

# Buddhist Teacher - Pema Dorje Rinpoche

Canberra, Sydney, Blue Mtns. & Bellingen 14 – 23 AUG. 2008

Lama Pema Dorje Rinpoche is a teacher in the Nyingma tradition of Tibetan Buddhism. Born into the seventh generation of a renowned family of Tibetan yogis, or ngakpas (lay practitioners), he became a student of the renowned master H.H. Dudjom Rinpoche when he was 17 (1959), who he travelled and studied with for many years. He has been a close student of many other masters including Dilgo Khyentse Rinpoche, many of whom requested that he teach.



Rinpoche, has been guiding students and retreatants for many years and is experienced in providing practical advice to students on Buddhism and family life (as a yogi practitioner living in the west with his wife and four children). That said, Rinpoche's main focus in life has been practice, and he will be teaching on several practices central to the yogi tradition.

A more detailed biography can be found at: [http://www.bodhihouse.org/lama\\_biography.pdf](http://www.bodhihouse.org/lama_biography.pdf)

## TOPICS

**Riwo Sangchod** (Mountain of Pure Offerings) is a ritual that uses the smoke of burnt offerings to create vast offerings for enlightened beings and all beings within cyclic existence, accumulating vast merit and clearing obstacles.

**Lu Jong** is series of body movements that have evolved in Tibet over centuries that work on various subtle channels, winds and parts of the body to restore balance and clarity.

**Chod** is a radical method of cutting through ego fixation and developing compassion, fearlessness and merit which involves visualising our aggregates as pure offerings to the Buddhas.

**Introduction to Dzogchen** Dzogchen is the central teaching of the Nyingma school of Tibetan Buddhism and is regarded as the highest and most definitive approach to enlightenment, and acknowledges the intrinsic purity of the mind is ever-present, and simply needs to be recognized.

**Shower of Blessings Tsok** is a ceremonial meditation practice and supplication of the lama as Guru Rinpoche, which involves blessing, offering, and consuming food and drink as representations of wisdom.

**Lives of the Tibetan Yogis** Rinpoche will talk about the lives of Tibetan yogis such as H.H. Dudjom Rinpoche and others.

**The Heart Nectar of the Saints** is practical advice for practitioners from H.H. Dudjom Rinpoche, Pema Dorje Rinpoche's teacher, upon which he will teach.

## CANBERRA 19 – 20 August

WED 19 <sup>th</sup> 4pm – 6pm	Riwo Sangchod teachings and practice
WED 19 <sup>th</sup> 7.30pm – 9.30pm	Lujong practice
THUR 20 <sup>th</sup> 4pm – 6pm	Chod teachings and practice
THUR 20 <sup>th</sup> 7.30pm – 9.30pm	Introduction to Dzogchen

COST Per Event: \$25 (\$15 conc.).

VENUE: 1 Candlebark Close  
NICHOLLS, ACT

Contact: Luiz Ribeiro: Ph. 02 6255 6603 (H), E-mail: [luiz@tpg.com.au](mailto:luiz@tpg.com.au)

## OTHER LOCATIONS, EVENTS AND DATES

### Sydney 14 – 16 August

FRI 14<sup>th</sup> Guru Yoga and Dzogchen – Evening talk

SAT & SUN 15 – 16<sup>th</sup> Lu Jong

Details: Lorraine Vost: Ph. 0411 241 421 (M), E-mail: [lorrainevost@yahoo.com.au](mailto:lorrainevost@yahoo.com.au)

### Blue Mountains 17 – 18 August

MON 17<sup>th</sup> Introduction to Dzogchen – Evening talk

TUE 18<sup>th</sup> A.M. Riwo Sangchod teachings and practice. P.M. Shower of Blessings Tsok

Details: John Davies: Ph. 02 4782 3643 (H), E-mail: [karmajohn@aapt.net.au](mailto:karmajohn@aapt.net.au)

### Bellingen 21 – 23 August

FRI 21<sup>st</sup> Lives of the Tibetan Yogis – Evening talk

SAT 22<sup>nd</sup> The Heart Nectar of the Saints

SUN 24<sup>th</sup> Riwo Sangchod teaching and practice

Details: Stephen Abell: Ph. 02 6655 1691 (H), E-mail: [smabell2@gmail.com](mailto:smabell2@gmail.com)