



ANANDA SANGH, Pullahari Monastery

Jagdol, Budhanilkantha-11, P.O. Box 11015, Kathmandu, Nepal

Tel: +977 (1) 6201550 | Email: pullahari@jamgonkongtrul.org

Website: www.jamgonkongtrul.org

2019 RIGPE DORJE PROGRAMS

Principal, Teacher & Guide: Drupon Khenpo Lodro Namgyal Negi

Translators: Ivonne Prieto Rose (Lama Yeshe) & Chris Rose (Lama Zopa)

PHILOSOPHY

2019 September 7 to November 5

Required to attend all Teachings, the Root Text class and one Scriptures or Language class

MAIN TEACHING

9AM to 11AM except Wednesdays

Understanding Genuine Reality Through Reasoning – Part II

Elucidation of PRANSANGIKA or the CONSEQUENCE MIDDLE WAY SCHOOL based on Aryadeva's *dbu ma bzhi brgya pa* [Four Hundred Verses on the Middle Way] and commentary by Bötrül Rinpoche

SCRIPTURES & LANGUAGE CLASSES

Daily except Tuesday afternoons and Wednesdays

ROOT TEXT CLASS

Aryadeva's "Four Hundred Verses on the Middle Way" [*Tib. Dbu ma bzhi brgya pa*] Part II, Chapters 9 to 16.
Study of the scriptural source of the main teaching. Medium of Instruction: English.

SCRIPTURES CLASS

Je Gampopa's "Ornament of Precious Liberation" Part II, from Chapter 8.

TIBETAN LANGUAGE CLASSES

BEGINNER LANGUAGE CLASS

Emphasis: alphabet, reading and conversation skills. Prerequisites: none. Medium of Instruction: Tibetan and English.

INTERMEDIATE & ADVANCED LANGUAGE CLASSES

Will be organised according to the capacity of attending students. Medium of Instruction: English with some Tibetan.

MEDITATION

2019 November 12 to 22

Required to attend all teachings and engage in group and individual practices

THE CREATION & COMPLETION STAGES OF MEDITATION

The program focuses on the creation and completion stages of meditation, the very essence of mind-training, applied to the **practice of Chenrezig**, the enlightened compassion of all the Buddhas, titled

Benefitting Beings Throughout Space by Tangtong Gyalpo.

THE RIGPE DORJE PROGRAM REQUIREMENTS AND INFORMATION

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

Residency in Pullahari is an integral part of the program experience. In exceptional circumstances, alternative residency may be acceptable but a non-residential surcharge is required.

Correct Conduct is encouraged throughout the period of the programs 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.

Scripture and Tibetan Language classes are conducted in English, Tibetan, or both, as specified in the individual class descriptions outlined in the program. Intermediate and advanced classes require extensive study, including required homework, and examinations.

Personal interviews with Drupon Khenpo Lodro Namgyal will be arranged and scheduled.

TRAVEL TO PULLAHARI MONASTERY USEFUL INFORMATION

VISA FOR NEPAL

For information, go to <http://www.immi.gov.np/appendix>

For application on-line <http://online.nepalimmigration.gov.np/tourist-visa>

TAXIS TO PULLAHARI

From Tribhuvan International Airport
24 Hours Pre-Paid Taxi Service or
Pre-arranged taxi service through Pullahari office

DIRECTION TO PULLAHARI

From Boudhanath, go to Jorpati Chowk. Turn left, go past Nepal Medical College, Atarkel. After about 3 minutes, you will see a pine forest on a hill. Turn left and go along the gravelled road leading to Shaidh Park. At its entrance, turn left. Travel about 3 minutes until you reach Shree Jana Jagriti School. Take a sharp turn left to Pullahari Monastery.

Pullahari is about an hour by car from the airport, an hour's walk from the Great Stupa of Boudhanath, and 5 minutes from Shaidh Park.

PROGRAM PAYMENTS

Cash currencies traded in Nepal are accepted. Re <https://www.nrb.org.np/fxmexchangerate.php>

Cheque payments: at least 30 days before commencement of Program.

Wire Transfers: at least 14 days before commencement of Program.

Not accepted: Credit cards and Traveler cheques.

MONEY EXCHANGE

Major foreign currencies and credit cards are accepted at many hotels, restaurants and shops in Kathmandu. There are also many banks and authorised money changers in Boudhanath and Kathmandu city.

Not accepted in Nepal: US Bank and US Dollar cheques, Taiwanese currencies, remittances and money transfers.

REGISTER WITH YOUR EMBASSY

Students are encouraged to register with their Embassies or Consulates in Nepal.

Contact for enquiries: Khenpo Chokey Gyaltsen

Email: pullahari@jamgonkongtrul.org