



RIGPE DORJE CENTRE founded by H.E. the Third Jamgon Kongtrul Rinpoche, Karma Lodro Chokyi Senge
Under the spiritual guidance of H. E. the Fourth Jamgon Kongtrul Rinpoche, Karma Lodro Chokyi Nyima

OCTOBER 2019 ACTIVITIES

Activities are under the direction, guidance and instruction of Rigpe Dorje Centre's Resident Lama, Acharya Choying Gyurme

***October 12th and 26th**

Teachings based on Je Gampopa's
'The Jewel Ornament of Liberation'
(*'Ornament of Precious Liberation'*)

October 12th: Our innate perfections or quality of generosity, ethics, patience, diligence, meditative concentration and discriminating wisdom are obscured by delusion, anger, greed and ignorance. The Buddha dharma practice of these perfections (Paramitas) strengthens our dharma practice and ultimately awakens our mind to enlightenment.

October 26: Mahayana Buddhism is based on generating Bodhicitta (altruism). Rooted in the Paramitas (Perfections), it is through the five paths of Buddhist study and practice that this can be achieved. Progression on this spiritual journey is experienced through the ten bhūmis or stages of achievement and ultimately liberation.

Following the teachings, a light lunch will be served to all participants. Although not required, a suggested donation of \$5 will be appreciated.

Suggested donations for the teachings: \$5 for members
\$10 for non-members. If these suggested donations are not convenient, please give whatever you can.

****October 23rd** Please bring a food offering for the shrine.

Please note that Wednesday activities will begin at 7 p.m.

RIGPE DORJE CENTRE

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Facebook: Centre Rigpe Dorje

Sunday	M	Tuesday	Wednesday	T	F	Saturday
		1 TIBETAN LANGUAGE CLASS Beginners level 6:30 p.m. Intermediate / advanced level 7:30 p.m.	2 CHENREZIG Puja: chanting meditation 7 p.m.	3	4	5 GREEN TARA Puja: chanting meditation 10:30 a.m.
6 CALM ABIDING MEDITATION 10:30 a.m.	7	8 TIBETAN LANGUAGE CLASS Beginners level 6:30 p.m. Intermediate / advanced level 7:30 p.m.	9 CHENREZIG Puja: chanting meditation 7 p.m.	10	11 THE SIX PARAMITAS* (Perfections) 10 - 11:20 a.m. Tea Break: 11:20—11:40 a.m. 11:40 - 1 p.m.	12
13 CALM ABIDING MEDITATION 10:30 a.m.	14	15 TIBETAN LANGUAGE CLASS Beginners level 6:30 p.m. Intermediate / advanced level 7:30 p.m.	16 CHENREZIG Puja: chanting meditation 7 p.m.	17	18	19 GREEN TARA Puja: chanting meditation 10:30 a.m.
20 CALM ABIDING MEDITATION 10:30 a.m.	21	22 TIBETAN LANGUAGE CLASS Beginners level 6:30 p.m. Intermediate / advanced level 7:30 p.m.	23 WHITE TARA TSOK** for Dakini Day Embodying the feminine energy of wisdom 7 p.m.	24	25	26 THE TEN BUMIS (Stages) & FIVE PATHS OF MAHAYANA BUDDHISM* 10 - 11:20 a.m. 11:40 a.m. - 1 p.m. Tea Break: 11:20 - 11:40 a.m.
27 CALM ABIDING MEDITATION 10:30 a.m.	28	29 TIBETAN LANGUAGE CLASS Beginners level 6:30 p.m. Intermediate / advanced level 7:30 p.m.	30 CHENREZIG Puja: chanting meditation 7 p.m.	31		Rigpe Dorje Centre Monthly Membership: \$25 (a portion tax deductible) All membership funds go towards the monthly cost of maintaining the centre and hosting our teachers. However, membership is not required to participate in centre activities.