

## Meditation and Long Life Prayers

Every Thursday 7.30 pm to 8.30 pm

There are many types of meditation in Buddhist tradition. Some are analytical and others are single pointed meditation. A step by step guide will be given during the session and also group practice will be carried out.

At the end of the meditation session, we will recite long life prayers for His Holiness Penor Rinpoche.



## Guru and Tara Puja

The following puja dates are according to Tibetan Calendar

### Guru Puja and Practice

Thursday, 9 October 2008	7:30 – 8:30 PM
Saturday, 8 November 2008	7:30 – 8:30 PM
Sunday, 7 December 2008	7:30 – 8:30 PM
Tuesday, 6 January 2009	7:30 – 8:30 PM
Thursday, 5 February 2009	7:30 – 8:30 PM

### Tara Puja and Practice

Thursday, 23 October 2008	7:30 – 8:30 PM
Saturday, 22 November 2008	7:30 – 8:30 PM
Sunday, 21 December 2008	7:30 – 8:30 PM
Tuesday, 20 January 2009	7:30 – 8:30 PM
Thursday, 19 February 2009	7:30 – 8:30 PM

Suggested Donation: £ 5

## Tibetan Language Teaching Programme

Palyul Centre UK provides Tibetan Language Teaching Programme depending upon the number of interested students. Those who wish to learn Tibetan language may contact us.



Tibetan Buddhist Centre

Patron: His Holiness Penor Rinpoche

Spiritual Director: Khen Rinpoche Pema Choephel

*A Series of Buddhist Prayers and Practice  
at Palyul Centre UK  
(2008 - 2009)*



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*His Holiness Penor Rinpoche and Khen Rinpoche Pema Choephel*

Palyul Centre UK was established by Khen Rinpoche Pema Choephel in 2003 under the guidance of His Holiness Penor Rinpoche to make Buddhist teachings available and accessible to the growing number of students and practitioners in the West and to provide a better understanding of Tibetan Buddhism in general and the Palyul Tradition in particular. Its principal purpose is to provide a place for study, contemplation and meditation and carry out the important task of preserving and spreading the teachings of Lord Buddha in this rapidly changing world for the benefit of all sentient beings.



*Venerable Lopon Dawa*

Venerable Lopon Dawa became a monk in March 1983, and enrolled in Namdroling Monastery, Bylakuppe, Mysore, South India. For eight years, he received basic religious training in the primary school of the monastery. In 1990, he entered Ngagyur Nyingma Institute (NNI), the Branch College of Namdroling Monastery, where he studied Buddhist philosophy and practice, Tibetan Language and Poetry, Political and Religious History for nine years. He graduated from NNI and formally became a Lopon (Master of Buddhist Philosophy and Practice) in the year 2002. In 2003, His Holiness Penor Rinpoche awarded him the traditional degree of Ngesang Lekshed Zochang (Treasure Holder of Definitive Secret Mantra Teachings). After finishing his studies, he served the monastery as a teacher in Yeshe Odsal Sherap Raldriling for a year. From 2004 to 2007, he served the monastery as a Manager of Paljor Dhargyeling, a branch unit of H.H. Penor Rinpoche's Charity Foundation. Presently, he visits Palyul Centre UK to make a series of Buddhist prayers and practice, and give teaching programmes in the Tibetan language.



*Lama Dawa*

Lama Dawa Norbu received a monastic education during many years at Namdroling Monastery. He has long-term experience in Buddhist ceremonies and traditional Tibetan religious practice, along with a humble character and strict discipline. He received many teachings from numerous Tibetan masters, including His Holiness the Dalai Lama and His Holiness Penor Rinpoche. Lama Dawa joined Palyul Centre UK in 2003 as a resident lama. Presently he is the main assistant of Khen Rinpoche Pema Choephel. He guides meditation sessions and leads on prayers and pujas, along with all the activities at Palyul Centre UK. With the blessings of Khen Rinpoche, Lama Dawa offers kind support of the Palyul Sangha in UK, Germany and Bulgaria.

### *A Series of Buddhist Prayers at Palyul Centre UK*

We undertake the following prayers at our center. Those who are interested are welcome to join. Request for specific prayers can be made through suggested donations.

**Tara Puja** according to Terton Chogyur Lingpa's mind treasure teaching, "Zabtig" ("Profound Essence")  
*This prayer helps us pacify all adversities and fears like disease, harm from evil spirits and other obstacles that hinders our success, prosperity and happiness. It brings forth peace of mind and fulfills all our aspirations.*

**Protector Prayer** according to Nyingthig Tradition  
*Appeasing Dharma protectors is considered an important practice to accomplish all our spiritual endeavors especially the secret Vajrayana practice. We offer prayers to the three principal protectors of Nyingma tradition namely Mamo Ekajati, Rahula and Damchen who are considered to be powerful in clearing away hindrances and fulfilling our wishes.*

**Smoke Offering** ("Riwo Sangchoe") according to Terton Lhatsun Namkha Jigme's treasure teaching  
*From the beginning-less time, we have accumulated a lot of bad karma and karmic debts because of which we face unavoidable problems in life. If we want to accomplish whatever we wish, we need to cleanse our bad karma and karmic debts. Though there are many methods to purify our karma, smoke offering is one of the best ways to do so.*

**Lamp offering**  
*The lamp signifies wisdom. Without the lamp of wisdom, we wander in the darkness of ignorance that leads us into delusion and suffering. Offering lamp to the Buddhas and bodhisattvas help us generate the light of wisdom within us and dispel the darkness of confusion bringing peace, happiness and contentment.*

**Inserting Zung** (mantra-rolls and other sacred substances) inside statues  
*If we do not insert mantra-rolls and other sacred objects within the statues, the statues are in a danger of being occupied by evil spirits bringing harm to oneself. Once we insert Zung inside the statues and consecrate it, they become like the real Buddhas bestowing blessings of happiness and well being.*