



**DRI THUBTEN DARGYE LING**

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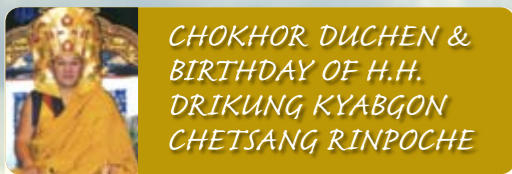
If you have any query, please feel free to call Louis at 9647 9954 or Agnes at 9785 8596 between 7pm to 9pm only or email to events@dargye-ling.com.



# 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 二十	2 廿一	3 廿二 静坐禅修 Meditate Here & Now 6pm - 7pm
4 廿三 药师佛与 白财神共修 MEDICINE BUDDHA & WHITE DZAMBALA PRACTICE 10am - 12pm	5 廿四	6 廿五	7 廿六	8 廿七	9 廿八	10 廿九 直贡噶举护法共修 DRIKUNG KAGYU DHARMA PROTECTORS' PRACTICE 4pm - 6pm
11 三十 白度母共修 WHITE TARA PRACTICE 10am - 12pm	12 六月	13 初二	14 初三	15 初四 CHOKHOR DUCHEN' & BIRTHDAY OF HH CHETSANG RINPOCHE 8pm - 9.30pm	14 初五	17 初六 静坐禅修 Meditate Here & Now 6pm - 7pm
18 初七 直贡五支道 大手印前行供曼达 DRIKUNG 5-FOLD PATH OF MAHAMUDRA PRELIMINARY PRACTICE (MANDALA OFFERING) 10am - 12pm	19 初八	20 初九 胜乐金刚共修 CHAKRASAMVARA PRACTICE 8pm - 9.45pm	21 初十	22 十一	23 十二	24 十三 静坐禅修 Meditate Here & Now 6pm - 7pm
25 十四 直贡颇瓦法共修 GREAT DRIKUNG PHOWA PRACTICE 10am - 12pm	26 十五	27 十六	28 十七	29 十八	30 十九	31 二十 静坐禅修 Meditate Here & Now 6pm - 7pm

Nos on the bottom left denote Tibetan dates | 26 & 16 are double, 27 & 9 is missing



CHOKHOR DUCHEN &  
BIRTHDAY OF H.H.  
DRIKUNG KYABGON  
CHETSANG RINPOCHE

- Animal Liberation (4pm to 6pm)
- Lama Chopra, Achi Smoke Offering Practice (8pm-9.30pm)

\* Merits making opportunity: Donations for animal liberation and Sponsorships of Lamps & Tsok Offering (Birthday cake for H.H.) are available at the Centre.

直贡噶举护法共修  
DRIKUNG KAGYU DHARMA  
PROTECTORS' PRACTICE

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.

胜乐金刚共修  
CHAKRASAMVARA PRACTICE

Strictly for those who have received the Cakrasamvara empowerment only, please bring your sadhana and your Dorje & bell.

直贡颇瓦法共修  
DRIKUNG PHOWA PRACTICE

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

直贡五支道大手印前行供曼达  
DRIKUNG FIVE-FOLD PATH OF  
MAHAMUDRA PRELIMINARY PRACTICE  
(MANDALA OFFERING)

Strictly for those who have received the empowerment and oral transmission. Please bring your mandala plate and sadhana. For newcomers who just received the empowerment, you can get a copy of the sadhana at centre, limited copies for now.

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