

LAMA CHOPA COURSE

@ Gaden Choling Tibetan Buddhist Meditation Centre

12 WEEKS AND 2 WEEKENDS,

Tuesday, November 11th to Sunday December 21st, 2008

Instructor: Chuck Damov

Course Outline:

Week 1: Tuesday November 11: Intro., overview, what is Guru yoga?

Week 2: Thursday November 13: [Special Buddhist Day]

Chant the Lama Chopa together [each class]

Study preliminaries and visualization: verses 1-17

Week 3: Tuesday November 18: [study] Offering the 7 Limbed Practice: vs. 18-40, 102-3

Week 4: Thursday November 20: Making Requests by Offering Praises: vs. 110-120

Week 5: Tuesday November 25: Receiving Inspiration & Blessings: vs. 121-2

Week 6: Thursday November 27: Receiving Lam.Rim Hinayana Path: vs. 162-166

Weekend Retreat: Sat & Sun 29&30: Practice Lama Chopa with Long-life Ceremony

Week 7: Tuesday December 02: Receiving Mahayana Path Blessings: vs. 167-173

Week 8: Thursday December 04: Receiving Lo.jong Blessings: vs. 174-177

Week 9: Tuesday December 09: Practice for the deceased: Lama Chopa with Tsog

Week 10: Thursday December 11: Receiving Bodhisattva Practices Blessings: vs. 179-186

Week 11: Tuesday December 16: Receiving Tantric Path Blessings: vs. 187-193

Week 12: Thursday December 18: Text Conclusion, Review, [optional] test, social tea

Weekend Retreat: Friday December 19 [7-9] and Sat. 20th [9-9]:

Shamata Mahamudra with Lama Chopa

Sunday December 21st is Lama Tsong. Khapa Anniversary Day and Tsog Day. Very auspicious for us to do Lama Chopa with Tsog.

What to wear / bring weekly:

Loose-fit clothing, texts, tantric implements [if you have them], notebook

Reference material:

1. Great Treasury of Merit. Geshe Kelsang Gyatso, Tharpa Pubs.
2. Lama Chopa Commentary. Zasep Rinpoche. Audio, 2002 Oct

Supplementary material: The Union of Bliss and Emptiness. H.H. 14th Dalai Lama