



**DRI THUBTEN DARGYE LING**

Blk 803 King George's Avenue #02-250 Singapore 200803  
Tel : 6396 0960 Email: admin@dargye-ling.com | Website: www.dargye-ling.com

If you have any query, please feel free to call Louis at 9647 9954 or Agnes at 9785 8596 between 7pm to 9pm only or email to events@dargye-ling.com.



# 定期共修表 • REGULAR PRACTICE SCHEDULE 2010

SUN 星期日	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五	SAT 星期六
	1 十八  18	2 十九  19	3 二十  20	4 廿一  21	5 廿二  22	6 廿三 静坐禅修 Meditate Here & Now 7.30pm - 8.15pm 23
7 廿四 白度母共修 WHITE TARA PRACTICE 10am - 12pm 24	8 廿五  25	9 廿六  26	10 廿七  27	11 廿八  28	12 廿九 直贡噶举护法除障法会 OBSTACLE DISPELLING PUJA 7pm - 10pm 29	13 三十 Rest Day 30
14 正月 农历新年庆典 LUNAR NEW YEAR CELEBRATION (See below for details) 8am - 10am	15 初二  2	16 初三  2	17 初四  3	18 初五  4	19 初六  5	20 初七 静坐禅修 Meditate Here & Now 7.30pm - 8.15pm 6
21 初八 直贡五支道大手印前行共修 DRIKUNG 5-FOLD PATH OF MAHAMUDRA PRELIMINARY PRACTICE (TAIPEI BUDDHIST CNTR.) 10am - 12pm 7	22 初九  8	23 初十  9	24 十一 胜乐金刚共修 CHAKRASAMVARA PRACTICE 8pm - 9.30pm 10	25 十二  12	26 十三  13	27 十四 静坐禅修 Meditate Here & Now 7.30pm - 8.15pm 14
28 十五 CHOTRUL DUCHEN 直贡颇瓦法共修 GREAT DRIKUNG PHOWA PRACTICE 10am - 11.30am 放生 LIFE LIBERATION AT KELONG 2.30pm 15						

*Nos on the bottom left denote Tibetan dates | 11 is missing, 2 is double*

**农历新年庆典**  
LUNAR NEW YEAR CELEBRATION

**Programme Details:**

- Khatag Offerings to His Holinesses & His Eminence Garchen Rinpoche
- Prayers to Eight Auspicious Ones
- Lamp Offering Prayer
- Lama Chopra & Tsok Offering Practice
- White Dzambhala Practice
- Achi Chokyi Drolma Smoke Offering
- Dedication & Long Life Prayers for His Holinesses & His Eminence Garchen Rinpoche
- Auspicious food and butter tea for all friends
- Distribution of red packets and mandarin oranges to all friends

**直贡噶举护法除障法会**  
OBSTACLE DISPELLING PUJA

The main protectors in Drikung Kagyu lineage are the 4 armed Mahakala and Achi Chokyi Drolma. Doing the protectors practice is very important to Vajrayana practitioners and helps to dispel obstacles on our spiritual path.

29th day of 12th lunar month is an extremely special date for the conduct of Mahakala Puja for averting negativities and repelling obstacles of the old year for a smooth new year ahead.

Mahakala, Achi Chokyi Drolma and Tea Offering Puja will be conducted by our resident vajramaster for request for the blessings and protections of Mahakala, Achi Chokyi Drolma and all Dharma Protectors for all participants.

There will be a Mahakala Blessing by Ven. Dorzin K.C. Dhondup at the end of the session.

**直贡五支道大手印前行共修 (1.皈依与发菩提心)**  
DRIKUNG FIVE-FOLD PATH OF MAHAMUDRA PRELIMINARY PRACTICE (1. REFUGE & BODHICITTA)

**VENUE: TAIPEI BUDDHIST CENTRE 3<sup>rd</sup> FLOOR**  
Strictly for those who have received the oral transmission or empowerment of Drikung Fivefold Path of Mahamudra. Please bring your sadhana for this practice.

**胜乐金刚共修**  
CHAKRASAMVARA PRACTICE

Strictly for those who have received the Chakrasamvara Empowerment. Please bring your sadhana and your vajra & bell.

**Chotrul Duchon**  
直贡颇瓦法共修  
GREAT DRIKUNG PHOWA PRACTICE  
放生 LIFE LIBERATION AT KELONG

Strictly for initiates only (those who have received the teaching of Great Drikung Phowa Practice) Please bring your sadhana for this practice.

Life Liberation Registration @ centre with CK (96937133) Registration Deadline : 25 Feb 10.

All group practices will be led by Vajramaster Dorzin Konchok Dhondup unless otherwise stated.