



**RIGPE DORJE CENTRE** founded by **H.E. THE THIRD JAMGON KONGTRUL RINPOCHE**  
 Under the spiritual guidance of H. E. the Fourth Jamgon Kongtrul Rinpoche Karma Lodro Chokyi Nyima

## MAY 2012 ACTIVITIES

Resident Teacher: Lama Shedrup Tendar

**Living Life with an Open Heart:  
 Teachings & Instructions**

on Equalizing Self & Others  
 (a meditation to nurture the seed of  
 our basic nature of compassion  
 and loving kindness)  
 based on the text by Shantideva's  
 Bodhicharyavatara, or  
 Guide to Bodhisattva Conduct

Suggested donations:  
 \$20 (members \$10) per session

**Mahakhala Sadhana Practice:**

pacification of outer, inner and secret  
 obstacles to spiritual and worldly  
 activity

Lama Shedrup Tendar will be doing  
**Green Tara & Medicine Buddha  
 Sadhanas Practices** each morning  
 and **Mahakhala Sadhana Practice**  
 each afternoon. These are open to  
 those who would like to observe --  
 please call for times.

**RIGPE DORJE CENTRE**  
**503, 5TH AVENUE**  
**VERDUN (QC) H4G 2Z2**

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

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 info@rigpedorjemontreal.org  
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 <b>CHENREZIG / AMITABHA</b> Sadhana Practices: Chanting Meditations of Compassion & Long Life 7:30 – 9:00 p.m.	3	4	5 <b>GUIDED SHAMATHA PRACTICE:</b> Calm Abiding Meditation 10 a.m. - noon <b>TIBETAN LANGUAGE CLASS</b> 1:30 - 2:30 p.m.
6 <b>SHAMATHA</b> Practice: Calm Abiding Meditation 10:30 a.m. - noon	7	8	9 <b>GURU YOGA/ CALLING THE LAMA FROM AFAR:</b> Chanting meditations of Devotion 7:30 – 9:00 p.m.	10	11	12 <b>LIVING LIFE WITH AN OPEN HEART:</b> Teachings & Instructions on Equalizing Self & Others 10:00 a.m. - noon <b>TIBETAN LANGUAGE CLASS</b> 1:30 - 2:30 p.m.
13 <b>SHAMATHA</b> Practice: Calm Abiding Meditation 10:30 a.m. - noon	14	15	16 <b>MEDICINE BUDDHA:</b> Chanting Meditation of Health & Well-being 7:30 – 9:00 p.m.	17	18	19 <b>LIVING LIFE WITH AN OPEN HEART:</b> Teaching: 10:00 a.m. - noon <b>TIBETAN LANGUAGE CLASS</b> 1:30 - 2:30 p.m. <b>MAHAKHALA</b> Sadhana Practice 7:30 - 9:00 p.m.
20 <b>SHAMATHA</b> Practice: Calm Abiding Meditation 10:30 a.m. - noon	21	22	23 <b>CHENREZIG / AMITABHA</b> Sadhana Practices: Chanting Meditations of Compassion & Long Life 7:30 – 9:00 p.m.	24	25	26 <b>LIVING LIFE WITH AN OPEN HEART:</b> Teachings and Instructions on Equalizing Self & Others 10:00 a.m. - noon <b>TIBETAN LANGUAGE CLASS</b> 1:30 - 2:30 p.m.
27 <b>SHAMATHA</b> Practice: Calm Abiding Meditation 10:30 a.m. - noon	28	29	30 <b>GURU YOGA/ CALLING THE LAMA FROM AFAR:</b> Chanting Meditations of Devotion 7:30 – 9:00 p.m.	31	Suggested Rigpe Dorje Centre Monthly Membership: \$25 (a portion tax deductible)	