

DAY 1

6:30 a.m. ~ 7:00 a.m. sojong vows (p. 3)

7:00 a.m. ~ 8:30 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)

8:30 a.m. – breakfast

10:00 a.m. ~ 11:30 a.m. 2nd session

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

12:00 a.m. ~ 1:00 p.m. 3rd session

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

1:00 p.m. – lunch

3:00 p.m. ~ 5:30 p.m. watching His Holiness Karmapa's online teachings

6:00 p.m. – dinner

7:00 p.m. ~ 8:00 p.m. 4th session (please remember to bring long life prayers!)

- The Indestructible Garland of Vajras (p. 181)
- Other long-life prayers (our usual prayers, only long-life prayer for HH Karmapa p. 600)
- Brief Offerings to the Protector Bernakchen and Palden Lhamo (p. 479)
- The Aspiration 'The One Who Taught the Truth' *Den drub ma* (p. 221)

DAY 2

6:30 a.m. ~ 7:00 a.m. sojong vows (p. 3)

7:00 a.m. ~ 8:30 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)
- 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)

8:30 a.m. – breakfast

10:00 a.m. ~ 11:30 a.m. 2nd session

- Teachings about the Bodhisattva vows
- The King of Aspirations *Zang Chod Mon Lam* (p. 117-129)

12:00 a.m. ~ 1:00 p.m. 3rd session

- The King of Aspirations *Zang Chod Mon Lam* (p. 117-129)
- The Supplication Clearing the Path of Obstacles (p. 308)
- The Supplication Spontaneous Fulfillment of Wishes (p. 321)

1:00 p.m. – lunch

2:30 p.m. ~ 4:00 p.m. 4th 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)

4:30 p.m. ~ 6:00 p.m. 5th 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)

6:00 p.m. – dinner

DAY 3

6:30 a.m. ~ 7:00 a.m. sojong vows (p. 3)

7:00 a.m. ~ 8:30 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)

8:30 a.m. – breakfast

10:00 a.m. ~ 11:30 a.m. 2nd session

- Teachings about samaya vows in vajrayana
- 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)

12:00 a.m. ~ 1:00 p.m. 3rd session

- The King of Aspirations Zang Chod Mon Lam (p. 117-129)
- An Aspiration for the Dharma of the Shangpa Kagyu (p. 343)
- The Aspiration of the Mahamudra of Definitive Meaning (p. 353)

1:00 p.m. – lunch

2:30 p.m. ~ 4:00 p.m. 4th 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)

4:30 p.m. ~ 6:00 p.m. 5th 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

7:00 p.m. ~ 8:30 p.m. 6th 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)