

**THE SIX PERFECTIONS**  
**TEACHINGS GIVEN BY KYABJE RIZONG RINPOCHE**  
Translator Tenzin Tsepag  
**FRIDAY 7 – SUNDAY 9 MARCH**

<b>FRIDAY</b>	<b>PROGRAMME</b>	<b>VENUE</b>
<b>6:30 — 7:15</b>	<b>Supper</b>	
<b>7:30—8:15</b>	<b>CHANTING PRAISE &amp; REQUEST TO 21 TARAS</b>	<b>Shrine Room</b>
<b>8:30—9:30</b>	<b>INTRODUCTION</b>	<b>In Lounge</b>
<b>9:30—10:00</b>	<b>QUIET TIME &amp; BED</b>	
<b>SATURDAY</b>		
<b>6:00</b>	<b>ARISE (Optional)</b>	
<b>6:30—7:30</b>	<b>MORNING PUJA</b>	<b>In Shrine Room</b>
<b>7:30—8:00</b>	<b>PERSONAL PRACTICE</b>	
<b>8:00—8:45</b>	<b>Breakfast</b>	
<b>9:00—9:30</b>	<b>Food Preparation etc. Arrival of Non-Residentials</b>	
<b>10:00—11:30</b>	<b>Session 1 – TEACHINGS – RIZONG RINPOCHE</b>	<b>In Lounge</b>
<b>11:30—12:00</b>	<b>Tea Break</b>	
<b>12:15—12:45</b>	<b>Session 1 – MEDITATION</b>	<b>In Lounge</b>
<b>1:00—2:00</b>	<b>Lunch</b>	
<b>2:30—3:30</b>	<b>Helping Hour</b>	
<b>3:45—5:15</b>	<b>Session 2 – TEACHINGS – RIZONG RINPOCHE</b>	<b>In Lounge</b>
<b>5:30—6:00</b>	<b>Session 2 – MEDITATION</b>	<b>In Lounge</b>
<b>6:00—7:00</b>	<b>Supper</b>	
<b>7:00—7:30</b>	<b>Personal Practice</b>	
<b>7:30—8:15</b>	<b>CHANTING PRAISE &amp; REQUEST TO 21 TARAS</b>	<b>In Shrine Room</b>
<b>8:30—9:30</b>	<b>ANY QUESTIONS – RIZONG RINPOCHE</b>	<b>In Lounge</b>
<b>9:30—10:00</b>	<b>QUIET TIME &amp; BED</b>	
<b>SUNDAY</b>		
<b>ARISE (Optional)</b>		
<b>6:30—7:30</b>	<b>MORNING PUJA</b>	<b>In Shrine Room</b>
<b>8:00—8:45</b>	<b>Breakfast</b>	
<b>9:00—9:30</b>	<b>Food Preparation etc. Arrival of Non-Residentials</b>	
<b>10:00—11:30</b>	<b>FOUR ARM CHENREZIG JENANG INITIATION* – RIZONG RINPOCHE</b>	<b>In Lounge</b>
<b>11:30—12:00</b>	<b>Tea Break</b>	
<b>12:15—12:45</b>	<b>MEDITATION</b>	<b>In Lounge</b>
<b>1:00—2:00</b>	<b>Lunch</b>	
<b>2:30—3 :30</b>	<b>Helping Hour</b>	
<b>3:45—5:15</b>	<b>Session 3 – TEACHINGS – RIZONG RINPOCHE**</b>	<b>In Lounge</b>
<b>6:00—7:00</b>	<b>Supper</b>	
<b>7:30—8:15</b>	<b>CHANTING PRAISE &amp; REQUEST TO 21 TARAS</b>	<b>Shrine room</b>
<b>8:30—9:30</b>	<b>ANY QUESTIONS – RIZONG RINPOCHE</b>	<b>In Lounge</b>
<b>9:30—10:00</b>	<b>QUIET TIME &amp; BED</b>	

**DEAR VISITORS AND PARTICIPANTS**

**WE WOULD LIKE TO GIVE YOU THE FOLLOWING INFORMATION:**

- 1. PLEASE ENTER BY THE FRONT DOOR AND LEAVE YOUR SHOES IN THE PORCH AS THE KITCHEN AREA WILL BE OFF LIMITS**
- 2. PLEASE WEAR LOOSE, WARM AND COMFORTABLE CLOTHING**
- 3. PLEASE BRING SLIPPERS, TOWEL AND TOILETRIES**
- 4. PLEASE MAKE EFFORT TO KEEP TO THE TIME ON THE TIME-TABLE AND GATHER IN THE LOUNGE 10 MINUTES BEFORE COMMENCEMENT OF TEACHINGS.**
- 5. WITH REGARD TO THE CHENREZIG JENANG (SUBSEQUENT PERMISSION) INITIATION YOU SHOULD IDEALLY HAVE RECEIVED THE FULL-FLEDGED INITIATION OF A KRIYA TANTRA DEITY BEFORE RECEIVING CHENREZIG. THE COMMITMENT FOR THIS INITIATION IS THE RECITATION OF THE SIX-SYLLABLE MANTRA: OM MANI PADME HUM. OTHERWISE, YOU MAY RECEIVE THE CHENREZIG INITIATION AS BLESSINGS ONLY.**
- 6. AT THE END OF THE 3<sup>RD</sup> SESSION OF THE TEACHINGS THE SUGGESTED DONATIONS WILL BE OFFERED TO RINPOCHE AND THE ORDAINED SANGHA. HOWEVER, YOU MAY WISH TO MAKE ADDITIONAL PERSONAL OFFERINGS TO RIZONG RINPOCHE AND THIS MAY BE DONE AT THIS TIME**
- 7. AS YOU SEE FROM THE TIME-TABLE MONDAY IS AN OPPORTUNITY TO REST AND RELAX OR GO FOR WALK AND ENJOY THE COUNTRYSIDE AND QUIETEN YOUR MIND AS THE MAHAMUDRA TEACHINGS CAN BE QUITE INTENSIVE.**
- 8. WE GREATLY APPRECIATE YOUR HELP IN THE HELPING HOUR AND THIS TIME IS OF GREAT BENEFIT TO THE CENTRE. AS RIZONG RINPOCHE WILL BE STAYING AT LAM RIM FOR THE NEXT 3 WEEKS WE WOULD BE MOST APPRECIATIVE OF YOUR HELP AFTER THE MAHAMUDRA TEACHINGS TO SPARE SOME TIME TO HELP CLEAN AND TIDY THE CENTRE.**

**WE TRUST THAT THESE TEACHINGS ON THE SIX PERFECTIONS AND MAHAMUDRA WILL BE OF GREAT BENEFIT AND ENHANCE YOUR EVERYDAY LIVING. MAY YOUR SPIRITUAL PRACTICES DEVELOP AND FLOURISH TO BENEFIT ALL BEINGS.**

**YOUR IN THE DHARMA.**

**LAM RIM BUDDHIST CENTRE**