



# RIGPE DORJE CENTRE founded by H.E. THE THIRD JAMGON KONGTRUL RINPOCHE

## FEBRUARY 2012 ACTIVITIES

Resident Teacher: Lama Shedrup Tendar

\* The teachings on Shamatha are based on the Treasury of Knowledge by Jamgon Kongtrul Lodro Taye

\*\*35 Buddhas Confession Sutra: purification of past negative deeds & strengthening of commitment to our spiritual path and daily life.

Suggested donations:

**Teachings on Shamatha:**

\$20 per session (members \$15)

**Instruction on reading Tibetan**

\$10 (members \$5) per month

Lama Shedrup Tendar will be doing **Green Tara & Medicine Buddha Sadhana Practices** each morning, and **Mahakhala Sadhana Practice** each afternoon. He will be doing the **Sixteen Arhat (Sages) Prayers** for Losar the morning of February 22nd. All these are open to those who would like to observe - - please call for times.

RIGPE DORJE CENTRE  
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VERDUN (QC) H4G 2Z2

(Verdun METRO, between  
De Verdun St. and  
Wellington St.)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>CHENREZIG / GURU YOGA</b> Sadhana Practices: meditation of compassion & devotion 7:30 – 9:00 p.m.	2	3	4 Teachings on <b>SHAMATHA: *</b> Calm Abiding Meditation 10:00 a.m. – noon <b>TIBETAN LANGUAGE Class</b> 1:30 - 2:30 p.m.
5 <b>SHAMATHA</b> Practice: Calm Abiding Meditation 10:30 a.m. – noon	6	7 <b>35 BUDDHAS CONFESSION SUTRA**</b> and <b>BUTTER LAMP OFFERING PRAYERS</b> 7:30 – 9:00 p.m.	8 <b>CHENREZIG / GURU YOGA</b> Sadhana Practices: meditation of compassion & devotion 7:30 – 9:00 p.m.	9	10	11 Teachings on <b>SHAMATHA: *</b> Calm Abiding Meditation 10:00 a.m. – noon <b>TIBETAN LANGUAGE Class</b> 1:30 - 2:30 p.m.
12 <b>SHAMATHA</b> Practice: Calm Abiding Meditation 10:30 a.m. – noon	13	14	15 <b>CHENREZIG / GURU YOGA</b> Sadhana Practices: meditation of compassion & devotion 7:30 – 9:00 p.m.	16	17	18 Teachings on <b>SHAMATHA: *</b> Calm Abiding Meditation 10:00 a.m. – noon <b>TIBETAN LANGUAGE Class</b> 1:30 - 2:30 p.m.
19 <b>SHAMATHA</b> Practice: Calm Abiding Meditation 10:30 a.m. – noon	20 <b>MAHAKHALA</b> Sadhana Practice: pacification of outer, inner and secret obstacles to spiritual and worldly activity 7:30 – 9:00 p.m.	21	22 <b>LOSAR</b> (Tibetan New Year of the Water Dragon) <b>CEREMONY</b> 7:30 – 9:00 p.m.	23	24	25 Teachings on <b>SHAMATHA: *</b> Calm Abiding Meditation 10:00 a.m. – noon <b>TIBETAN LANGUAGE Class</b> 1:30 - 2:30 p.m.
26 <b>SHAMATHA</b> Practice: Calm Abiding Meditation 10:30 a.m. – noon	27	28	29 <b>CHENREZIG / GURU YOGA</b> Sadhana Practices: meditation of compassion & devotion 7:30 – 9:00 p.m.	Suggested Rigpe Dorje Centre Monthly Membership: \$25 (a portion tax deductible)		