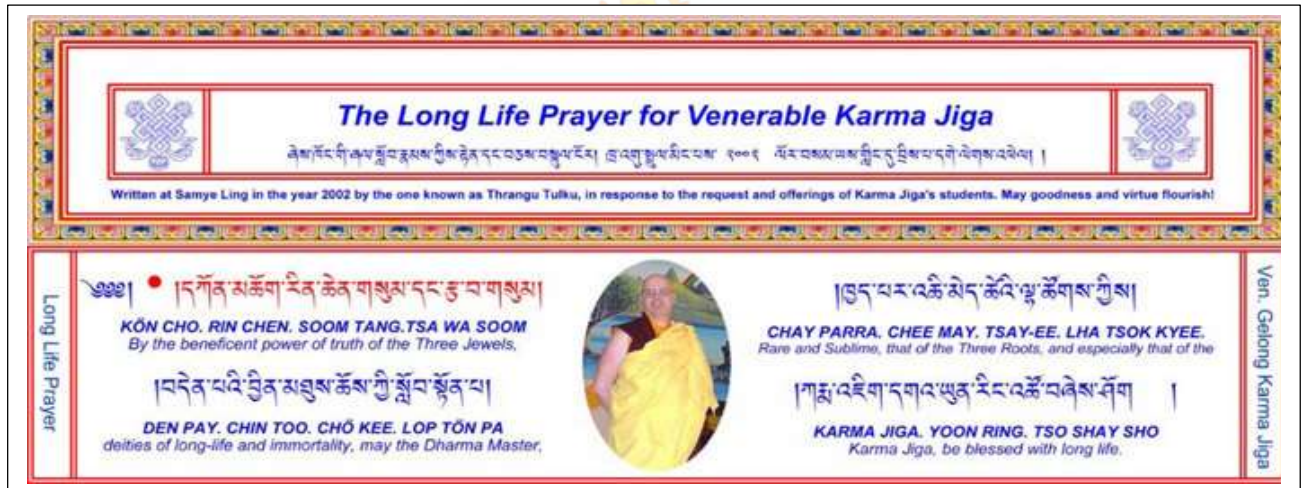
[REDACTED]

An update on my activities.....I'm going to Mongolia on Wednesday to give a talk there and then, on my return with the Nepalese Ambassador in Aberdeen . I've been accepted for the 2nd year of a Master's Degree in the Western Psychological approach to mindfulness which will begin in October



- **Long Life Prayer**

The 9th Thrangu Tulku Rinpoche, one of his most important teachers refers to him as Lopton Pa or Dharma Master in the long-life prayer he composed in 2002, after requests from students, with Choje Akong Tulku Rinpoche’s Blessing. It was a surprise offering on his 50th birthday and presented by Akong Tulku Rinpoche’s eldest son.



- **Secular Training**

Modern Mindfulness - 5-year training – University of Bangor Wales

Teachers – Bangor team – Kabat-Zinn – Teasdale – Williams – etc.

MSc – Thesis – Research – Modern Mindfulness Course Development – ‘Headroom’.

Thesis -Supervisor - Assistant Professor Dusana Dorje PhD,
published author, researcher -

Emanation, Dzogchen teacher, spouse of His Holiness Kenchen Lama Rinpoche.

Published paper – Feasibility and Efficacy of an Adapted Mindfulness Based Intervention (MBI) in Areas of Socioeconomic Deprivation (SED)

Authors - Lama Jiga, MSc. - Rebekah Kaunhoven, B.Sc., M.Sc.- Dusana Dorjee, Ph.D

Other information - DBG website - May all benefit - Many thanks!

Sarva Mangalam – May goodness prevail.

