



TIBET HOUSE

Cultural Centre of His Holiness the Dalai Lama

Four day Intensive Course: (September 23 – 26, 2011)

1. *Fundamental Wisdom of Middle Way*



Arya Nagarjuna

Arya Nagarjuna, In Chapter 24, affirms that the following three points must be brought into serious reflection if one is to have a genuine view of ultimate reality and thus reaps the benefits of the profound mental freedom.

1. The purpose of realizing emptiness is to uproot the subtlest of the mental stains of disturbing emotions
2. Dependent origination, instead of nothingness, is the meaning of emptiness
3. Emptiness is the subtlest form of reality characterized by the five natures such as ineffability of it in its bare nature by thoughts and labels

2. *Foundation of All Good Qualities*

Lama Tsongkhapa, while having presented a huge volume of manual to practice the path to Enlightenment, he also rendered "The Foundation of All Good Qualities" for our easy daily reference. It is consisted of instructions on how to follow the path from the beginner level to the most advanced level. This is strictly a meditation guide and is concise for our practice.



Lama Tsongkhapa

***Geshe Dorji Damdul, the Director of Tibet House,
will lead the course.***

For more information, please contact:

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Program

DAY 1 - 2, Fri- Sat(Sept 23, 24, 2011)

5:30pm – 6:30pm	Prayers and brief introduction of the four day Course.
6:30pm – 6:45pm	Tea break
6:45pm – 7:30 pm	A main teaching with Q&A.

DAY 3 Sunday (September 25, 2011)

10:00am – 10:30am	Morning Prayer and meditation
10:30am – 12:00pm	Teaching
12:00pm – 12:15pm	Tea break
12:15pm – 01:30pm	Teaching with Q &A
01:30pm – 02:30pm	Lunch break & rest
02:30pm – 03:15pm	Teaching
03:15pm – 03:30pm	Tea break
03:30pm – 04:30pm	Teaching and Q & A

Day 4 Monday (September 26,2011)

5:30pm – 6:30 pm	Prayers and brief introduction of the four day Course.
6:30pm – 6:45pm	Tea break
6:45pm – 7:30 pm	A main teaching with Q&A.

All are cordially welcome

Venue:

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Lodhi Road, New Delhi – 110003

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