



ABOUT THE NAMCHAK LINEAGE

The Nyingma school of Buddhism is the oldest of the four schools of Tibetan Buddhism. It is founded on the first translations of Buddhist scriptures into Tibetan in the eighth century. In Tibetan Buddhism, hundreds of branches, or lineages, are associated with different regions and monasteries. These lineages can be traced back through Guru Rinpoche, who established Buddhism in Tibet, and to the Buddha, who began it all in India more than two and a half millennia ago. Nyingma teachings are passed down through networks of lay practitioners. This means they can trace the transmissions of the lineages, teachings, and realizations *in an unbroken line* back to the Buddha Shakyamuni, the historical Buddha.

Namchak is a lineage within the Nyingma school. Tulku Sangak* Rinpoche is its holder and a high lama, and is the spiritual director of Namchak Retreat Ranch and Ewam International Centers worldwide. Namchak Khenpo, Rinpoche's brother and Dharma Heir, spends most of his time in Montana and is the resident Vajra Teacher at the Retreat Ranch. Lama Tsomo, a Westerner ordained by Rinpoche and co-founder of the Namchak Foundation, is a vital member of the team building the Retreat Ranch and helping introduce the Namchak lineage to areas of the Western Hemisphere.

Namchak is uniquely tied to an intact Buddhist lineage, important because this lineage can meet students where they are and take them to enlightenment through the following steps:

- Shamata, Vipassana
- Ngöndro
- Deity Practice
- Dzogchen

The practices they share are part of the Namchak tradition of Tibetan Buddhism.

* Sometimes spelled "Sang-Ngag"

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