

Lhagsam • Program Overview, March 2023 – March 2024

MEDITATION	PRAYERS PRACTICES PUJAS HOLY DAYS	SCRIPTURES TEXTS
<p>Beginners</p> <p>Wednesday Community Meditation (<i>weekly</i>)</p> <p>Shamatha Guided Meditation (<i>weekly</i>)</p> <ul style="list-style-type: none"> • Morning • Evening <p>Glance meditation (<i>weekly</i>)</p> <ul style="list-style-type: none"> • 365 Days of Lamrim <p>Together on the Path (<i>weekly</i>)</p> <ul style="list-style-type: none"> • Guided Meditations • Discussion groups <p>Retreat Day (<i>monthly</i>)</p> <ul style="list-style-type: none"> • Guided Meditation • Silent Meditation 	<p>Auspicious Days</p> <ul style="list-style-type: none"> • Losar • Saka Dawa • HH Dalai Lama’s Birthday • Lhabab Düchen • Lama Tsongkhapa Day <p>Practices and Prayers for Lama Zopa Rinpoche’s Swift Return</p> <p>Chanting the Names of Manjushri</p> <ul style="list-style-type: none"> • Supporting the Weekly Programme as set by the IMI 	<p>Shantideva’s Prayer</p>
<p>Intermediate</p> <p>Glance meditation (<i>weekly</i>)</p> <ul style="list-style-type: none"> • 365 Days of Lamrim 	<p>Vajrasattva Purification Practice (<i>weekly</i>)</p> <p>Avalokiteshvara Guru Yoga (<i>monthly</i>)</p> <p>Lama Tsongkhapa Guru Yoga (<i>monthly</i>)</p> <p>Green Tara Practice (<i>monthly</i>)</p> <p>Medicine Buddha Practice (<i>monthly</i>)</p>	<p>The Foundation of All Good Qual...</p> <p>The Heart Sutra</p> <p>Prayer for The Lion-Faced Dakini</p>
<p>Advanced</p> <p>Glance meditation (<i>weekly</i>)</p> <ul style="list-style-type: none"> • 365 Days of Lamrim <p>Tong-Len</p> <p>Exchanging self with Others</p>	<p>Lama Chöpa with Tsog</p>	<p>The Golden Light Sutra</p>

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TEACHERS	TEACHINGS
H.E. Ling Rinpoche	Open Your Heart to Kindness and Compassion / Avalokiteshvara Initiation (Jenang)
Geshe Chönyi	Informal visit with Q&A
Geshe Dawa	Informal visit with Q&A
Tenguyr Rinpoche	The 12 Links of Dependent Arising
Geshe Sherab	The 37 Practices of a Bodhisattva / The Four Immeasurables & Bodhicitta
Ven. Robina Courtin	Vajrasattva Practice / Emptiness / Attachment
Ven. Mary Reavey	Shamatha – monthly weekend course, 7 months / Bodhicitta Meditations
Ven Tenzin Michael	The environmental crisis seen thru the lenses and actions of a Buddhist
Scott Snibbe	Four Views of Reality (Buddhist tenet system)

Cooperation with Yeshin Norbu, Stockholm	Geshe Sherab: The Four Noble Truths / Everyday Compassion Tenguyr Rinpoche: Thought Transformation
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Social / Community	Movie Night Death Café Open Center Cafe	Secular (ethics) Interfaith Revenue generating activities Environmental awareness	(Secular) Mindfulness
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