Ipoh Seminar 2005
February 12 to 19, 2005

Subject:
During this seminar, Lama Norbu will be teaching a fundamental text of instructions given by Lord Gampopa, "The Rosary of the Precious Excellent Path".

Simultaneously the recitation of the “37 Practices of a Bodhisattva”, instructed previously, will be continued.

Schedule:

February 12, 2005
15.30 - 16.30 Introductory lecture by Lama Norbu Repa
17.00 - 18.00 Dorje Phurba puja followed by the daily ritual of Mahakala
18.00 - 19.00 Presentation of text "The Rosary of the Precious Excellent Path".

February 13 to 18, 2005
06.30 - 08.00 Ritual of Green Tara - Shinay meditation
09.30 - 11.30 Teaching on "The Rosary of the Precious Excellent Path".
14.00 - 16.00 37 Practices of a Bodhisattva
17.00 - 18.00 Ritual of Mahakala
18.00 - 19.00 Teaching on "The Rosary of the Precious Excellent Path".

February 19, 2005
07.00 - 08.30 Teaching on taking Refuge - Refuge Ceremony
09.30 - 11.00 Preparation of Ganachakra
11.00 - 14.30 Ritual of Ganachakra
14.30 Dedication - Offerings to Lama - End of retreat.

Fees:
As usual, Lama Norbu Repa will insists that the seminar be free of charge for the members of the Centre. However attendees are requested to support the operating costs and material through a donation to the temple.

Ethics:
Participants are requested to abide in the Buddhist ethics. This is an open retreat and therefore verbal communication should be kept to a minimum, while taking to heart to practice the ten virtuous actions of body, speech and mind between the sessions.