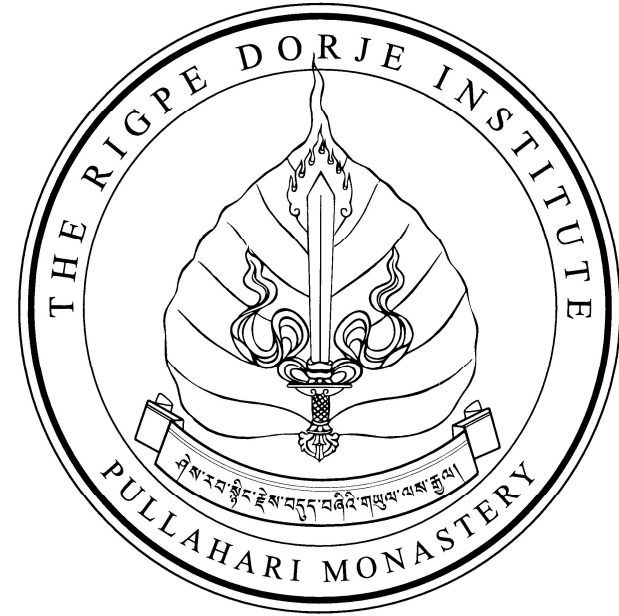


Your engagement in listening, reflection and meditation  
on the teachings and practices at Pullahari fulfil the intention of  
His Eminence Jamgon Kongtrul Rinpoche.

May All Sentient Beings Rejoice!



## **YEAR 2015**

# **RIGPE DORJE PROGRAMS**

**PHILOSOPHY: January 7 to March 7**

**MEDITATION: March 16 to March 27**

Pullahari Monastery  
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## THE RIGPE DORJE INSTITUTE at Pullahari Monastery

Spiritual Head: H.E. Jamgon Kongtrul Rinpoche

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General Secretary: Tenzin Dorjee

Teacher  
Drupon Khenpo Lodro Namgyal

Principal Translator  
Jim Scott of the Marpa Institute

Program Administrator: Khenpo Chokey Gyaltsen



Rigpe Dorje Institute for Buddhist study and meditation was founded by the Third Jamgon Kongtrul Rinpoche (1954-1992) and dedicated in devotion to his Root Teacher, the 16<sup>th</sup> Gyalwa Karmapa Rangjung Rigpe Dorje. Today, the activities of the Institute continues under the inspiration of His Eminence the Fourth Jamgon Kongtrul Rinpoche and in devotion to him.

Located in the sacred and serene surroundings of Pullahari Monastery, the Institute is sited below the Enlightenment Stupa of the Third Jamgon Kongtrul Rinpoche and overlooks the Great Stupa of Boudhanath. Its open atmosphere is conducive to gaining deeper insight through listening, reflection and meditation.

Open throughout the year to international Buddhists for retreat, the Institute's activities are conducted side by side with the way of life in the monastery where the monks live, study and practice according to the age-old tradition of monasticism in Tibet and the Himalayas.

## TRAVEL TO PULLAHARI

### USEFUL INFORMATION

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#### TOURIST VISAS FOR NEPAL

For information, go to Nepal's Department of Immigration website  
<http://www.immi.gov.np/appendix>

#### TAXIS TO PULLAHARI

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

#### From Boudhanath Stupa

Taxis available at the main gate of Boudha Stupa  
Rs.400 to Rs.450 one way

#### DIRECTIONS TO PULLAHARI

From **Boudhanath**, go towards **Jorpati Chowk**. Turn left and follow the road. You will pass by the **Nepal Medical College (Attarkhel)**. When you see a **pine forest hill** before you, slow down and look out for a side road on the left going up the forest. Turn up and keep straight on the upward route passing by the forest and continue until you come to **Shree Jana Jagriti Lower Secondary School** at the end of the road. Take the sharp turn left to **Pullahari Monastery**.

Pullahari is about an hour by car from the airport, 30 minutes from Boudhanath, and an hour by foot from the Great Stupa.

#### REGISTER WITH YOUR EMBASSY

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

## RIGPE DORJE PHILOSOPHY PROGRAM

2014 JANUARY 7 to MARCH 7

DAILY TEACHING (EXCEPT WEDNESDAYS): 9AM to 11AM

Attendance of Teaching, one Scripture and one Language class is mandatory.

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### MAIN TEACHING

“Lamp for the Path to Enlightenment”

Tib. *bJang Chub Lam gyi sGron Ma*, Skt. *Bodhipathapradipam*  
by Dipamkara Shrijnana Atisha

The *new mantrayana* tradition was initially propagated in Tibet. However, through the influence of some misguided teachers, the pure view concerning the Path became compromised. Many began practicing the mantrayana incorrectly thus contaminating the glorious Buddha’s pristine teaching and even making it difficult to differentiate right from wrong.

Unable to bear the situation, two Dharma kings of Tibet, *Lha Lama Yeshe Oe* and his nephew *Jang Chub Oe*, though encountering countless hardships, invited the glorious Lord Atisha to Tibet. The fact that the teachings of the glorious Buddha had degenerated due to erroneous beliefs was explained in detail to Atisha and he was requested to visit Tibet and to compose a treatise to clearly distinguish authentic teachings from the corrupted ones.

The treatise Atisha composed condensed the complete meaning of the Mahayana path into a few words, in accordance with the way that Atisha himself practiced daily. The treatise is a unique lamp for the three realms and contains the essential point of all the Victor’s scriptures.

This superior treatise, *Lamp for the Path to Enlightenment*, is addressed to beings at any of the three levels of capacity and incorporates the special features that pertain to practice, namely, that its various steps be done in the proper order, that all necessary steps are included, and so on. It is a text that unites the instructions of two pioneer traditions into one stream, presenting a path that leads beings of great capacity to omniscience.

## RIGPE DORJE PHILOSOPHY PROGRAM

2014 JANUARY 7 to MARCH 7

DAILY SCRIPTURES & LANGUAGE CLASSES (EXCEPT WEDNESDAYS)

Morning classes: 11:30 AM to 1 PM | Afternoon classes: 2:30 PM to 4:00 PM

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### SCRIPTURES CLASSES

Aimed at development of a foundation in classical Tibetan language.

- I. **ROOT TEXT CLASS: “Lamp for the Path to Enlightenment”** by Dipamkara Shrijnana Atisha. Study of the scriptural source of the main teaching. **Medium of Instruction:** English.
- II. **SCRIPTURE CLASS: Summary the Key Points of “Jewel Ornament of Liberation”** by V. V. Khenpo Tsultrim Gyamtso Rinpoche. Study of correct view supplementing the main Dharma teaching. **Medium of Instruction:** Tibetan with English.

### TIBETAN LANGUAGE CLASSES

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- I. **BEGINNER LANGUAGE CLASS - Emphasis:** Alphabet and reading skills, foundation of grammar, some basic colloquial Tibetan language. **Prerequisites:** None. **Medium of Instruction:** Tibetan and English.
- 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.
- III. **ADVANCED LANGUAGE CLASS - Emphasis:** Advanced Tibetan grammar, reading skills and colloquial Tibetan language. **Prerequisites:** Intermediate reading skills ability and basic ability to translate written Tibetan. **Medium of Instruction:** English with some Tibetan.

## RIGPE DORJE MEDITATION PROGRAM

2015 MARCH 16 to MARCH 27

Attendance of all Teachings and practice sessions is compulsory

### MEDITATION PROGRAM

#### The GREEN TARA Practice

Based on the sadhana by Jamgon Kongtrul Lodro Thaye entitled  
"The Profound Essence of Tara"

The program is structured with the focus on the meditation.

#### A Description of the Accomplishments of Exalted Tara

A leader in guiding all beings on the path of liberation, TARA is therefore referred to as *The Exalted*. Her body, speech and mind being peaceful and gentle and completely unstained by non-virtue, TARA is therefore known as *The Revered Mother*. Not abiding in either extreme of conditioned existence or in mere pacification, and moreover being the mother who by means of the three vehicles has attained the paths of seeing, meditation and no more learning, TARA is therefore called *The Noble Mother*. With love that protects all sentient beings from all suffering and fears and because she liberates those who turn to her, TARA is therefore called *The Liberator*. As the embodiment of all the Victors' activities, and due to her manifesting twenty-one bodies to tame beings in whatever way is appropriate, TARA is therefore known as *The Twenty-one Taras*. Performing these four activities in a manner swifter than lightning – completely pacifying all suffering, spreading the attainments of longevity and well-being, having the power to magnetize and subdue the universe and beings through her dignified presence and completely subjugating all corrupting influences and demonic negative forces through her wrath, she thus provides unobstructed protection – TARA is therefore called *The Swift Heroine*.

*White Tara* is renowned mainly for her pacifying activity, *Yellow Tara* mainly for her enriching activity, *Red Tara* mainly for her subjugating and *Blue Tara* mainly for her wrathful activity. But *Green Tara* is the most renowned by fully accomplishing all four of these enlightened activities as signified in her beautiful green complexion which includes all four colours (white, yellow, red, blue) within it. It is therefore the sadhana with its offering, praise, generation and recitation that has been and continues to be by far the most widespread of the Tara practices.

Tara, supreme among special deities, is able to grant whatever might be needed without hindrance. So those who enthusiastically practice her sadhana, and who do so with a complete and unmistakable knowledge of the skillful means to be applied, will be freed from all fears regarding imminent and ultimate dangers and

will accomplish well-being as well as prosperity. That this supreme deity has made the commitment to bring about explicitly desired results as her top priority has been amply documented in the life stories of bygone yogins.

Guru Rinpoche, referring to the limitless tantras of Tara as taught by the Buddhas, stated that they should be practiced in a manner involving four connections: the tantra should be connected with a sadhana; the sadhana should be connected with a compilation; the compilation should be connected with practical guidance; and the practical guidance should be connected with the pith instructions of the lineage masters.

The Tara sadhana taught by Guru Rinpoche is a treasure revealed by Chogyur Lingpa. It was the treasure master Jamgon Kongtrul Lodro Thaye who compiled the sadhana called *The Profound Essence of Tara*, a practice ornamented by the practical guidance and instruction of the lineage masters.

## THE RIGPE DORJE PROGRAM REQUIREMENTS AND INFORMATION

**Teachings** in Tibetan with English translation. Students in the philosophy program are required to attend all the main teachings and at least one scripture and one language class. In addition to class time, students of the philosophy program 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.

**Tibetan Language and Scripture 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.