

TRAVEL TO PULLAHARI

USEFUL INFORMATION

VISA FOR NEPAL

For information, go to Nepal's Department of Immigration website: <http://www.immi.gov.np/appendix>

TAXIS TO PULLAHARI

24 hours pre-paid taxi service from Tribhuvan International Airport or pre-arranged taxis through Pullahari Monastery office.

DIRECTION TO PULLAHARI

From Boudhanath, go towards Jorpati Chowk and turn left. Pass Nepal Medical College. At Bagavati Shrine, turn left and travel upwards to Shaidh Park. Turn left before the entrance to Shaidh Park. Follow the road until you come to Jagdol Shree Jana Jagriti Lower Secondary School. Take a sharp turn left to Pullahari Monastery.

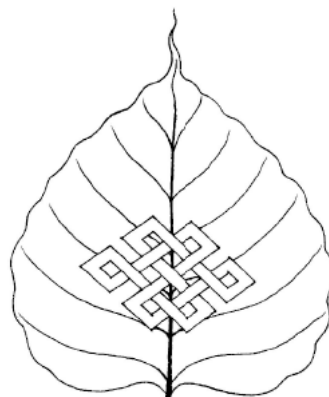
Pullahari is about an hour by car from the airport, 30 minutes from Boudhanath and 5 minutes from Shaidh Park. It is about an hour by foot from the Great Bouda Stupa.

MONEY EXCHANGE

Major foreign currencies and credit cards are accepted at many hotels, restaurants and shops in Kathmandu. There are also many banks and authorised money changers in Boudhanath and Kathmandu city.

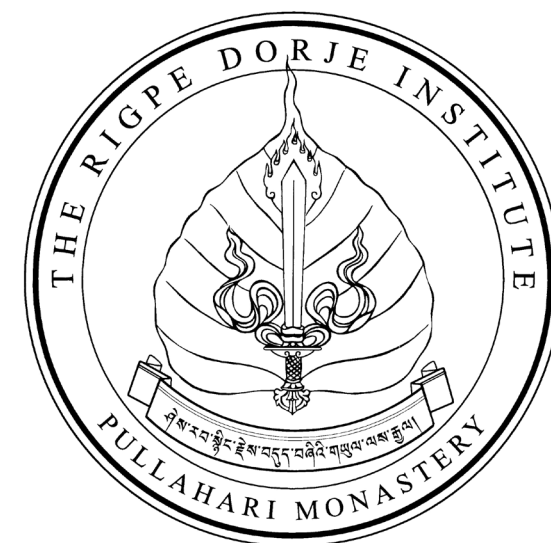
REGISTER WITH YOUR EMBASSY

Students are encouraged to register with their Embassies or Consulates in Nepal.



In Pullahari, with its good clean earth,
Its water so sparkling clean and its clean fresh air,
Here in the solitude of this secluded place,
With its spacious scenery and relaxing view,
To listen and reflect on the Teachings here, in Pullahari,
What a Luck Star!

*By Khenpo Tsultrim Gyamtso Rinpoche
and with His blessings*



YEAR 2017 RIGPE DORJE PROGRAMMES

PHILOSOPHY
September 9 to November 18



MEDITATION
November 22 to December 12

Pullahari Monastery
Jagdol, Budhanilkantha-19
P.O. Box 11015, Kathmandu
Nepal

Tel: +977 (1) 6201550
Email: pullahari@jamgonkongtrul.org
Website: www.jamgonkongtrul.org

**THE RIGPE DORJE INSTITUTE
at Pullahari Monastery**

Spiritual Head: H.E. Jamgon Kongtrul Rinpoche

General Secretary

Tenzin Dorjee

Principal, Teacher & Guide

Drupon Khenpo Lodro Namgyal

Translators

Jim Scott of Marpa Institute

Ivonne Prieto

Chris Rose

Program Administrator

Khenpo Chokey Gyaltzen

RIGPE DORJE PHILOSOPHY PROGRAM

2017 September 20 to November 18

First Year of the 5-Year Philosophy Programme

MAIN TEACHING

Ascertaining that all phenomena of apparent reality are mind

9AM to 11AM

(Daily except Wednesdays)

It is mandatory to attend all Teachings daily, one Scripture and one Language class.

The philosophy of Cittamatra or Mind-Only School – that all phenomena are mind, based on Vasubhandu’s Thirty Stanzas [Tib. *Sum Chu Pa*].

This teaching is selected in order that students may thoroughly ascertain the actual condition of what appears conventionally as a first approach to penetrating genuine reality.

SCRIPTURES & LANGUAGE CLASSES

Morning: 11:30AM - 1 PM | Afternoon: 2:30PM to 4:00PM

(Daily except Wednesdays)

SCRIPTURES CLASSES

ROOT TEXT CLASS: “The Thirty-seven Stanzas” [Tib. *Sum Chu Pa*] by Vasubhandu. Study of the scriptural source of the main teaching. Medium of Instruction: English.

TIBETAN LANGUAGE CLASSES

I. BEGINNER LANGUAGE CLASS - Emphasis: alphabet, reading and conversation skills. Prerequisites: none. Medium of Instruction: Tibetan and English.

II. INTERMEDIATE LANGUAGE CLASS based on the grammar text, *Legs bShad lJon dBang*. Emphasis: Introduction to the 8 cases of Tibetan grammar and conversation skills. Prerequisites: intermediate reading skills ability. Medium of Instruction: English with some Tibetan

RIGPE DORJE MEDITATION PROGRAM

2017 November 22 to December 2

First Year of the 5-Year Meditation Programme

MEDITATION

The four thoughts that turn the mind to Dharma

Full 10 days schedule of teachings and group and individual practices.

Commitment to attend all teachings and engage in the group and individual practices are necessary.

THE FOUR PRELIMINARY FOUNDATIONS

This programme presents the method for reorienting the mind away from samsara, taken from the preliminaries of the Seven Point Mind Training, namely, the Four Preliminary Foundations [Tib. *sNgon ‘Gro rTen Gyi Chos bShi*]

THE RIGPE DORJE PROGRAMME

REQUIREMENTS AND INFORMATION

Teachings in Tibetan with English translation. Students in the philosophy program are required to attend all teachings and at least the scripture and / or one language class. In addition to class time, students of philosophy are encouraged to arrange time for personal reflection and meditation on the teachings. Students in the meditation program are required to attend all the teachings and practice sessions.

Residency in Pullahari is an integral part of the program experience. In exceptional circumstances, alternative residency may be acceptable but a non-residential surcharge is required.

Correct Conduct is encouraged throughout the period of the programs as right ethical conduct is the basis of all the qualities of knowledge. A respectful attitude towards the monastic environment and others in the assembly is essential. Use of intoxicants is strictly prohibited.

Scripture and Tibetan Language classes are conducted in English, Tibetan, or both, as specified in the individual class descriptions outlined in the program. Intermediate and advanced classes require extensive study, including required homework, and examinations.

Personal interviews with Drupon Khenpo Lodro Namgyal will be arranged and scheduled.

Founded by the Third Jamgon Kongtrul Rinpoche (1954-1992), the Rigpe Dorje Institute is named after and dedicated to his Root Teacher, the 16th Gyalwang Karmapa Rangjung Rigpe Dorje.

The Golden Stupa of the Third Jamgon Kongtrul Rinpoche overlooks the Institute which commands an expansive view of the Kathmandu Valley and the Great Stupa of Boudhanath. Its sacred, serene surroundings is conducive to study and practice to gain deeper insight into the Path of Ultimate Liberation.

Open throughout the year to Buddhists for retreat, the Institute’s activities carry on side by side with the way of life in the monastery where the monks live, study and practice according to the age-old monastic tradition of the Himlayas and Tibet.