

# PULLAHARI MONASTERY

尼泊爾普拉哈里寺（立佩多傑佛學院）

English	中文
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<b>RIGPE DORJE (CHINESE) PROGRAM</b> <b>2018 May 5 to 12</b>	<b>立佩多傑佛法禪修課程</b> <b>2018 年 5 月 5~12 日</b>
Teacher and Guide: The Venerable Drupon Khenpo Lodro Namgyal	上師與指導人： 尊貴的竹奔堪布 讓炯南嘉
<u>Commitment to attend all teachings and group practices is required.</u>	<u>學員須全程參與教學課程與團體共修</u>
<b>LISTENING, CONTEMPLATION AND MEDITATION ON BODHICITTA</b>	<b>菩提心——</b> 聞（聽聞）、思（思惟）、修（禪修）
Based on “The Middle Stages of Meditation” [Tib. sGom Rim Bar Pa] by Acharya Kamalashila	以「中級禪修課程」（Tib. sGom Rim Bar Pa）為基礎 阿闍黎 卡瑪拉旭拉 指導
This is a practice of the Mahayana Path. Bodhicitta (loving-kindness and compassion) is the essential training at the beginning, middle and end of the Path to Complete Awakening of the Mahayana tradition. After developing equanimity towards all sentient beings, we meditate on loving-kindness. The water of loving-kindness moistens our mind and makes it fertile for the seed of compassion to arise and develop healthily, wholesomely and fully. Once the mind is moist with loving-kindness, we can then meditate on compassion. This way is the foundation for development of a Bodhicitta mind.	本課程屬於大乘法門。菩提心（慈悲）是修習大乘傳統下士、中士與上士道次第的基本要素。佛弟子首需長養眾生一體的平等心，進而展開慈心的修習。慈愛之水能滋潤心地，讓悲心的種子在肥沃的良田裡健康、完整與充分地發育成長。一個被慈愛滋潤的心田，才能進一步觀修「悲無量心」。慈愛與悲憫是發展菩提心的基礎。

# DAILY SCHEDULE

## 課程表

<b>DAILY SCHEDULE</b> <b>May 5</b>	<b>5月5日</b>			
7:00 - 8:00 AM Breakfast 12:00 - 1:00 PM Lunch 3:00 - 3:30 PM Afternoon Tea 4:00 - 6:00 PM Opening Ceremony & Introduction 6:30 - 7:15 PM Dinner 9:30 PM Sleep	上午	7:00 - 8:00	早餐	
		12:00 - 1:00	中餐	
	下午	3:00 - 3:30	下午茶	
		4:00 - 6:00	開學典禮與介紹	
	晚間	6:30 - 7:15	晚餐	
		9:30 -	就寢	
<b>DAILY SCHEDULE</b> <b>May 6 to May 11</b>	<b>5月6日~11日</b>			
5:30 AM Wake-up Gong 6:00 - 6:45 AM Individual Practice 7:00 - 8:00 AM Breakfast 8:30 - 10:30 AM Teachings 10:30 - 11:00 AM Morning Tea 11:00 - 12:00 PM Group Contemplation & Meditation 12:30 - 1:15 PM Lunch 3:00 - 3:30 PM Afternoon Tea 4:00 - 6:00 PM Teachings (Q/A alternate days) 6:15 - 7:00 PM Dinner 8:00 - 8:45 PM Individual Reflection & Meditation 9:30 PM Sleep	上午	5:30	起板	
		6:00 - 6:45	個別觀修	
		7:00 - 8:00	早餐	
		8:30 - 10:30	教學	
		10:30 - 11:00	上午茶	
		11:00 - 12:00	共修（思惟與觀修）	
	下午	12:30 - 1:15	午餐	
		3:00 - 3:30	下午茶	
		4:00 - 6:00	教學（提問 / 兩天一次）	
	晚間	6:15 - 7:00	晚餐	
		8:00 - 8:45	自修與觀修	
		9:30 -	就寢	
	<b>DAILY SCHEDULE</b> <b>May 12</b>	<b>5月12日</b>		
	5:30 AM Wake-up Gong 6:00 - 6:45 AM Individual Practice 7:00 - 8:00 AM Breakfast 8:30 - 10:30 AM Summary of Teachings & Closing Ceremony 12:30 - 1:15 PM Lunch	上午	5:30	起板
			6:00 - 6:45	個別觀修
7:00 - 8:00			早餐	
8:30 - 10:30			教學總結與結業典禮	
下午		12:30 - 1:15	惜別午餐	

## Staying at Pullahari

### 寄宿普拉哈里藏傳佛寺

<p>The Rigpe Dorje Study and Meditation Centre is open throughout the year to Buddhists engaged in study and retreat. During course periods, registered students have priority for accommodation. The minimum period of stay is 5 days.</p>	<p>立佩多傑佛學研習與閉關中心全年開放，提供學佛者研習與閉關。課程研習期間，學員得優先使用各項設施。寄宿期間最少須滿五日。</p>										
<p>Single Room US\$25 per day          Single Room with attached bathroom US\$30 per day          Double Room US\$40 per day          Double Room with attached bathroom US\$50 per day          Two Single Rooms sharing pantry and bathroom US\$60 per day</p>	<table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">單人房</td> <td style="text-align: right;">美金 25 元 / 日</td> </tr> <tr> <td>單人房 (含盥洗室)</td> <td style="text-align: right;">美金 30 元 / 日</td> </tr> <tr> <td>雙人房</td> <td style="text-align: right;">美金 40 元 / 日</td> </tr> <tr> <td>雙人房 (含盥洗室)</td> <td style="text-align: right;">美金 50 元 / 日</td> </tr> <tr> <td>兩間單人房 (含廚房與盥洗室)</td> <td style="text-align: right;">美金 60 元 / 日</td> </tr> </table>	單人房	美金 25 元 / 日	單人房 (含盥洗室)	美金 30 元 / 日	雙人房	美金 40 元 / 日	雙人房 (含盥洗室)	美金 50 元 / 日	兩間單人房 (含廚房與盥洗室)	美金 60 元 / 日
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<ul style="list-style-type: none"> <li>• Meals included. Vegetarian only.</li> <li>• Beddings and Linens provided.</li> <li>• Hot water showers available.</li> <li>• Free WiFi (Rigpe Dorje Library area only).</li> <li>• Use of library restricted to residential visitors only.</li> <li>• Visitors are welcome to attend all pujas at Pullahari Monastery.</li> </ul>	<ul style="list-style-type: none"> <li>• 住宿費包含伙食 (僅提供素食餐點)</li> <li>• 提供寢具與床單</li> <li>• 提供熱水浴</li> <li>• 免費 WiFi 網路 (僅限立佩多傑圖書館)</li> <li>• 立佩多傑圖書館僅限住宿學員使用</li> <li>• 學員可自由參加普拉哈里佛寺的所有法會</li> </ul>										
<p><b>Registration and Payments</b>          Residential visitors are required to register at the office upon arrival.          They are required to present their passports and visas for Nepal.          Full payment to be made within 2 days upon arrival.          Payment by cash only in Nepali Rupees, US dollars or currencies acceptable in Nepal.          Credit and Debit Cards, Traveller and US Dollar cheques are not accepted.</p>	<p><b>註冊與付款須知：</b></p> <p>住宿學員抵達佛寺後，須持護照與尼泊爾簽證至辦公室辦理註冊手續。          學員須於抵達佛寺兩天內繳清學費。          學費須以尼泊爾盧比、美金或尼泊爾可接受之外幣支付。信用卡、轉帳卡、旅行支票與美金支票概不接受。</p>										
<p><b>For enquiries</b>, contact Khenpo Chokey Gyaltzen:          Pullahari Monastery          Jagdol, Budhanilkantha-11          P.O. Box 11015, Kathmandu, NEPAL          Tel: +977 (1) 6201550          Email: <a href="mailto:pullahari@jamgonkongtrul.org">pullahari@jamgonkongtrul.org</a></p>	<p>聯絡人：堪布秋奇噶森 普拉哈里寺 (立佩多傑佛學院)          甲斗，布達泥嘎塔-11          郵政信箱：11015 尼泊爾 加德滿都          電話：+ 977 (1) 6201550          電子信箱：<a href="mailto:pullahari@jamgonkongtrul.org">pullahari@jamgonkongtrul.org</a></p>										
<p>The information herein is valid until December 31, 2018</p>	<p>本資訊有效期限為 2018 年 12 月 31 日</p>										