



**Lothlorien Therapeutic Community
Special Edition Newsletter in Remembrance of
Choje Akong Tulku Rinpoche**



Today marks the 10th anniversary of the passing of Akong Tulku Rinpoche, who founded the humanitarian charity Rokpa, which has run Lothlorien since 1989.

**"Compassion is the main therapy which can enable us to
overcome all our difficulties whatever they are."
Chöje Akong Tulku Rinpoche**

Lothlorien is run on the principles of compassion and tolerance, and so we wish to remember and celebrate the life of Akong Rinpoche, who's aims were:

1. To engender peace and happiness through fostering greater awareness of the need for compassion and understanding in all areas of human activity.
2. To contribute to the spiritual welfare of our times.
3. To give shelter, support and help wherever possible to all those in need.
4. To preserve and respect the religious traditions, culture and languages of all people.



Photo below: Akong Rinpoche with Khentin Tai Situpa Rinpoche, at Lothlorien



Memories from Nick Jennings, who was involved in the establishing of Lothlorien:

'Akong Rinpoche did not give us lengthy verbal instructions yet he paid attention to every detail. He lived the four immeasurables, which are the foundations of Lothlorien; loving kindness, compassion, joyful appreciation and equanimity. He placed emphasis on people co-operating, working together and keeping things simple. Each person takes responsibility for looking after themselves and through coordination, supporting each other. He showed the value of not making much distinction between being the helper, the helped and the type of help given as these change constantly. The care of the environment, the body and mind all benefit from working together. Body and mind can grow strong and stay healthy through the physical activity of growing what we need

and looking after our environment and home. Both physical work and relaxation are important to regaining and maintaining our mental and physical health'.

Photo below: Akong Rinpoche with his brother Lama Yeshe Losal Rinpoche



[Visit our Website](#)

Lothlorien Therapeutic Community
(Rokpa Trust)
Corsock
Castle Douglas
DG7 3DR

www.lothlorien.tc

Lothlorien is a member of the Association of Therapeutic Communities.
Rokpa Trust is a registered charity (no. 1059293)

Opening Hours
Monday- Friday 9-5pm

01644 - 440602
Email address: contact@lothlorien.tc

[A positive approach to mental health](#)

Lothlorien and Roan Lodge received 'Excellent' grades from the Care Inspectorate.



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