



PALPUNG YESHE CHÖKHOR

Under the direction of Tai Situ Rinpoche

52 Bower St. P.O. Box 91, Acton ON, L7J 2M2 Canada · office@palpung.net

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Teaching Outline of Tibetan Buddhist Study & Practice by Chöje Lama Karma Phuntsok of Palpung Yeshe Chökhör

Chöje Lama Karma Phuntok, the residential Lama of Palpung Yeshe Chökhör, is an experienced Tibetan Buddhist teacher adept in both study and practice. In July 2010, after living in Canada for 10 years, he established a Dharma center on the outskirts of West Toronto to fulfill a long-cherished wish to pave a path of systematic study and practice, including short-term retreats, for the local English-speaking and Chinese-speaking communities.

Since then he has dedicated himself to developing the Dharma center, located in a tranquil countryside, into a wonderful place for conducting advanced teachings in a retreat setting, and for collective meditation & pujas as well as individual short-term retreats under guidance.

As requested by students in the Greater Toronto Area, Chöje Lama has also initiated a project, "Teachings in the City", under which he has established Dharma groups, guiding the students in West Mississauga, Downtown Toronto, Kitchener-Waterloo-London monthly in study and practice. From time to time, he has also conducted seminars to help the students to deepen and expand their understanding of Buddha Dharma.

The following outlines of the monthly teaching by Chöje Lama for students to embark on a journey of Tibetan Buddhism. It starts from the study of and meditation on the essential teachings of the Hinayana, followed by Mahayana and finally Vajrayana schools of Buddhism.

In the class, Chöje Lama will present the living essence of Dharma beyond its literal meanings, provide guided meditation related to the topic and leave time for Q & A. Those who spend two to three years to complete the study program will develop the right view as the 'eyes' and build a foundation of practice as the 'feet' for the journey to enlightenment.

【 An Introduction to Tibetan Buddhism • Teaching Outline 】

【Prelude】

- A Brief Introduction to the Three Yanas
- Beginning Shamatha Meditation

【First Turning of Dharma Wheel ——— Hinayana Teaching & Meditation】

- Four Noble Truths
- Five Skandas
- Twelve Faculties
- Eighteen Elements
- Eight Noble Paths & Three Trainings
- Karma, Cause & Effect
- Twelve Links of Interdependence Origination
- Teaching on Rebirth
- Teaching on Refuge
- At this point, participants may request to take Refuge.

【Second Turning of Dharma Wheel ——— Mahayana Teaching & Meditation】

- Loving Kindness & Compassion
- Seven Instructions on Cause & Effect (How to elevate loving kindness and compassion to Bodhicitta)
- Relative & Ultimate Bodhicitta
- Seven Points of Mind Training
- Six Paramitas
- Four Schools of Ancient Philosophy
- A Brief Introduction to Eight Practice-Lineage of Tibetan Buddhism
- Heart Sutra
- A Brief Introduction to Theory of Buddha Nature
- At this point, participants may request for Bodhisattva Vow.

【Third Turning of Dharma Wheel ——— Vajrayana Teaching & Meditation】

- Oral transmission & Teaching on Four Preliminaries under Karma Kagyu.
- General teaching on Kriya Tantra, Charya Tantra, Yoga Tantra and Anutara Yoga Tantra
- Particular instruction on Creation & Completion of Vajrayana Sadhanas
- At this point, participants may request for Empowerments and to practice Yidam sadhanas.

- **Attachment 1: A Brief Introduction to Chöje Lama Karma Phuntsok**
- **Attachment 2: How to register for monthly teachings in various cities?**
- **center webpage: www.palpong.net email: office@palpong.net coordinator:**
Linda Shecter

~Welcome to the Teachings~