



2006 RIGPE DORJE PROGRAMS

Second of the Five-Year Programme of Integrated Study and Meditation

2006 Winter Program *January 17th to March 25th*

*Students are required to attend the main teachings daily and at least one Tibetan Language & Scriptures class.
The minimum enrolment period is ONE month for the Tibetan Language and Scriptures Class.*

MAIN TEACHINGS

Teacher: Drupon Khenpo Lodro Namgyal
English Translator: Jim Scott

VASUBHANDU's Text on ABHIDHARMA

Of the three forms of training, the subject matter of this text treats the training in knowledge. The two months teachings will present a summary of the essential points expressed in three chapters of Vasubhandu's Abhidharma text, based on the Ninth Karmapa Wangchuk Dorje's "Treasury of the Essence of the Ocean of Abhidharma" (Tib. *mdzod kyi rnam bshed chos mngon rgya myso'i snying po*). The principal subjects are the presentations of the dhatus (basic elements); the explanation of karma, which gives rise to mundane reality; and an explanation of the "subtle increasers," a teaching on how the afflictive emotions become the cause of the generation of karma.

TIBETAN LANGUAGE & SCRIPTURAL CLASSES

BEGINNERS TIBETAN LANGUAGE – Emphasis: Alphabet and reading skills, foundations of grammar, basic colloquial Tibetan language. / **Medium of Instruction:** Tibetan and English. / **Prerequisites:** None, but basic knowledge of Tibetan alphabet will be extremely helpful.

INTERMEDIATE CLASSICAL TIBETAN LANGUAGE & SCRIPTURES – Text: A Synopsis of the Mundane Path (Brahmayana) from the Treasury of Knowledge / **Emphasis:** Building vocabulary and recognition of sentence structure elements. Basic study of Dharma principles through translation of text. Memorization and recitation of verses in Tibetan. / **Medium of Instruction:** This class is conducted in English mainly. / **Prerequisites:** Ability to read Tibetan. For students who cannot read Tibetan, concurrent enrolment in the Beginners Tibetan language class is required. / **Auditory non-participating status:** Students who cannot meet the prerequisites but wish to join the class may request permission for auditory non-participating status from the instructor.

ADVANCED CLASSICAL TIBETAN ROOT TEXT CLASS – Text: Vasubhandu's Text on Abhidharma / **Emphasis:** Advanced level classical written Tibetan translation course based on root text from the main Dharma teachings. In-depth analysis of the root text and subjects studied in the main teachings. Substantial memorization and recitation of verses in Tibetan. / **Prerequisites:** Tibetan Language Proficiency required. Advanced reading ability, some knowledge of classical Tibetan vocabulary, and some ability to translate basic classical written Tibetan are

necessary. / **Medium of Instruction:** This class is conducted in English mainly. / **Auditory non-participating status:** Students who cannot meet the prerequisites but wish to join the class may request permission for auditory non-participating status from the instructor.

ADVANCED CLASSICAL TIBETAN LANGUAGE & SCRIPTURES – Text: A Synopsis of General Topics of Knowledge from the Treasury of Knowledge / **Emphasis:** Developing skill in understanding oral Tibetan in Dharma context through translation of classical written Tibetan text and immersion in oral teachings in Tibetan. Substantial memorization and recitation of verses in Tibetan. / **Medium of Instruction:** This class is conducted exclusively in Tibetan, without translation. / **Prerequisites:** Tibetan language proficiency required. Advanced reading ability, ability to translate classical written Tibetan, and some understanding of oral Tibetan are necessary. / **Auditory non-participating status:** Unavailable for this class.

GENERAL WINTER STUDY PROGRAM INFORMATION

DAILY SCHEDULES		
9:00 – 11:00	Main Teachings	
11:30 – 1:00	Beginning Tibetan Language	Advanced Classical Tibetan (Root Text)
3:00 – 4:30	Advanced Tibetan Language	Intermediate Classical Tibetan

Classes are held six days per week. Schedules, class topics, and availability are subject to change without notice.

Main Teachings are conducted in Tibetan with English translation. Attendance is required at the Main Teachings for all students. In addition to class time, students should arrange individual time for reflection and meditation on the teachings.

Tibetan Language and Scriptures classes are conducted in English, Tibetan, or both, as specified in the individual class descriptions indicated in the program outline. Intermediate and advanced classes require extensive study, including required homework, frequent memorization of verses in Tibetan for in-class recitation, and examinations. While students may elect to attend two intermediate and/or advanced classes, it is recommended that students choose one, in order to have sufficient time to complete required coursework properly. Non-participating auditory status is available for certain classes, as indicated in the individual class descriptions below, and only for students who cannot meet class prerequisites, but wish to attend class.

During the first week, students may attend multiple classes in order select class(es) for enrolment. Upon enrolment, attendance is required and change of class(es) is NOT permitted. Students may be assigned to non-participating auditory status or not allowed to rejoin a class after frequent or extended absence in excess of three contiguous class days, as it is disruptive to the flow of instruction.

Prior year recordings of teachings and in-depth root text study class for prior years of the five year program are available for purchase by students enrolled in the programs.

Certification of completion for the five-year winter study program requires 75 percent attendance of the Main Teachings overall. The certificates will include a listing of language and translation classes completed. Completion of language and translation classes requires 75 percent attendance and satisfactory performance on the respective final examinations administered annually. The Certificates do not specify students' level of accomplishment and do not reflect whether the student is able to teach the course material.

Orientation of students will be conducted on the first day of the winter study program. Students will receive an orientation talk concerning the programs and about the activities of His Eminence Jamgon Kongtrul Rinpoche in general and at Pullahari Monastery.

Personal interviews with Drupon Khenpo Lodro Namgyal may be arranged on request through the General Office.

2006 Spring Program
March 30th to April 9th

VIPASSANA MEDITATION PROGRAM

Teacher & Guide: Drupon Khenpo Lodro Namgyal
English Translator: Jim Scott

The five-year meditation program beginning in 2005 presents the stages of meditation from Shamatha through the various levels of Vipassana, to Mahamudra.

The authentic mental states of revulsion with samsara and renunciation are the driving force behind meditation. As the root of all higher practices, such as compassion and devotion and so forth, they are indispensable—without them, nothing is possible, with them, even the highest practices are attainable. Alternating between analytical and resting meditation on the Four Seals that are the mark of the Buddha's teaching is the supreme method for generating revulsion with samsara and renunciation. This meditation practice will be explained from a summary of the progressive stages of meditation of the causal vehicle of characteristics (Tib. *rgyu mtsen nyid theg pa'i sgom rim*, from Jamgon Kongtrul Lodro Thaye's *Treasury of Knowledge*).

SPRING MEDITATION PROGRAM DAILY SCHEDULE

Students are required to attend all the teachings and practice sessions of the ten-day program

DAILY SCHEDULES		
<i>Subject to changes without notice</i>		
First Day	7.00 – 7.45 am	Breakfast
	10.00 - 11.30 am	Teachings
	12.30 - 1.30 pm	Lunch
	2.00 – 4.30 pm	Teachings
	4.30 - 5.00 pm	Afternoon Tea
	5.00 - 6.00 pm	Group Meditation
	6.10 - 7.30 pm	Dinner
	7.30 - 8.30 pm	Individual Meditation in own room
Subsequent Days	6.00 am	Wake up Gong
	6.30 – 7.00 am	Individual Meditation in own room
	7.00 – 8.00 am	Breakfast
	8.15 – 8.30 am	Group Meditation
	9.40 - 10.00 am	Morning Tea
	10.15 - 12.00 pm	Teachings
	12.30 - 1.30 pm	Lunch
	2.00 – 3.15 pm	Individual Meditation in own room
	3.15 – 4.00 pm	Afternoon Tea
	4.00 – 5.30 pm	Teachings
	5.30 – 6.00 pm	Group Meditation
	6.15 – 7.15 pm	Dinner
	7.30 – 8.30 pm	Individual Meditation in own room
Last Day	7.00 - 7.45 am	Breakfast
	8.00 - 9.30 am	Group Meditation
	9.35 - 10.10 am	Morning Tea
	10.15 - 11.45 am	Summary of Teachings
	11.45 - 12.15 pm	Closing Ceremony

USEFUL INFORMATION

ENTRY VISAS INTO NEPAL

Up to date information on visas for Nepal are available on H.M. Ministry of Home's Department of Immigration website <http://www.immi.gov.np>

TAXIS TO PULLAHARI

From the Airport

It is cheaper to get a taxi from the stands outside the arrival hall. A reasonable price is between Rs.450 and Rs.550.

From Boudhanath Stupa

Available outside the main gate of the Boudhanath Stupa. The charge is Rs.250 to Pullahari.

DIRECTIONS TO PULLAHARI

Go from **Boudhanath** to **Jorpati** to the **Gokarna Shiva Mandir** (an old Hindu Temple). Turn left opposite the Gokarna Shiva Mandir. After a short sharp turn, you will see a pine forest before you. The first part of the road is not paved. Travel along the road for about 10 minutes until you come to **Shree Jana Jagriti Lower Secondary School**. Take a sharp turn left at the. You are on the road up to Pullahari Monastery.

Pullahari is about 40 minutes from the airport and 30 minutes from Boudhanath. It takes about an hour by foot from the Boudhanath Stupa.

AIRPORT TAX ON EXIT

Information is subject to change.

The airport tax is Rs.700 to India and Rs.1,100 to all other foreign destinations.

REGISTRATION AT YOUR EMBASSY

Students are encouraged to register at their embassies or consulates. The addresses and telephone contacts of embassies and consulates are available at the General office.



ANANDA SANGH

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REGISTRATION: RIGPE DORJE PROGRAMME (YEAR 2006)

NAME: AGE: SEX :

HOME ADDRESS: COUNTRY:

EMAIL / FAX:

1. I wish to attend (X)

() The Winter Program (January 17th to March 25th)

() As a Residential Student () As a Non-Residential Student

() The Spring Program (March 30th to April 9th)

() As a Residential Student () As a Non-Residential Student

2. Arrival Date: I am arriving Pullahari: () before 1pm () after 6pm

a. By () Road () Air [Airline / Flt No. / ETA]

b. Transport on arrival from Airport to Pullahari () Required () Not Required
Cost will be borne by passenger(s). We will try to group students coming in on the same flight together.

3. Departure Date: I am leaving: () before 1pm () after 6pm

4. I wish to stay in a

() Single room US\$10 per day () Single room with bath US\$15 per day

() Double room* US\$16 per day () Double room with bath* US\$24 per day

* I am sharing Double Room with: From: To:

Costs inclusive of meals, morning and afternoon tea

◆Vegetarian meals ◆Hot water showers ◆Beddings and linens provided.

◆You are advised to bring a torchlight, and warm sleeping bag and hot water bottle in the winter.

5. I am enclosing (X)

Payment in equivalent Nepalese and other major currencies are also accepted.

() US\$30 non-refundable Registration Fee US\$30.00

() Tibetan Language & Scriptures Class Fee (US\$100/month)

Cost of course materials not included

() Accommodation and meals

() Non-Residents Program Fee (US\$80/month)

() General Donation to Pullahari Monastery _____

TOTAL ENCLOSED _____

() Cash

() Cheque No. / Date

() Wire Transfer remittance date / remitting bank

The teachings are free and personal offerings to the teachers and translators are encouraged.