



Pratiques et méditation sous la direction de Lama Shedrup Tendar.

\* Cérémonie du **Chöd de la guérison** avec notre enseignant en résidence, **Lama Shédrup Tendar** Samedi, 19 novembre et dimanche, 20 novembre 19 h 30 à 21 h: 20 \$ par soirée (membres RDC – 15 \$)

Ce sont des suggestions de dons ; veuillez donner dans la mesure de vos moyens.

**CENTRE RIGPE DORJE**  
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VERDUN (QC) H4G 2Z2

(station de **Métro Verdun**, entre les rues de Verdun et Wellington)

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# CENTRE RIGPE DORJE fondé par S.É. le TROISIÈME JAMGON KONGTRUL RINPOCHÉ

## NOVEMBRE 2011 ACTIVITÉS

À moins d'indication contraire, les enseignements sont donnés par Lama Shedrup Tendar, enseignant en résidence

| Dimanche   | Lundi | Mardi | Mercredi  | Jeudi  | Vendredi   | Samedi   |               |    |    |    |    |    |    |               |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |
|--|-------|-------|---|--|--|--|---------------|----|----|----|----|----|----|---------------|--|--|--|--|--|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|--|--|--|--|--|---|--|--|--|--|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|--|--|--|--|--|--|--|--|--|
|  |       | 1 ☾   | 2   | 3  | 4  | 5  |               |    |    |    |    |    |    |               |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |
| La contribution mensuelle suggérée au Centre Rigpe Dorje est de 25 \$ (en partie déductible d'impôt)                     |       |       | Pratique du <b>BOUDDHA DE LA MÉDECINE</b><br><br>19 h 30 – 21 h                           |  |  | <b>SHAMATHA</b><br>Instruction & pratique du calme mental<br><br>10 h 30 – 12 h  |               |    |    |    |    |    |    |               |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 6  | 7     | 8     | 9   | 10 ☽   | 11   | 12   |               |    |    |    |    |    |    |               |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |
| Pratique de la <b>TARA VERTE</b> , déité de protection<br><br>10 h 30 - 11 h 30  |       |       | <b>APPEL AU GURU LOINTAIN</b> , pratique de la dévotion<br><br>19 h 30 – 21 h             | <b>PLEINE LUNE</b><br>Pratique du <b>BOUDDHA DE LA MÉDECINE</b><br><br>13 h 30 – 14 h 30 |  | <b>SHAMATHA</b><br>Instruction & pratique du calme mental<br><br>10 h 30 – 12 h  |               |    |    |    |    |    |    |               |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 13   | 14    | 15    | 16  | 17 ☾   | 18   | 19   |               |    |    |    |    |    |    |               |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |
| Pratique de la <b>TARA VERTE</b> , déité de protection<br><br>10 h 30 - 11 h 30  |       |       | Pratique de la sadhana de <b>CHENRÉZIG</b> , déité de la compassion<br><br>19 h 30 – 21 h |  |  | <b>SHAMATHA</b><br>Instruction & pratique du calme mental<br>10 h 30 – 12 h<br><b>Cérémonie du Chöd de la guérison *</b> |               |    |    |    |    |    |    |               |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 20   | 21    | 22    | 23  | 24 ●   | 25   | 26   |               |    |    |    |    |    |    |               |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |
| Pratique de la <b>TARA VERTE</b> , déité de protection<br>10 h 30 - 11 h 30<br><b>Cérémonie du Chöd de la guérison *</b> |       |       | Pratique du <b>BOUDDHA DE LA MÉDECINE</b><br><br>19 h 30 – 21 h                           |  |  | Célébration de la fête de S.E. le <b>4e Jamgon Kongtrul Rinpoché</b> avec prières, potluck et gâteau.<br><br>10 h 30     |               |    |    |    |    |    |    |               |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 27   | 28    | 29    | 30  | 31   | <table border="0"> <tr> <td colspan="7">Octobre 2011</td> <td colspan="7">Décembre 2011</td> </tr> <tr> <td>D</td><td>L</td><td>M</td><td>M</td><td>J</td><td>V</td><td>S</td> <td>D</td><td>L</td><td>M</td><td>M</td><td>J</td><td>V</td><td>S</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td>1</td><td></td> <td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> </tr> <tr> <td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table> |  | Octobre 2011  |    |    |    |    |    |    | Décembre 2011 |  |  |  |  |  |  | D | L | M | M | J | V | S | D | L | M | M | J | V | S |  |  |  |  |  | 1 |  |  |  |  |  | 1 | 2 | 3 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 30 | 31 |  |  |  |  |  |  |  |  |  |  |  |  |
| Octobre 2011   |       |       |   |  |  |  | Décembre 2011 |    |    |    |    |    |    |               |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |
| D  | L     | M     | M   | J  | V  | S  | D             | L  | M  | M  | J  | V  | S  |               |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |
|  |       |       |   |  | 1  |  |               |    |    |    | 1  | 2  | 3  |               |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 2  | 3     | 4     | 5   | 6  | 7  | 8  | 4             | 5  | 6  | 7  | 8  | 9  | 10 |               |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 9  | 10    | 11    | 12  | 13   | 14   | 15   | 11            | 12 | 13 | 14 | 15 | 16 | 17 |               |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 16   | 17    | 18    | 19  | 20   | 21   | 22   | 18            | 19 | 20 | 21 | 22 | 23 | 24 |               |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 23   | 24    | 25    | 26  | 27   | 28   | 29   | 25            | 26 | 27 | 28 | 29 | 30 | 31 |               |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 30   | 31    |       |   |  |  |  |               |    |    |    |    |    |    |               |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |
| Pratique de la <b>TARA VERTE</b> , déité de protection<br>10 h 30 - 11 h 30  |       |       | <b>APPEL AU GURU LOINTAIN</b> , pratique de la dévotion<br><br>19 h 30 – 21 h             |  |  |  |               |    |    |    |    |    |    |               |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |