



## YEAR 2010 RIGPE DORJE PROGRAMMES

Pullahari Monastery, Jagadol, Ward Kopan  
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**JANUARY 7<sup>th</sup> – MARCH 8<sup>th</sup>**

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### PHILOSOPHY PROGRAMME

The programme will be daily except on Wednesdays. The break during Losar will be February 14<sup>th</sup> to 16<sup>th</sup>. It is compulsory for students to attend all the Main Teachings, one scriptures class, and one Language class.

### MAIN TEACHINGS

#### “THE PRINCIPAL ASPECTS OF THE PATH”

*Lam gTso rNam gSum* by Je Tsongkhapa

Based on the commentary

#### “THE PATH OF LIBERATION FOR THE FORTUNATE ONES”

*sKal bZang Thar Pa'i Jug Ngogs* by Jamgon Kongtrul Lodro Thaye

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The root and principal aspect of all paths, whether sutra or mantra, is the triad of genuine renunciation, bodhicitta, and the correct view of reality. Why is that? Because, without the renunciation that turns one's mind away from samsara, the urge to strive for liberation does not develop. In addition, without correct view, the means for counteracting the clinging to material existence which is the root of samsara, it is not possible to attain liberation. Therefore, it is said:

*For as long as there is clinging to the skandhas  
There will likewise be clinging to an "I."  
Where there is clinging to an "I," there is also karmic action.  
From karmic action, once again there is birth.*

Yet, even if one possesses both renunciation and view, but lacks the bodhicitta that reverses fascination with one's own self-interest, they will not serve as a cause for enlightenment. If, however, one trains in all three of these, by transcending the extremes of existence and pacification, one readily actualises unconstrained nirvana.

Consequently, these three are like the lifeblood of all the paths of sutra and mantra. Seeing the power of this truth, the human manifestation of Manjushri as Lobsang Drakpa, the Lord Tsongkhapa, skilfully taught The Three Principal Aspects of the Path, a pre-eminent treatise that places complete liberation in the palms of one's hands. In doing so, he created a means for nourishing the happiness and well-being of beings.

The master of non-sectarian teachings, the Lord of Refuge, Jamgon Kongtrul Rinpoche the Great, perceiving this very text as a genuine passageway for those striving on this path, wrote a comprehensively clear commentary through his own experience, in loving consideration of future disciples, which is found among the Treasury of Spiritual Instructions, where it remains as a blossom of well-being and peace.

Thus, hoping that this will occur just as intended, at this juncture between the first and second series of Rigpe Dorje Institute's 5-year programmes, this subject is chosen to serve as a link for new and old students alike.

## SCRIPTURES CLASS

Presentation of the Tenets of the Vaibhashika, Sautantrika, and Cittamatra schools, incorporating essential points of science of mind (bLo Rigs) and science of reasoning (rTags Rigs). This is aimed at directing the mind towards the system of tenets of the Vaibhashika and Sautantrika as they actually are, and to facilitate an initial realisation of the basic nature through the Cittamatra tenets.

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**CLASS 1:** **Pre-requisites:** Intermediate knowledge of Tibetan language, including reading ability and basic classical Tibetan vocabulary. **Medium of Instruction:** mainly Tibetan.

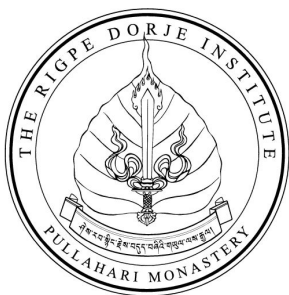
**CLASS 2:** **Pre-requisites:** None. **Medium of Instruction:** English.

## TIBETAN LANGUAGE CLASSES

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**CLASS 1: BEGINNER LANGUAGE CLASS - Emphasis:** Alphabet and reading skills, foundations of grammar, some basic colloquial Tibetan language.  
**Medium of Instruction:** Tibetan and English. **Prerequisites:** None.

**CLASS 2: INTERMEDIATE LANGUAGE CLASS - Emphasis:** Advanced Tibetan grammar, reading skills and colloquial Tibetan language.  
**Medium of Instruction:** English with some Tibetan.  
**Prerequisites:** Intermediate reading skills ability.



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**MARCH 13<sup>th</sup> – MARCH 23<sup>rd</sup>**

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### MEDITATION PROGRAMME

It is compulsory for students to attend all the teachings and engage in all the practice sessions.

### SHAMATHA MEDITATION

Based on “The Progressive Stages of Meditation”

By Jamgon Kongtrul Lodro Thaye

The programme offers teachings and guidance on training the mind in the methods of shamatha meditation, specifically the general methods for stabilising the foundation of the practice through cultivating the causes and conditions of shamatha, that is how to abandon what is to be eliminated and how to cultivate the remedies.

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#### SAMPLE DAILY SCHEDULE

March 13	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
March 14 - 22	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
	10.15 – 12.00 pm	Teachings
	12.30 – 01.30 pm	Lunch
	02.00 – 03.15 pm	Individual Meditation
	03.15 – 04.00 pm	Afternoon Tea
	04.00 – 05.30 pm	Teachings
05.30 – 06.00 pm	Group Meditation	
06.15 – 07.15 pm	Dinner	
07.30 – 08.30 pm	Individual Meditation	
March 23	07.00 – 07.45 am	Breakfast
	08.00 – 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



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### THE RIGPE DORJE PROGRAMME GENERAL INFORMATION

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*Teachings* are conducted in Tibetan with English translation. Students are required to attend all the main teachings in the philosophy programme and the teachings and practice sessions in the meditation programme. In addition to class time, students of the philosophy programme are encouraged to arrange time for personal contemplation and meditation on the teachings.

*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, the Teachers and others in the assembly is important.

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

*Certification of Completion* for the five-year PHILOSOPHY study program requires 75 percent attendance of the Main Teachings overall. 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.

### CONTINUATION OF THE 2009 RIGPE DORJE PROGRAMME

These programmes are only for students who attended the 2009 Philosophy and Meditation programmes in full. Participating students are required to settle the fees upon commencement of the programmes.

**Dates of Programmes:**

Philosophy: January 7<sup>th</sup> to March 8<sup>th</sup> (Losar break: Feb 14<sup>th</sup> to 16<sup>th</sup>)

Meditation: March 13<sup>th</sup> to 23<sup>rd</sup>

### CONTACT FOR ENQUIRIES

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