

MILAREPA CENTER

Organization for worship, study and meditation
Vajrayana Buddhist Founded by Venerable
Kalu Rinpoche

Recognized pursuant to art. 12, paragraph 2, of Law no.
245 of 31 December 2012, dated 13 December
2022

Associated with the Italian Buddhist Union
Religious body recognized by Presidential Decree
1991

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PLAN

**SEPTEMBER 2025-JANUARY
2026**

PRESENTATION

The Milarepa Center is an association for Vajrayana Buddhist worship, study and meditation founded by Ven. Lama Kalu Rinpoche in 1980, within the Kagyupa school (literally: the line of oral tradition), the Tibetan tradition whose spiritual guide is H.H. Gyalwa Karmapa.

The current resident Master is Ven.

Sciartul Rinpoche. The Milarepa Center promotes the practice and dissemination of Buddhist teachings for the benefit of all beings and is open to anyone who wishes to learn and practice them. Activities are ongoing year-round. Weekends are dedicated to meditation, study with regular and progressive teachings, and the development and coordination of other initiatives (translations of practice texts and publications, Tibetan language courses, meetings with other groups, etc.). In August and during the holidays, intensive residential practice retreats are held. Conferences and meditation courses are also organized off-site.

RESIDENT MASTER VEN. SCHARTRUL RINPOCHE



Premise

Our resident Master, Ven. Schartrul

Rinpoche will travel to Nepal in mid-September and remain there until the end of January. The reason for his trip is to

receive the Rinchen Terdzo transmission from His Excellency the 10th Sangye Nyenpa Rinpoche at his monastery, located near Swayambunath in Kathmandu.

Leaving his Italian disciples and staying in Nepal for so many months is not an easy decision for him, but having received this very important transmission twice from great Masters, His Excellency Penor Rinpoche and His Excellency Situ Rinpoche, this is the opportunity to receive it for the third time (as is traditionally done by Lamas and Rinpoches), from a Master, Sangye Nyenpa, in whom he has great faith. For this reason, he will be able to give a single initiation in September before leaving.



The program will be held by Ven. Khenpo Thubten, who will give two types of teaching:

1) A theoretical teaching on a text through which we can better understand Buddhism's vision of reality.

2) Teachings to know and/or deepen some Vajrayana practices (Sadane), to be able to practice them with greater awareness, acquiring familiarity with the visualizations, melodies, meaning, etc.

Other meetings will be held by:

1) Lama Könchog Luigi, who will hold a retreat on the Lojong of Mahamudra,

- 2) Ginetta Rossi, who will give a lecture on the Kagyupa School.
- 3) Francesco Puleo, who will hold some meetings on the teaching and practice of mental calm meditation, Scinè.

With the exception of Lama Luigi's retirement, all courses can be attended online and recordings can be requested. All online meetings will be broadcast on the Webex platform.

Our midweek and monthly meetings continue, offering a precious opportunity to meditate together. Wednesdays, in particular, are open to anyone who wants to learn more about our Center.

Wednesday 8:30 PM: Chenrezig Meditation

(These meetings do not require a participation fee other than the annual membership fee.)

NB

Please remember that weekend meetings have the following times:

Saturday 3.00 pm - 6.30 pm approx.

Sunday 9.30am - 12.30pm.

(Any changes to the schedule may depend on contingent needs).



SEPTEMBER

Saturday 13th and Sunday 14th

Lama Schartrul Rinpoche:

“Initiation, teaching and practice of Könciok Cidü”

Before leaving, Rinpoche will give the Guru Rinpoche empowerment, which carries the Master's blessing, to strengthen the bond with his disciples.

Padmasambhava's Tibetan title is Guru Rinpoche, the "Precious Master." He embodies the very principle of the Master, a principle that is the heart of Vajrayana Buddhism, and his practice strengthens the connection with one's Lama.

Padmasambhava is one of the great Indian masters who contributed fundamentally to the spread of Tantric Buddhism in Tibet in the 8th century AD.

In Tibetan Buddhism he is considered as a second Buddha:

Buddha Sakyamuni taught the Dharma in India and later Padma-sambhava appeared who transmitted in particular the Vajrayana teachings of the Secret Mantra in Tibet.

Köncio Cidü, "the Union of the Three Jewels" (Buddha, Dharma, Sangha), is a powerful practice of purification and the acquisition of Guru Rinpoche's pure, transformative energy, which is of great help. At the end of the initiation, the Tzock will be performed to strengthen the samayas between Master and disciple and between disciples.

Since these teachings expound the view of the Shentong Madhyamaka School, they are also regarded as the foundations of Mahamudra.

Khenpo Thupten will guide us in the study of this

OCTOBER

Saturday 4th

Khenpo Thubten:

“Teaching on

"Dharmadharmatāvibhaṅgā-La Distinction between phenomena and their intrinsic

nature (first meeting)”

The complete differentiation between Dharma and Dharmatā/ The complete distinction between phenomena and their intrinsic nature – in Sanskrit: Dharma-

dharmaṭy-vibhaya, in Tibetan: རྣམ་ཐར་གྱི་བཤད་སྒྲུབ་ཀྱི་རྩ་བོ་འཇཉག་པོ་ (Chö Dang Chönyi Nampar Chepa) is one of the Five Dharmas of Maitreya, the Buddha of the Future and successor to Buddha jñkyamuni, transmitted in the 4th century CE by Maitreya himself in the divine realm of Tushita to the great scholarly monk Arya Asanga, founder of the Yogācāra school. This text, included among the so-called "Thirteen Great Texts," which constitute the curriculum in most monastic universities (shedra) of all four major Tibetan Buddhist lineages, expounds the teachings that have definitive meaning and represent the culmination of the Mahayana vision, as taught in the third and final turning of the wheel of Buddhadharma. This treatise allows us to identify precisely what conventional appearances or "conventional reality" are—the phenomena that comprise our ordinary, unenlightened existence—and what their intrinsic nature, or dharmaṭy, or "ultimate reality," is.

ancient text, with the help of the commentary of Ju Mipham Rinpoche, a great Nyingma master of the last century.

You will be able to attend all or just some of the meetings (you will be able to request recordings of meetings that you will not be able to follow in real time in person or online).

Sunday 12th

Khenpo Thubten:

“Green Tara Practice”

Green Tara is the feminine manifestation of awakened energy and represents the enlightened and liberating activity of all Buddhas. She represents compassionate activity and the knowledge of intrinsic emptiness. She embodies the feminine aspect of compassion, which dispels obstacles and protects from fear. In short, it can be said that she—"the Savior"—embodies the swiftness of divine action, the action of compassion.

Saturday 25th

Francesco Puleo:

“Meditation for mental calm, Scinë”

Francesco Puleo has been practicing Buddhism since 1995 and is a disciple of Ven. Lama Ciang Ciub and Ven. Schartrul Rinpoche. For thirty years, in addition to following their teachings, he has dedicated himself to serving them and the Milarepa Center, of which he is president.

Scinè meditation is a technique that can be practiced by Buddhists and non-Buddhist alike. Its purpose is to calm discursive thoughts and disturbing emotions, achieving a stable state of mental stillness and awareness. The technique is considered essential for both beginners and advanced practitioners.

Meditation is suitable for both those engaged in more advanced practices. Francesco Puleo will teach various types of support for this practice during the various sessions, following the teachings of the great Master Vilamamitra. This first lesson will focus on breath meditation, a highly recommended support for anyone (Buddhist or otherwise) who wishes to practice for mental and physical benefits.

NOVEMBER

Saturday 8th
Francesco Puleo:

“Meditation for mental calm, Scinè”

In this second session, we will practice Shine with two Dharma or sacred supports: the three syllables OM-AH-HUNG and the visualization of the Buddha. In this case, in addition to the usual benefits, we will receive the blessing these supports have to further clarify and calm our minds and free them from disturbing emotions.

Sunday 16th
Khenpo Thubten:
“Sangye Menla Practice”

The practice of Sangye Menla, the Medicine Buddha, has the power to alleviate suffering by purifying our conflicting emotions, the root cause of various physical and mental illnesses.

Saturday 29th
Khenpo Thubten:
“Teaching on
"Dharmadharmaṭỵvibhaṃgaṃ-La

Distinction between phenomena and their intrinsic
nature (second meeting)”

DECEMBER

From Saturday 6th to Monday 8th

Lama Könchog Luigi:
“Mahamudra-Lojong Retreat”

Lama Könchog Luigi is a European lama, founder, director and resident spiritual guide of the Buddhist Center Karma Tegsum Quello Ling of Brescia. In 1986, in Germany, he started a traditional retreat of three years and three months under the direct guidance of his main Master, Lama Gendün Rinpoche. Lama Luigi has completed the second traditional three-year retreat in Le Bost, in France, where Gendün resided at the time Rinpoche. Today he is active as a European lay lama, especially in Italy, where he teaches, holds courses meditation and public lectures in various Buddhist centers, schools and universities.

The Buddha understood that we suffer because of our negative actions. However, when we perform positive actions, everyone benefits. To act positively in every situation, we must train our mind. Mental training develops and cultivates Buddha nature, the pure seed of awakening that lies deep within every sentient being. Practiced diligently, "Lo-Jong" can lead to complete enlightenment. In this retreat, Lama Luigi will guide us intensively in the practice of mind training, which leads us to our authentic primordial state (Mahamudra). **The retreat will be held at the Angrona headquarters in Località Martel 288. Reservations are required by November 15th (the retreat will only take place if you are registered).**

will reach a minimum number of participants).
For pricing information, please write to info@centromilarepa.net to

Saturday 13th
Khenpo Thubten:
“Teaching on
"Dharmadharmaṭỵvibhaṃgaṃ-La
Distinction between phenomena and their intrinsic
nature (third meeting)”

Saturday 27th
Ginetta Rossi:
“Teaching on the Kagyupa School”
Ginetta Rossi is a practitioner and disciple of Lama Chiang Chub, as well as an interpreter and translator from Tibetan, particularly for the Milarepa Center for about forty years. Thanks to her, over all these years, numerous teachings and practices have been translated.

Ginetta Rossi will present the history, structure, and doctrinal lines of the school to which our center belongs, the Kagyupa School.

JANUARY

Saturday 10th
Khenpo Thubten:
“Teaching on
"Dharmadharmaṭỵvibhaṃgaṃ-La
Distinction between phenomena and their intrinsic
nature (fourth meeting) ”

Sunday 18th

Khenpo Thubten:

**"Practice of calling the Lama from
distant"**

This is a practice that serves to consolidate the connection with our Guru, whether he is far away or has already passed away.

Saturday 31st

Francesco Puleo:

**"Meditation for Mental Calm, Scinè of the
Elements"**

In this third session, we will practice the Scinè of the elements (earth, fire, water, air). This type of support, which involves the visualization of geometric and colorful shapes that connect to the primary elements, has not only mental but also physical and energetic benefits, positively influencing the entire organism.

GENERAL INFORMATION

Membership fee

To participate in the Milarepa Center's activities, you must join the association with an annual membership card. The following procedures are required:

ordinary member,	Euro 40
honorary member	Euro 70

For payments:

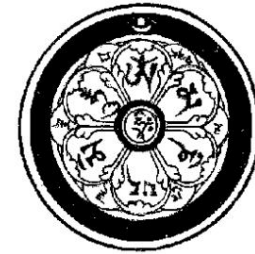
via bank transfer:

Milarepa Center -Unicredit Bank -
IBAN:IT17R0200801141000105451715-
bic/swift:UNCRITM1C01 -

NB: To participate in the courses, including online courses, you must pay an annual membership fee, as well as any donations or small donations. Requesting this financial support allows the Milarepa Center to continue its activities, while providing a minimal amount of support for the center's numerous expenses. We therefore invite you to practice the Paramita of generosity, according to your means, to support the teachings and the Masters. Those whose financial circumstances prevent them from participating in the activities can contact us so we can find suitable solutions.

Another valuable contribution to our activities is to donate your 8 per thousand to the Italian Buddhist Union (UBI).

MILAREPA CENTER



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facebook/instagram: Milarepa Buddhist Center

NB: *In compliance with the European General Data Protection Regulation (GDPR), the Milarepa Center has updated its privacy policy to allow you to receive emails. The Milarepa Center stores email addresses securely, using them exclusively to inform subscribers about its activities, and ensures that the data will not be shared with third parties. If you wish to be removed from our newsletter mailing list, please let us know at info@centromilarepa.net*