



THEG-CHOG NORBU'I GA-Dzong  
Tibetan Karma Kamsang Dharma Centre

## **Ipoh Seminar 2006**

April 02 to 08, 2006

### **Subject:**

During this seminar, Lama Norbu will be introducing the practice of *Samatha* meditation following the tradition of Mahamudra. The teachings will include practical instructions from རེས་དོན་རྒྱ་མཚོ།, 'The Ocean of Definitive Meaning' from the 9th Gyalwang Karmapa, Wangchuk Dorje. The teaching sessions will be alternated with sessions of intensive training in meditation.

### **Schedule:**

#### **April 02, 2006**

15h00 - 16h00                      Introductory lecture  
17h00 - 18h15                      Ritual of Dorje Phurba followed by the daily ritual of Mahakala

#### **April 03 - 04, 2006**

06h30 - 08h00                      Ritual of Green Tara  
09h30 - 11h30                      Introduction to Mahamudra - The Preliminaries: *Teaching Part 1 - 3*  
14h00 - 16h00                      Introduction to Mahamudra - The Preliminaries: *Teaching Part 2 - 4*  
17h30 - 18h15                      Ritual of Mahakala  
20h00 - 21h30                      Introduction to Mahamudra - The Preliminaries: *Personal study*

#### **April 05, 2006**

06h30 - 08h00                      Ritual of Green Tara  
09h30 - 11h30                      Introduction to Mahamudra - The sitting posture: *Teaching and practice*  
14h00 - 16h00                      Introduction to Mahamudra - The 9 breaths: *Teaching and practice*  
17h15 - 18h00                      Ritual of Mahakala  
20h00 - 21h30                      Introduction to Mahamudra - The sitting posture - The 9 breaths: *Personal study*

#### **April 06 - 07, 2006**

06h30 - 08h00                      Ritual of Green Tara  
09h30 - 11h00                      Samatha Meditation I - III -: *Teaching and practice*  
14h00 - 16h00                      Samatha Meditation II - IV: *Teaching and practice*  
17h15 - 18h00                      Ritual of Mahakala  
20h00 - 21h30                      Samatha Meditation: *Personal Study*

#### **April 08, 2006**

07h00 - 08h30                      Ritual of Green Tara  
09h30 - 10h30                      Preparation of Ganachakra  
11h00 - 14h30                      Ganachakra of Khorlo Demchog  
14h30                                      Dedication - Offerings to Lama - End of retreat

### **Fees:**

Once again, Lama Norbu Repa insists that the seminar be free of charge for the members of the Centre. However attendees are invited to support the operating costs and material through donation.

### **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 the practice of the virtuous actions of body, speech and mind between the sitting sessions.