



Association **DHAGPO KAGYU LING**

Etude et méditation bouddhiques

# Progressive Curriculum of Study and Meditation Chenrezig Cycle

For all those who wish to deepen their practice, Lama Jigme Rinpoche is initiating a progressive cycle of study and meditation, which will include six courses from October 2018 to May 2019.

## What is it?

This cycle is the expression of the curriculum defined by Shamar Rinpoche; it includes study and meditation subjects to apply in order for one's practice to be fruitful.

This curriculum will be step-by-step, allowing practitioners to acquire the necessary foundations for practicing Chenrezig meditation and to progressively train in the course of the proposed modules. Each of the six courses includes both study and meditation. This cycle is spread over several months, from October 2018 to May 2019.

## The Teachers

Lama Jigme Rinpoché, the primary reference, will participate in certain courses.

Dhagpo's teachers will support him for the aspect of meditation, while students trained by Khenpo Chodrak will cover the philosophical aspects.

## Conditions of Participation

This new cycle is based on a personal commitment, like a retreat; it is necessary to participate in all six courses. This also requires applying oneself to the practices of study and meditation between courses based on your availability.

Having taken refuge is an essential prerequisite. This cycle is intended for people already familiar with meditation practice.

## The Meditation Program

- Practice calm abiding meditation to ripen the mind.
- Accomplish the preliminary practices of the 35 Buddhas (prostrations; mandala offering—at least 30,000 of each)
- Accomplish the recitation of Marpa's Dorje Sempa mantra (at least 30,000).
- Study the seven points of mind training (*lojong*) and apply them.
- Receive Chenrezig meditation instructions in the Tangtong Gyalpo tradition based on the written commentary of 15<sup>th</sup> Karmapa.
- Regularly carry out Chenrezig practice.

### The Study Program

- The Five Aggregates (*skandas*)
- The Twelve Sources of Knowledge (*ayatanas*)
- The Twelve Links of Interdependent Arising (*tendrels*)

These various aspects will be transmitted and explained over the course of the six sessions. Retreatants must apply the instructions between courses. The content of each meeting will depend on the evolution of the group; therefore, we are unable to announce the content of each course in advance.

### Dates

- Thursday, October 4–Sunday, October 7, 2018
- Wednesday, October 31–Sunday, November 4, 2018
- Monday, February 18–Friday, February 22, 2019
- Thursday, March 14–Sunday, March 17, 2019
- Tuesday, April 23–Friday, April 26, 2019
- Friday, May 17–Sunday, May 19, 2019

### How to Register

**1** - Firstly, it is necessary to send a letter of motivation by e-mail to Lama Jigme Rinpoche in order to explain the reasons why you wish to participate in this cycle. The letter should address several essential questions. Briefly, what is your history with the Dharma? What is your current practice? What is the meaning of practice for you? What is your goal in accomplishing this cycle? The letter must be no longer than one page single-sided.

Of Note: Individuals who have already written a letter of motivation to Lama Jigme Rinpoche in the context of his earlier proposal concerning three-month retreat do not need to write a second letter. However, if they wish to commit to the Chenrezig Curriculum, they do need to send an e-mail informing Lama Jigme Rinpoche of this fact.

Please send your letter of motivation to : [retraite.jrinpoche@dhagpo.org](mailto:retraite.jrinpoche@dhagpo.org) before July 31, 2018.

**2** - If your application is accepted, you will receive a confirmation e-mail including details on reserving your lodging for the course.

Of Note: Individuals who cannot participate in the full cycle or who wish to take part in one or more courses without necessarily committing to the full curriculum may do so. In this case, it is not necessary to write a letter of motivation; registering for the course at the welcome office, as for a regular course, is sufficient. Registration for the winter program (2018–2019) opens September 5. We are unable to announce the theme of each session in advance.

**Course Fee** : 20 €/day or 10€/day for PASS holders.

Information: The PASS card allows full access to all courses, with the exception of guest courses and specific training courses (KTT instructors, etc) for 780€.

**For questions or any further information, please note that the sole means of contacting us concerning this course cycle is by e-mail at [retraite.jrinpoche@dhagpo.org](mailto:retraite.jrinpoche@dhagpo.org)**