

YEAR 2011 RIGPE DORJE PROGRAMMES

Pullahari Monastery, Jagadol, Ward Kopan
P.O. Box 11015, Kathmandu, Nepal
Tel: +977 (1) 4800896; Tel/Fax: +977 (1) 4800890
Email: pullahari@jamgonkongtrul.org
Website: www.jamgonkongtrul.org

JANUARY 7th TO MARCH 4th

Students are required to attend all the Main Teachings, one Scriptures and one Language class.

MAIN TEACHING

(Daily 8.30 a.m. to 10.30 a.m. except Wednesdays)

“THE ADORNMENT OF THE MIDDLE WAY”

Uma Gyen by Shankarakshita

Based on the commentary by Mipham Rinpoche

The intention behind the Mahayana teachings of the Buddha consists of both profound and vast approach. The Protector Nagarjuna established the tradition of the Madhyamaka, or Middle Way, the profound approach, namely the interpretation as to independence. The Master Asanga established the faultless tradition of extensive conduct, the vast approach, namely the interpretation as merely mind. Thus emerged the two pioneer traditions of the Mahayana.

Understanding these two intentions as equivalent rather than contradictory, one engages the Mahayana without sectarian bias. The Transcendent Conqueror's presentation of apparent reality, or the conventional level, namely all those teachings encompassing afflicted and utterly pure phenomena, ultimately relies on comprehending the mind only approach. In addition, finally perfecting the conclusive determination that all phenomena, from visual forms up to omniscience, are by nature the great freedom from elaboration necessarily depends on the Middle Way approach.

The Great Abbot and emanation of Manjushri, Shantarakshita, perfectly assimilated the scriptural traditions of the two pioneering systems—the vast and the profound, like the sky and the ocean—without sectarian bias. His composition of this exceptional treatise, *The Adornment of the Middle Way*, established the tradition of the Autonomy Middle Way School of yogic conduct. Accordingly, this treatise contains both the profound and the vast approach, the indispensable distinctive features of the Mahayana. Having integrated these two pioneer traditions in a single text, it is outstanding even among other scriptures.

Year 2011 Rigpe Dorje Programme
JANUARY 7th TO MARCH 4th

SCRIPTURES CLASSES

(Daily 11 a.m. to 12.30 p.m. except Wednesdays)

The classes are aimed at those who wish to develop a foundation in classical Dharma Tibetan language.

I. Root Text Class: The Adornment of the Middle Way

Study of the root text and commentary for the main Dharma teaching.

Medium of Instruction: English.

II. Presentation of the "Classification of Mental States Known as the Essence of the Ocean of Texts on Reasoning" by Venerable Khenpo Tsultrim Gyatso Rinpoche

Intermediate knowledge of Tibetan language, including reading ability and basic classical Tibetan vocabulary recommended but not required. Class provides Tibetan track for those studying language and English track for those interested solely in the subject matter.

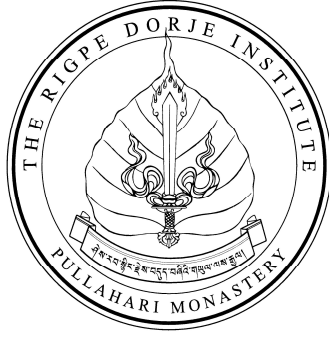
Medium of Instruction: Tibetan with English translation.

TIBETAN LANGUAGE CLASSES

(Daily 2 p.m. to 3.30 p.m. except Wednesdays)

I. Beginner Language Class - Emphasis: Alphabet and reading skills, foundations of grammar, some basic colloquial Tibetan language. **Medium of Instruction:** Tibetan and English. **Prerequisites:** None.

II. Intermediate Language Class - Emphasis: Advanced Tibetan grammar, reading skills and colloquial Tibetan language. **Prerequisites:** Intermediate reading skills ability. **Medium of Instruction:** English with some Tibetan.



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MARCH 10th TO MARCH 20th

Students are required to attend all the Teachings and Practice sessions.

MEDITATION PROGRAMME

Based on the Chapter on Meditative Concentration
 of the *Guide to Bodhisattva Conduct* by Shantideva

Teachings and guidance on training the mind in the meditation on equalising self and others, guarded by the skilful means of shamatha, based on the chapter on meditative concentration of Shantideva's Bodhicharyavatara, or *Guide to Bodhisattva Conduct*.

SAMPLE OF THE DAILY SCHEDULE

Mar 10	07.00 – 07.45 am	Breakfast
	10.15 - 11.30 am	Teachings
	12.30 – 01.30 pm	Lunch
	02.00 – 04.30 pm	Teachings
	04.30 – 05.00 pm	Afternoon Tea
	05.00 – 06.00 pm	Group Meditation
	06.00 – 07.30 pm	Dinner
	07.30 – 08.30 pm	Individual Meditation
Mar 11 – 19	06.00 am	Wake up Gong
	06.30 – 07.00 am	Individual Meditation
	07.00 – 08.00 am	Breakfast
	08.15 – 09.30 am	Group Meditation
	09.30 – 10.00 am	Morning Tea
	10.30 – 12.00 pm	Teachings
	12.30 – 01.30 pm	Lunch
	02.00 – 03.15 pm	Group Meditation
	03.15 – 04.00 pm	Afternoon Tea
	04.00 – 06.00 pm	Teachings
	06.15 – 07.15 pm	Dinner
07.30 – 08.30 pm	Individual Meditation	
Mar 20	07.00 – 07.45 am	Breakfast
	08.15 – 09.30 am	Group Meditation
	09.30 – 10.10 am	Morning Tea
	10.15 – 11.45 am	Summary of Teachings
	11.45 – 12.15 pm	Closing Ceremony



THE RIGPE DORJE PROGRAMME REQUIREMENTS AND INFORMATION

Teachings are conducted in Tibetan with English translation. Students in the philosophy programme are required to attend all the main teachings and at least one scripture or language class. Students in the meditation programme must attend the main teachings and practice sessions. In addition to class time, students of the philosophy programme are encouraged to arrange time for personal reflection and meditation on the teachings.

Residency at the monastery is an integral part of the programme experience. In exceptional circumstances, alternative residency may be acceptable, but requires payment of a non-residential surcharge.

Correct Conduct is encouraged throughout the period of the programmes as right ethical conduct is the basis of all the qualities of knowledge. A respectful attitude towards the monastic environment and others in the assembly is essential. Use of intoxicants is strictly prohibited.

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, and examinations.

Certification of Completion for the 5-year PHILOSOPHY study program requires 75 percent attendance of the Main Teachings overall as evidenced by daily attendance record. The Certificates do not specify students' level of accomplishment and do not reflect the student's ability to teach the course material.

Personal interviews with Drupon Khenpo Lodro Namgyal may be arranged on request.