The study of Buddhism should eventually lead to the practice of meditation, such that one will cross the ocean of Samsara with little effort.

Buddha

Shamatha Meditation Course

November 8th – December 7th 2012

We are happy to inform you about the upcoming Shamatha Meditation Course at the Karmapa International Buddhist Institute (KIBI), New Delhi. This offer is designed for all students interested in meditation, whether they are beginners or already have some experience.

Program

Bhavanakrama (*sGom rim*) of Kamalashila The first three weeks (6 days per week) By Prof. Sempa Dorje

Mental factors and consciousness

The first three Weeks (6 days per week) By Khenpo Tsering Samdup.

Group Retreat

Fourth week (1 week, four sessions per day) Meditation practice guided by H.H. Gyalwa Karmapa (1-2 sessions per day) Further meditation sessions are guided by a Senior Retreat Master

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<u>Schedule</u>

Thursday 08/11/2012

10am Introduction of the course

12:30pm – 1:30pm Lunch break

2:30pm – 4pm Prof. Sempa Dorjee

5:30 – 6:30pm Chenresig and Shine meditation

Friday 09/11/2012 – Tuesday 27/11/2012

7:30am – 8:30am Breakfast

9am – 10:30am Khenpo Tsering

11am – 12:00 noon Self study (1.-2.week) / Sojong explanation (3. week)

12:30pm – 1:30pm Lunch break

2:30pm – 4pm Prof. Sempa Dorjee

5:30 – 6:30pm Chenresig and Shine meditation

The public holiday is Sunday.

Wednesday 28/11/2012 - Tuesday 04/12/2012

6am – 7:00am Mahayana Sojong

7:30am - 8:30am Breakfast

9am – 11am Q&A (30min) + Meditation (Morning session)

12:30 to 1:30pm Communal Lunch

2pm – 4pm Meditation (Afternoon session)

4:30pm – 6pm Meditation (Evening Session)

Wednesday 05/12/2012

9am Dedication and Conclusion Ceremony

Guidelines and Rules of the Course

- a. The course is specifically designed for developing one's inner peace and happiness through the training of mental concentration.
- b. The administration will do its best to create a peaceful outer environment during the course. Participants are recommended to remain within the temple compound during the retreat and behave in an appropriate manner.
- c. Outside the classes, participants are requested to engage into activities related to study and meditation as much as possible.
- d. In order to create a retreat environment, access to the institute will be restricted during the last week of the course.
- e. During the retreat week, each day will start by taking the Mahayana Sojong vows. Participation is optional.
- f. Vegetarian meals are provided during the course. For those who participate in Mahayana Sojong practice during the retreat week, appropriate drinks will be provided.
- g. Playing music or making loud noise in the institute's compound is prohibited.
- h. It is not allowed to bring outsiders into your room during the retreat.