



Theg-Chog Norbu-i Ga-Dzong

Meditation Retreat - December 2001

- 1st Dec 2001
 - 11.00 am to noon Visit to Karma Kagyüd Society Ipoh
 - 05.00 pm to 05.30 pm Mahakala Puja
 - 06.30 pm to 08.00 pm Introduction to Refuge (General Talk)
- 2nd Dec 2001
 - 07.00 am to 08.00 am GS 006E Green Tara Puja
 - 09.00 am to 10.30 am GT 001E Taking Refuge (Teaching)
 - 11.00 am to 12.00 pm Refuge Ceremony
 - 02.00 pm to 04.00 pm GS 003E Zangpo Chöd-pa Monlam (Lung and Teaching))
 - 05.00 pm to 06.00 pm *Private Interview / Individual practice* GS 003E Zangpo Chöd-pa Monlam (Recitation)
 - 06.00 pm to 06.30 pm Mahakala Puja
- 3rd Dec 2001
 - 07.00 am to 08.00 am GS 006E Green Tara Puja
 - 09.00 am to 10.30 am Setup of Manjushri Shrine
 - 11.00 am to 12.30 pm ST 005E Manjushri & Sarasvati (Lung and Teaching)
 - 02.30 pm to 03.30 pm *Private Interview / Individual practice* GS 003E Zangpo Chöd-pa Monlam (Recitation)
 - 04.00 pm to 05.30 pm ST 005E Manjushri & Sarasvati Puja
 - 06.00 pm to 06.30 pm Mahakala Puja
- 4th Dec 2001
 - 07.00 am to 08.00 am GS 006E Green Tara Puja
 - 09.00 am to 10.30 am ST 005E Manjushri & Sarasvati Puja
 - 11.00 am to 12.30 pm ST 005E Manjushri & Sarasvati Puja
 - 02.30 pm to 03.30 pm *Private Interview / Individual practice* GS 003E Zangpo Chöd-pa Monlam (Recitation)
 - 04.00 pm to 05.30 pm ST 005E Manjushri & Sarasvati Puja
 - 06.00 pm to 06.30 pm Mahakala Puja

- 5th Dec 2001

 - 07.00 am to 08.00 am
 - 09.00 am to 10.30 am
 - 11.00 am to 12.30 pm
 - 02.30 pm to 03.30 pm
 - 04.00 pm to 05.30 pm
 - 06.00 pm to 06.30 pm

GS 006E Green Tara Puja
ST 005E Manjushri & Sarasvati Puja
ST 005E Manjushri & Sarasvati Puja
Private Interview / Individual practice GS 003E Zangpo Chöd-pa Monlam (Recitation)
GS 008E Sangye Menlha Set Up Shrine
Mahakala Puja

- 6th Dec 2001

 - 07.00 am to 08.00 am
 - 09.00 am to 10.30 am
 - 11.00 am to 12.30 pm
 - 02.30 pm to 03.30 pm
 - 04.00 pm to 05.30 pm
 - 06.00 pm to 06.30 pm

GS 006E Green Tara Puja
ST 008E Sangye Menlha (Lung & Teaching)
ST 008E Sangye Menlha Puja
Private Interview / Individual practice GS 003E Zangpo Chöd-pa Monlam (Recitation)
ST 008E Sangye Menlha Puja (+ Teaching)
Mahakala Puja

- 7th Dec 2001

 - 07.00 am to 08.00am
 - 09.00 am to 10.30am
 - 11.00 am to 12.30pm
 - 02.30 pm to 03.30pm
 - 04.00 pm to 05.30pm
 - 06.00 pm to 06.30pm

GS 006E Green Tara Puja
ST 008E Sangye Menlha (Teaching)
ST 008E Sangye Menlha Puja
Private Interview / Individual practice GS 003E Zangpo Chöd-pa Monlam (Recitation)
ST 008E Sangye Menlha Puja
Mahakala Puja

- 8th Dec 2001

 - 07.00 am to 08.00 am
 - 09.00 am to 10.30 am
 - 11.00 am to 12.30 pm
 - 02.30 pm to 05.30 pm

GS 006E Green Tara Puja
ST 008E Sangye Menlha Puja
Questions and Answers
Private Interview / Preparation of Dorje Phagmo Ganchakra

- 9th Dec 2001

 - 09.00 am to noon

Dorje Phagmo Ganchakra - Offering to Lama / Jin-Lab ceremony

