



NYIMA DAKPA RINPOCHE SCHEDULE Winter 2012-2013



Day	Time	City	Event
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NOVEMBER 2012

16	7:00PM	Tucson, AZ	Teaching: <i>How to Be Warm-Hearted</i>
17-18	10:00AM	Tucson, AZ	Teaching: <i>Transforming Everyday Life into Peace & Happiness</i>
23	2:00-4:00PM	LA (Crystal Matrix)	Teaching: <i>Transforming Everyday Life into Peace & Happiness</i>
24-25	10:00AM	LA (Yeru Bön Center)	Teaching: <i>Tsa Lung / Trul Khor</i>

DECEMBER 2012

1-2	10:00AM	Pittsburgh	Teaching: <i>The Four Goodnesses & Five Applications</i>
8-9	10:00AM	New York	Teaching: <i>Transforming Everyday Life into Peace & Happiness</i>
15-16	10:00AM	Los Angeles	Teaching: <i>The Four Goodnesses & Five Applications</i>
26-30	TBA	Los Angeles	Dzogchen Retreat: <i>Heartdrops of Dharmakaya, Pt 2</i>

JANUARY 2013

4-6	10:00AM	Los Angeles	Teaching: <i>Opening the Door to Bön & Ngondro</i>
11-13	10:00AM	Houston	Teaching: <i>The Four Goodnesses & Five Applications</i>
19	TBA	Los Angeles	Farewell to Rinpoche

NOTE: Weekly Practice at Yeru Bön (Los Angeles) will continue each Tuesday evening, whether or not Rinpoche is present. Please arrive by 7:15PM.

About the Teachings

The Pith Instructions of the Four Goodnesses and Five Applications, 'Legs Pa bZhi Dang Nyams Su bLangs pa Nga'i gDams Ngag'

This teaching is from the Bön Dzogchen Zhang Zhung Nyen Gyud, called "bKa' rgyud sKor bZhi", the fourfold lineage of the oral transmission. Tapihritsa gave this particular teaching to Gyerpung Nangzher Lodpo during their first meeting. The teaching on the pith instructions focuses on the view, meditation, conduct, and result of Dzogchen. The result is ultimately the attainment of the rainbow body of light. The oral transmission of Zhang Zhung sNyan rGyud is unique because its teaching and practice have been transmitted in an unbroken lineage from Kun tu bZang po, the Primordially Enlightened One, until now.

Tsa Lung Trulkor

According to Bön, "Tsa Lung Trulkhor" is an advanced teaching to promote the meditational experience of self-realization in the natural state of mind. It is a combination of three types of practices – internal, external and secret - which accordingly have three benefits. This Tsa Lung Trulkhor is from the Nyen gyud cycle with commentary by Shardza Rinpoche, which belongs to one of his Five Treasures.

Dzogchen Retreat: Heartdrops of Dharmakaya Pt. 2

This Dzogchen teaching builds on the preliminary practice learned in Part I, initiating practitioners to the nature of mind. Part II focuses on the essential teachings, which both explain the context and teach details of the practice. The teaching reviews the 3 Kayas and practices allowing one to go deeper, eventually to the nature of existence and liberation of all sentient beings. To prepare, review Lupon Tenzin Namdak's book, *Heartdrops of Dharmakaya* by Shardza Tashi Gyaltzen.

Opening the Door To Bön & Ngondro

This will primarily be a review of Bön teachings and philosophy as written in Nyima Dakpa Rinpoche's Book, *Opening the Door to Bön* based on Bön Ngondro teachings. This is an excellent introduction to Tibetan Bön wisdom, as well as a refresher for long time practitioners. Come with all the questions that perplex you. Open to new and seasoned practitioners.

Yeru Bön Center

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