

Khyungdzong Wodsel Ling

Center for Bön Spiritual Tradition



MENRI LOPON TRINLEY NYIMA RINPOCHE

Biography

MENRI LOPON TRINLEY NYIMA RINPOCHE is the principal instructor at Menri Monastery in Dolanji, India and was born in 1962 in the Dolpo region of north-western Nepal in the remote Himalayan village of Tsakha. He is the successor of Yongzin Tenzin Namdak Rinpoche.

Rinpoche's family name is "Yangton" and its ancestry is traced back to Yangton Sherab Gyaltzen, a famous Dzogchen and Tantric master born in 1077 who first wrote the *Dzogchen Experiential Transmission* (Zhang Zhung Nyam Gyud) which is taught today by Yongzin Tenzin Namdak Rinpoche and Geshe Tenzin Wangyal.

The Dolpo region was part of the Zhang-Zhung kingdom many years ago and is still home to the culture and language of Zhang-Zhung. In his village was located one of the most precious and secret Bönpo monasteries for the lineage of Yangton lamas. Tarzong Phuntsok Ling Monastery was the only place, at that time, where people could study traditional education and the Tibetan language.

On advice from his uncle, Yangton lama Nyima Tseten, Rinpoche completed a series of three-month retreats beginning at the age of thirteen, and spanning the period from 1975 through 1977. During this time he focused on the prac-

tices for the outer, inner and secret deities of the Bön. He also completed the foundation practices of Dzogchen by accumulating nine hundred thousand preliminary practices. Additionally, he received various Transmissions and Empowerments of Dzogchen teachings from several masters.

In 1979 Rinpoche was brought to Menri Monastery in India by his brother Lama Tashi. Menri is the main monastery for Tibetan Bönpo and for the exile Bön community of India. He was ordained by His Holiness, the 33rd Menri Trizin (abbot) and His Eminence, Yongzin Tenzin Namdak Rinpoche. His studies focused primarily on Sutra, Tantra, and Dzogchen, and also included Ritual, Grammar, Poetry, Astrology, Divination, Medicine, Thangka painting, Mandalas, and Stupas. He earned his Geshe Doctoral Degree from the Bön Dialectic School in 1989.

Soon after completing his degree, Rinpoche began teaching at the school and in 1992 was appointed *Lopon*, principal instructor, of the Bön Dialectic School by H.H. the 33rd Menri Trizin and H.E. Yongzin Rinpoche. The position of Lopon is the second most revered position at this monastery.

Lopon Rinpoche continues to teach at the Bön Dialectic School where he is responsible for student training. He occasionally visits the Dolpo region to give Transmission of Preliminary practice and to teach other aspects of the Bön religion to thousands of lay people, monks and Tantric practitioners. He also regularly visits the United States and Europe where he enjoys teaching Sutra, Tantra and Dzogchen to Western practitioners.



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