



Join Us for a Transformative Journey to Enlightenment!

Buddhist Study and Practice Program: Journey to Buddhahood Within this Lifetime

Embark on a profound, multi-year spiritual journey designed for full immersion in the teachings and practices of Vajrayana Buddhism. This unique program offers the opportunity to cultivate wisdom, compassion, and inner transformation under the guidance of esteemed teachers.

Program Highlights:

Expert Guidance – Led by Khenpo Namchak Dorji, *Spiritual Director and Founder of Luminous Heart Essence & the 7th abbot of Long-nying Chöling Monastery*. Khenpo will guide the program as the principal teacher and spiritual director, overseeing each aspect to ensure an authentic, transformative journey. Alongside him, highly realized yogis from the Himalayas, including Ven. Lama Norbu Wangdi, will share their wisdom and experience.

Comprehensive Teachings – This all-encompassing program, spanning from foundational Shravakayana teachings to the Great Perfection (Dzogchen), provides an in-depth exploration of Buddhist philosophy, meditation practices, and Vajrayana rituals, creating a holistic path toward awakening.

Flexible Participation – Primarily online, with occasional in-person empowerments held in accessible locations in both East and West for maximum convenience.

Curriculum Overview:

1. **Shamatha & Vipashyana Practices**: In-depth teachings and guided meditation led by Khenpo Namchak Dorji, drawing on insights from Indian and Tibetan masters.
2. **Longchen Nyingtik Ngöndro**: Foundational preliminary practices with practical guidance and explanations by Khenpo Namchak Dorji, drawing from Words of My Perfect Teacher, Guide to the Words of My Perfect Teacher, 100-Day Mind Training, and traditional Ngöndro commentaries.

3. **Generation Phase (Mahayoga) Practices of Longchen Nyingtik**: Teachings on the Three Roots Sadhana from the Longchen Nyingtik cycle, with empowerments by Ven. Lama Norbu Wangdi and teachings by Khenpo Namchak Dorji. Includes ritual arts classes covering mandala/shrine preparation, torma creation, instrument playing, chanting techniques, and guidance on conducting solitary retreats.
4. **Dākinī's Loud Laughter Chö Practice**: Both Instruction and ritual training led by Khenpo Namchak Dorji.
5. **Completion Phase (Anuyoga) Teachings**: Channels, energies, essences, yogic exercises, Bardo, Dream Yoga, and Phowa, taught by Ven. Lama Norbu Wangdi and other yogi masters from the Himalayas.
6. **Dzogchen (Atiyoga) Teachings**: Advanced Dzogchen teachings will be offered by highly accomplished yogis from the Himalayas for those who meet the preliminary requirements.

We'll also study classic Buddhist texts like Yönten Dzö (*The Treasury of Precious Qualities*) and Semnyi Ngalso (*Finding Comfort and Ease in the Nature of Mind*), guiding students through the entire Buddhist path.

Certification and Eligibility for Dzogchen Teachings: Upon completion of all teachings and training, certificates will be issued to participants who wish to receive them. While certification is optional, those intending to receive Dzogchen teachings must have completed Ngöndro practice as a minimum requirement. Ideally, Dzogchen teachings are offered to those who have followed the full course curriculum; however, participants with substantial prior experience may also be considered.

Program Schedule & Structure:

- **Starting Date**: November 17, 2024
- **Frequency**: Every Saturday or Sunday – 2-hour sessions including Q&A
- **Time**: 6:00 PM to 7:30 PM Eastern Time | 3:00 PM to 4:30 PM Pacific Time (*subject to change*)
- **Format**: Live online sessions, with recordings available for registered participants
- **Suggested Donation**: According to your wish and ability

This program will continue over several years. While we encourage joining for the complete journey, participants may join individual courses, such as just Shamatha/Vipashyana or Ngöndro. Those interested in Dzogchen teachings later will need to complete prerequisite practices.

Reserve Your Spot:

 **Sign Up Here** to receive Zoom links, study materials, and updates.

 **For inquiries, contact:** heartessence2024@gmail.com

Take part in this unique opportunity to immerse yourself in authentic Buddhist teachings. Guided by experienced teachers, this journey offers an enriching path to deepen your understanding and cultivate inner transformation.