Subject:

During this seminar, Lama Norbu Repa will give a series of detailed teachings on the practice of Green Tara. Following a brief explanation of the origin of the Tara Tantra, the teachings will provide insight in the various processes involved in the sadhana and enable correct meditation on the deity. During this week long seminar, Lama Norbu Repa will comment the sadhana used every morning in most Tibetan monasteries and Dharma Centres of the Karma Kamtsang tradition.

Schedule:

Daily pujas:
06h30 - 08h00 Ritual of Green Tara
17h30 - 18h15 Ritual of Mahakala

Sunday January 14, 2007
14h00 - 16h00 Introductory lecture
17h00 - 18h15 Dorje Phurba puja followed by the daily ritual of Mahakala
20h00 - 21h30 Group study

Monday January 15, 2007
09h30 - 11h30 Origin of the Tara Tantra - Categories of teaching - Introduction to the Sadhana
14h00 - 16h00 The Title - The Author - Teaching on Guru Rinpoche
20h00 - 21h30 Group study

Tuesday January 16, 2007
09h30 - 11h30 Teaching on Guru Rinpoche
14h00 - 16h00 Tara Sadhana: Refuge - Bodhicitta - Blessing the Offerings.
20h00 - 21h30 Group study

Wednesday January 17, 2007
09h30 - 11h30 Tara Sadhana: Generating 'Tsok-Shing' - Seven limbs prayer.
Offering the Mandala of the Universe - Prayer of request - Eight worldly dharmas
Invoking the yeshepas.
14h00 - 16h00 Tara Sadhana: The 21 Taras visualisation - Part One.
20h00 - 21h30 Group study

Thursday 18, 2007
09h30 - 11h30 Tara Sadhana: The 21 Taras visualisation - Part two.
14h00 - 16h00 Tara Sadhana: Praise to 21 Taras
20h00 - 21h30 Group study

Friday January 19, 2007
09h30 - 11h30 Tara Sadhana: Asking forgiveness for mistakes - Monlam - Tashi Prayers.
14h00 - 16h00 Tara Sadhana: Abbreviated version of the Tsok Puja.
20h00 - 21h30 Preparation of the Tsok Offerings.

Saturday January 20, 2007
07h00 - 09h00 Setup of Ganachakra.
10h00 - 14h00 Tara Tsok Puja - Dedication of Merit - End of Retreat.

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.