

*Schedule for
Three Day Lam-Rim Retreat*



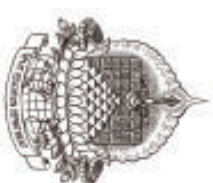
According to the advice of Lama Zopa Rinpoche



Foundation for the Preservation of the Mahayana Tradition
Education Services



FPMT Education Department



© FPMT, Inc., 2005
All rights reserved.



The aim of the Education Department at FPMT International Office is to serve the needs of Dharma centers and individuals in the area of Tibetan Buddhist educational and spiritual materials. This includes prayers and practice texts, retreat sadhanas and other practice materials, a variety of study texts and translations, deity images for meditation, and curricular materials for study programs in FPMT Dharma centers.

One of our principal objectives is to serve as a repository for a wide variety of practice texts primarily within the Gelug tradition, especially those authored or translated by Lama Zopa Rinpoche and Lama Thubten Yeshe. We work in close collaboration with the Lama Yeshe Wisdom Archive, Boston, Massachusetts, which serves as a repository for the commentaries and transcripts of teachings by Lama Zopa Rinpoche and Lama Yeshe.

If we can be of service to you in any way, please contact us at:

Education Department
FPMT International Office
P. O. Box 888
Taos, New Mexico 87571 USA
Tel: (505)737-0550, ext. 1#
Email: materials@fpmt.org
www.fpmt.org/shop

Practice Requirements

There are no preliminary requirements or initiations required to participate in lam-rim retreat.

Credits

Cover drawing of Lama Tsongkhapa by Robert Beer
Line drawing of Lama Atisha on page 6 by Robert Beer

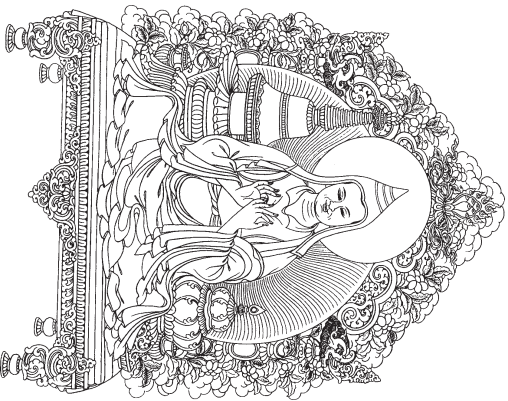


Endnotes

1. You can do this in a simple way, e.g. take refuge and bodhicitta, visualize Shakyamuni at your crown, entrust oneself to his care, recite mantras for purification and for blessing for approx. 5-10 minutes, then go into the meditation. All lam-rim sessions should start in this way. Other deities can also be used, e.g. Chenrezig for greater scope, Manjushri for emptiness, etc.
2. Choose one set for each cycle of meditation. Either meditate on the three sufferings of samsara (the suffering of suffering, the suffering of change, all-pervasive suffering), the six sufferings of samsara (uncertainty, dissatisfaction, leaving bodies again and again, taking bodies again and again, going from high to low again and again, being without friends) or the eight sufferings (birth, aging, sickness, death, meeting with the undesirable, separating from the desirable, not finding what one desires, suffering from the five aggregates).

Coleophon

Retreat schedule composed by Lama Zopa Rinpoche.



Schedule for

Three Day Lam-Rim Retreat

In the early 1970's, Lama Zopa Rinpoche gave advice on how to do a lam-rim retreat. This involves a three-day cycle of meditations where one goes through all the main lam-rim topics in the course of three days and then begins again. Retreats can be arranged for three, six, nine or any number of days divisible by three. A sample schedule of one of these three-day cycles follows:

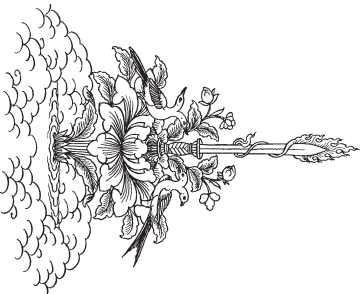
DAY ONE

5:30am	Precepts (optional)
6:00	Tea
6:30-7:15	Morning Prayers w/ prostrations to 35 Buddhas
7:15-8:30	Breakfast and break
8:30-9:15	Shakyamuni Buddha Guru Yoga ¹ w/ precious human rebirth
9:30-10:15	Impermanence and Death
10:30-11:15	Death dissolution
11:15-12:00	Lunch
12:00-2:00	Break
2:00-2:45pm	Discussion
3:00-3:45	Suffering of the Lower Realms - hells
4:00-4:45	Suffering of the Lower Realms - pretas
5:00-5:45	Suffering of the Lower Realms - animals
5:45-6:30	Tea Break
6:30-7:15	Refuge
7:15-8:15	Dinner or tea break
8:15-9:00	Karma - Four principles of karma
	Short Vajrasattva Practice with Four Opponent Powers



DAY TWO

5:30am	Precepts (optional)
6:00	Tea
6:30-7:15	Morning Prayers w/ prostrations to 35 Buddhas
7:15-8:30	Breakfast and break
8:30-9:15	Shakyamuni Guru Yoga w/ precious human rebirth
9:30-10:15	Karma - Ten non-virtues and their results
10:30-11:15	Suffering of the Upper Realms - humans
11:15-12:00	Lunch
12:00-2:00pm	Break
2:00-2:45	Discussion
3:00-3:45	Suffering of upper realms - devas and demi-gods
4:00-4:45	General sufferings of samsara - eight, six, or three ²
5:00-5:45	Four Noble Truths
5:45-6:30	Tea break
6:30-7:15	Wheel of life
7:15-8:15	Dinner or tea break
8:15-9:00	Generating the mind of renunciation
	Short Vajrasatva Practice with Four Opponent Powers



DAY THREE

5:30am	Precepts (optional)
6:00	Tea
6:30-7:15	Morning prayers w/ prostrations to 35 Buddhas
7:15-8:30	Breakfast and break
8:30-9:15	Shakyamuni Buddha Guru Yoga w/ precious human rebirth
9:30-10:15	Equanimity
10:30-11:15	Bodhichitta - 7 cause and effect
11:15-12:00	Lunch
12:00-2:00	Break
2:00-2:45pm	Discussion
3:00-3:45	Equalizing and exchanging self w/ others
4:00-4:45	Tonglen
5:00-5:45	Concentration
5:45-6:30	Tea break
6:30-7:15	Emptiness
7:15-8:15	Dinner or tea break
8:15-9:00	Short Vajrasatva Practice with Four Opponent Powers
	King of Prayers



One can use this formula for arranging retreats to complement lam-rim courses such as teachings on the *Three Principals of the Path*, *The Foundation of All Good Qualities*, or any other lam-rim text. It is a great way to give people the training they need to know *how* to meditate on the lam-rim and become familiar with the outline of meditation topics in the lam-rim.

One can also use a lam-rim prayer such as those mentioned above. Visualize Shakyamuni Buddha, take refuge and generate bodhichitta. Then visualize the Buddha coming to rest on the crown of your head to bless your meditation session. Recite your lam-rim prayer at the beginning of every session, stopping at the topic you have reached, doing the appropriate meditation, and then finishing the prayer before dedicating. This way, each session becomes a complete lam-rim review, with special emphasis on particular topic.