



Theg-Chog Norbu-i Ga-Dzong

## Lama Norbu Repa's teaching schedule : February 2001

- 16<sup>th</sup> Feb 2001
  - 07.00am to 08.00am Tara Puja
  - 09.00am to 12.00am Preparation to the seminar
  - 02.00pm to 03.30pm Introduction - Studying the Dharma - The Need for Meditation
  - 04.30pm to 06.00pm Faith and Devotion - The Lineage Prayer
  - 06.00pm to 06.30pm Mahakala Puja
- 17<sup>th</sup> Feb 2001
  - 07.00am to 08.00am Tara Puja
  - 08.45am to 10.15am The Posture in Meditation - The Mind in Meditation - General Obstacles to Meditation
  - 11.00am to 12.30pm Meditating on an Outer Object (1)
  - 02.30pm to 03.30 pm *Private Interview / Individual practice*
  - 04.00pm to 05.30 pm Meditating on an Outer Object (2)
  - 05.30pm to 06.00pm Mahakala Puja
- 18<sup>th</sup> Feb 2001
  - 07.00am to 08.00am Tara Puja
  - 08.45am to 10.15am Insight Meditation - Obstacles to Tranquillity Meditation
  - 11.00am to 12.30pm Developing Clarity in Meditation - Post Meditation Practice - Inner Meditation (1)
  - 02.30pm to 03.30 pm *Private Interview / Individual practice*
  - 04.00pm to 05.30 pm Inner Meditation (2)
  - 05.30pm to 06.00pm Mahakala Puja

- 19<sup>th</sup> Feb 2001      - 07.00am to 08.00am      Tara Puja  
                                  - 08.45am to 10.45am      Revision - Questions & Answers
  
- 20<sup>th</sup> Feb 2001      - 07.30am to 08.45am      Tara Puja  
                                  - 09.30am to 10.45am      Refuge and Bodhicitta  
                                  - 01.30pm to 03.30 pm      *Private Interview / Individual practice*  
                                  - 03.30pm to 05.30 pm      Thonglen Meditation (1)  
                                  - 05.30pm to 06.00pm      Mahakala Puja
  
- 21<sup>st</sup> Feb 2001      - 07.30am to 08.45am      Tara Puja  
                                  - 09.30am to 11.00am      Thonglen Meditation (2)  
                                  - 11.00am to 12.30pm      Ganachakra  
                                  - 02.30pm to 03.30 pm      *Private Interview / Individual practice*  
                                  - 04.00pm to 04.30 pm      Questions and Answers  
                                  - 04.30pm to 05.00pm      Mahakala Puja

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