

DAY 1

9:00 a.m. ~ 10:30 a.m. 1st session

- Sanskrit prayers (p. 7 & p. 16)
- Refuge and Bodhichitta, Twenty-branch Monlam (p. 31)
- Praises from 'The Sutra Requested by Noble Rashtrapala' (p. 54)
- The Praise of the Twelve Deeds (p. 69)
- The Sutra in Three Sections *Pung po sum pa* (p. 81)
- The Confession from 'The Light of Gold Sutra' (p. 87)

11:00 a.m. ~ 1:00 p.m. 2nd session

- The procession with the picture of H.H. Karmapa
- The ceremony of mandala and symbols of the enlightened Body, Speech and Mind offering to H.H. Karmapa (not included in Kagyu Monlam book)
- The speech about the history of Kagyu Monlam
- The King of Aspirations *Zang Chod Mon Lam* (p. 117-129)

1:00 p.m. - 2:30 p.m. lunch break

2:30 p.m. ~ 4:00 p.m. 3rd session

- The King of Aspirations *Zang Chod Mon Lam* (p. 117-129)
- Maitreya's Aspiration (p. 130)
- The Aspiration of the Mahamudra of Definitive Meaning (p. 353)

4:00 p.m. ~ 4:30 p.m. break

4:30 p.m. ~ 6:00 p.m. 4th session (please remember to bring long life prayers!)

- Joy and Comfort for Beings (p. 337)
- The Indestructible Garland of Vajras (p. 181)
- Other long-life prayers (our usual prayers, only long-life prayer for H.H. Karmapa p. 600)
- Brief Offerings to the Protector Bernakchen and Palden Lhamo (p. 479)
- The Dharma Blaze Aspiration *Ten pa bar ma* (p. 177)
- The Aspiration 'The One Who Taught the Truth' *Den drub ma* (p. 221)

DAY 2

9:00 a.m. ~ 10:30 a.m. 1st session

- Sanskrit prayers (p. 7 & p. 16)
- Refuge and Bodhichitta, Twenty-branch Monlam (p. 31)
- Praises from 'The Ornament of the Sutras' (p. 62-65)
- The Praise of the Twelve Deeds (p. 69)
- Offerings from 'The Dharani of the Lamp of the Three Jewels' (p. 73)
- A Praise of Manjushri (p. 227)
- Bhikshuni Lakshmi's Praise of Noble Avalokiteshvara (p. 229)
- The Sutra in Three Sections *Pung po sum pa* (p. 81)
- The Dedication from 'The Light of Gold Sutra' (p. 106-112)

11:00 a.m. ~ 1:00 p.m. 2nd session

- The speech about the structure and the meaning of Kagyu Monlam
- The King of Aspirations *Zang Chod Mon Lam* (p. 117-129)

1:00 p.m. - 2:30 p.m. lunch break

2:30 p.m. ~ 4:00 p.m. 3rd session

- The King of Aspirations *Zang Chod Mon Lam* (p. 117-129)
- Medicine Buddha Puja (not included in Kagyu Monlam book)
- An Aspiration for Birth in the Pure Realm of Sukhavati (p. 442)

4:00 p.m. ~ 4:30 p.m. break

4:30 p.m. ~ 6:00 p.m. 4th session (please remember to bring long life prayers!)

- An Aspiration for the Dharma of the Shangpa Kagyu (p. 343)
- The Indestructible Garland of Vajras (p. 181)
- Other long-life prayers (our usual prayers, only long-life prayer for H.H. Karmapa p. 600)
- Brief Offerings to the Protector Bernakchen and Palden Lhamo (p. 479)
- Auspicious Prayers from 'The Vinaya Topics' (p. 185)
- The Dharma Blaze Aspiration *Ten pa bar ma* (p. 177)
- The Aspiration 'The One Who Taught the Truth' *Den drub ma* (p. 221)

DAY 3

9:00 a.m. ~ 10:30 a.m. 1st session

- Sanskrit prayers (p. 7 & p. 16)
- Refuge and Bodhichitta, Twenty-branch Monlam (p. 31)
- Praises from 'The Sutra Requested by Noble Rashtrapala' (p. 54)
- The Praise of the Twelve Deeds (p. 69)
- The Sutra in Three Sections *Pung po sum pa* (p. 81)
- The Confession from 'The Light of Gold Sutra' (p. 87)
- Praises from 'The Ornament of the Sutras' (p. 62-65)
- The Dedication from 'The Light of Gold Sutra' (p. 106-112)

11:00 a.m. ~ 1:00 p.m. 2nd session

- The speech: 25th anniversary of The Centre in Grabnik
- The King of Aspirations *Zang Chod Mon Lam* (p. 117-129)
- Dedications for the Living and Deceased (p. 170)
- The Dharani for the Fulfillment of Aspiration (p. 175) 1:00 p.m. - 2:30 p.m. lunch break

1:00 p.m. - 2:30 p.m. lunch break

2:30 p.m. ~ 4:00 p.m. 3rd session

- Milarepa's tsok puja (not included in Kagyu Monlam book)
- Praises of the Twenty-One Taras (p. 281)
- The Dedication from 'The Light of Gold Sutra' (p. 106-112)
- An Aspiration for the Dharma of the Shangpa Kagyu (p. 343)

4:00 p.m. ~ 4:30 p.m. break

4:30 p.m. ~ 6:00 p.m. 4th session (please remember to bring a khata!)

- Milarepa's Aspiration (p. 424)
- Lord Marpa's Song of Auspiciousness (p. 215)
- Auspicious Prayers from 'The Vinaya Topics' (p. 185)
- The Dharma Blaze Aspiration *Ten pa bar ma* (p. 177)
- The Auspiciousness of the Great Encampment (p. 217)
- The Aspiration 'The One Who Taught the Truth' *Den drub ma* (p. 221)

6:00 p.m. - dinner

7:30 p.m. ~ 9:00 p.m. 5th session

- Sanskrit prayers (p. 7 & p. 16)
- The Meditation on Avalokiteshvara All-Pervading Benefit of Beings (p. 627)
- The Lamp Prayer Marme Monlam (p. 630)