

MILAREPA CENTER

Institution of worship, study and
meditation

Vajrayana Buddhist founded by
Venerable Kalu Rinpoche.

Recognized pursuant to art. 12,
paragraph 2, of the law of 31 December
2012. no. 245, on 20-12-2023

Associated with the Italian Buddhist
Union

Religious body recognized by
Presidential Decree 3-01-1991



PROGRAM

**OCTOBER/2026-
JANUARY/2027**

PRESENTATION

The Milarepa Center is a Vajrayana Buddhist worship, study and meditation institution founded by Ven. Lama Kalu Rinpoche in 1980, as part of 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. Shartrul Rinpoche. The Milarepa Center promotes the practice and dissemination of the teachings of the Buddhist Doctrine for the good of all beings and is open to anyone who wishes to know and practice them. The activity carried out is continuous throughout the year. Weekends are dedicated to meditation, study with regular and progressive teachings, carrying out and coordinating other initiatives (translations of practice texts and publications, Tibetan language courses, meetings with other groups, etc.). In August and during the holiday periods, residential retreats of intensive practice are held. Conferences and meditation courses are also organized off-site.

PROGRAM HELD BY VEN. SHARTRUL RINPOCHE



Foreword

The program of the coming months will be held by the resident Master Ven. Shartrul Rinpoche, who will give teachings and initiations related to the way of Mahamudra and Yidam (**the meditative practices focused on enlightened deities**), in essentially live mode, and by Ven. Khenpo Thubten who will give teachings of a theoretical nature, in essentially online mode.

In particular, in the coming months, Ven. Shartrul Rinpoche will give many initiations aimed at eliminating the obstacles to health and the great **difficulties of ordinary and spiritual life**.

Rinpoche will confer the initiations, instructions and practices of a very deep terma (**a "hidden spiritual treasure"**) called "**The Seven Deities of Pacification**", initially revealed by the tertön (**discoverer of spiritual treasures**) Lhatsün Ngönmo (1587-1653), who hid it at the door of the great cave of realization at Drakyang Dzong; later the terma was found by the great tertön Chokgyur Dechen Lingpa (1829-1870) who offered the terma scrolls to Padma Ösal Dongak Lingpa (Jamyang Khyentse Wangpo) (1820-1892) for transcription; Jamgön Kongtrul Lodrö Taye (1813-1899) included the entire terma cycle in the Rinchen Terdzö (The Great Collection of Precious Terma).

The seven deities are: Buddha-Locanā, Parṇaśabarī, Mārīcī, Sitātapatra, Prajñāpāramitā, White Tara and Mahāmāyūrī. These seven female deities, also called Rig pai Gyalmo (Queens of Knowledge), represent the active energy of compassion that has the ability to

remove psycho-physical and spiritual obstacles. **Together, they form an extraordinary shield for our health, bringing peace, protection, and deep harmony into our lives. Receiving this cycle therefore means connecting to a pure, precious and intact transmission line.**

The midweek and monthly appointments continue, a precious opportunity to meditate together. In particular, Wednesday is a day open to all those who want to get to know our Center.

Wednesday 8.30 p.m.: meditation by **Cenresi**

(These meetings do not have a participation fee other than the annual card.)

N.B.

We remind you that meetings during the weekends have the following times:
Saturday h. 15.00 / 18.00 approx.
Sunday h. 9.30 / 12.30.

(Due to contingent and temporary problems in the next meetings the initiations will be done on Sunday morning and not as usual on Saturday afternoon. As soon as possible, we will return to the usual scheme with the initiation on Saturday afternoon and the related teaching on Sunday morning).

OCTOBER

Saturday 17

Lama Shartrul Rinpoche

“Teaching on Lama Ngaciupa (the 50 points concerning the Lama) - third part”

He continues teaching on this important text. Fifty Stanzas on Following a Teacher (Sanskrit Gurupañcāśikā; Tibetan bla ma lnga bcu pa), also known as "Fifty Stanzas on Guru Devotion", is a text that explains how to follow a teacher, how to relate to one's guru. Despite its brevity, the text has played a crucial role in the history of the Vajrayana. Knowing how to recognize a qualified Master and later knowing how to relate to Him is of crucial importance in the path of Vajrayana. These practices are specifically part of the tantric path practiced in Tibetan Buddhism and should be considered as advice for Tantra practitioners. Before entering into a Guru/disciple relationship, you should carefully check and test the authenticity and ethical behavior of the teacher. Everyone can call themselves a Guru or Lama, but not everyone is a genuine and reliable teacher. Spiritual teachers are human beings, and unfortunately, some of them take advantage of their position of power to abuse students, even though they are well known. The verses below can be helpful in a healthy Guru/disciple relationship, but they can be (and have been) misused to justify harmful behavior by a teacher and to silence students.

Please note that those who want can request

recordings of previous meetings by requesting them by email.

Saturday 31 and Sunday 1

Lama Shartrul Rinpoche:

"Initiation, Teaching and Practice of SANGYE CYENMA (Buddha-Locanā)"

Among "The Seven Female Deities of Pacification" the terma first found by the tertön Lhatsün Ngönmo and later rediscovered by Chokgyur Dechen Lingpa, the first Queen of Knowledge is Buddha-Locanā (Sangye Cenma) - the one who heals all diseases, the primary cause of which is ignorance. The activity of Buddhalocana has the power to pacify all those diseases caused by the imbalance of the three humors: wind, bile and phlegm, as well as diseases that result from karma and adverse circumstances. Rinpoche will confer the initiation, the lung and the teachings for the practice.

NOVEMBER

Saturday 14

Lama Shartrul Rinpoche:

"Mahamudra Teaching, Basic Path and Result (1 part)"

Mahāmudrā is the path to discovering the true nature of one's mind and reality: to understand that all phenomena are inseparable appearance and emptiness and to stabilize this awareness in every experience of one's life, transforming the habitual patterns of behavior, thoughts and

emotional responses into increasingly authentic and profound experiences and realizations of one's intimate Buddha-nature, in which all the qualities of Enlightenment have always been present. Based on Mahāmudrā's teachings by great masters of the Kagyu Lineage, Rinpoche will introduce us to the understanding of this profound path to enlightenment.

Who is it for?

- Beginners who want a direct approach to Buddhist meditation without excessive intellectualism.
- Experienced practitioners who want to refresh or deepen the foundations of their meditation practice.

Saturday 28 and Sunday 29

Lama Shartrul Rinpoche:

"Initiation, Teaching and Practice of RI TRÖ MA (Parṇaśabarī)"

The second Queen of Knowledge is Parṇaśavarī (in Tibetan Ri khrod Lha mo - the Goddess of Hermitages). The practice and recitation of her mantra serve to appease contagious diseases, epidemics, plagues, viruses, natural disasters and the negative influences of the Nyen spirits, a powerful class of local spirits who reside mainly in the atmosphere, on the earth's surface and in the mountains and who if disturbed can cause diseases or environmental disasters. Rinpoche will confer the initiation, lung and instructions for practice.

DECEMBER

Saturday 12

Lama Shartrul Rinpoche:

"Mahamudra Teaching, Basic Path and Outcome (Part 2)"

Saturday 19 and Sunday 20

Lama Shartrul Rinpoche:

"Initiation, Teaching and Practice of Sangye Menla-Buddha of Medicine"

The practice of **Sangye Menla**, the Medicine Buddha whose meditation relieves suffering by purifying our mind, the primary cause of various physical and psychological illnesses.

This weekend's program combines the energetic aspect of ritual with a deep understanding of the mind, offering millennia-old tools to **heal physical, mental, and emotional afflictions**. The practice of the Medicine Buddha not only purifies negative karma related to illness, but awakens our innate capacity for self-healing and compassion. He is one of the main deities of Tibetan Buddhism, particularly in connection with this era, whose practice possesses a great ability to eliminate suffering.

CHRISTMAS MARKET

**ON SUNDAY, DECEMBER 20TH,
STARTING AT 3 P.M., A CHRISTMAS
MARKET WILL BE HELD IN THE CENTER.
THOSE WHO WISH CAN COME TO BUY
THEIR GIFTS FROM THE BOUTIQUE.**

JANUARY

**Saturday 2 and Sunday 3
Lama Shartrul Rinpoche "Shitro
Initiation and Puja of the Dead with
Practice of Baciak Randrol"**

The cycle of Shitro (the 100 Peaceful and Wrathful Deities) forms the heart of the teachings of *Bardo Thodol* (the Tibetan Book of the Dead). This extraordinary practice reveals how the transitional states of life and death are not events to be feared, but the most powerful opportunities we have to awaken to our true nature. On Saturday afternoon there will be the practice and Puja for the dead. On Sunday the initiation will take place. The practice related to this initiation is "Spontaneous Liberation from Karmic Imprints" (in Tibetan Baciak Rangdröl), whose title reveals the meaning and function of the practice, that is, the recognition, after death, of one's real nature through meditation on the

peaceful and wrathful deities, who represent the essential elements of Buddha-nature in us. In the Puja of the Dead, a positive connection with the deceased is created through the name. In this way, if the conscious principle has already been reborn in an unfavorable condition, the blessing of the ritual will help him to get out of it; if, on the other hand, he is still between death and a subsequent rebirth, he will be helped to find a favorable rebirth. The ritual will be performed by Ven. Shartrul Rinpoche and anyone who wants to participate can bring a list of names of the deceased, even if they have been dead for a long time (including animals).

PROGRAM HELD BY VEN. KHENPO JAMPAL THUPTEN

Khenpo Thupten Jampa's teachings on "The



**Bodhisattva's Path: The Last Three
Paramitas" are taken up**

**Cycle of 3 Evening Meetings on Energy,
Meditation and Wisdom**

The **Paramitas** are the "enlightened qualities" that a Bodhisattva cultivates to fully awaken the mind for the benefit of all beings. In this cycle of three evening meetings, we will complete the study and practical application of the path, focusing on the last three fundamental virtues. These are not abstract ideals, but concrete tools to transform daily life, overcome spiritual laziness and **develop a crystalline vision of reality.**

The Program of Meetings

OCTOBER

- **TUESDAY 13 at 8.30 p.m.: Evening 1: Virya Paramita – The Enthusiastic and Constant Energy**
How to cultivate tireless joy in practice and positive actions. In this session, we will learn how to overcome the three forms of laziness according to Buddhism (indolence, attachment to worldly activities, and discouragement) by drawing on a stable and radiant source of inner energy.
- **TUESDAY 20 at 8.30 p.m.: Evening 2: Dhyana Paramita – Meditative Concentration**
The art of stabilizing the mind and abiding in deep calm. We will explore methods to protect the mind from external and internal distractions, developing a focused mindfulness, clear and free from continuous conceptual judgment.
- **TUESDAY 27 at 8.30 p.m.: Evening 3: Prajna Paramita – The Supreme Wisdom**
The culmination of the entire path. This evening will be dedicated to understanding emptiness

(*Shunyata*) and of the interdependence of all phenomena. We will learn to see things as they really are, cutting the root of illusion and egoic anxiety.

Who is it for?

The cycle is designed for those who have already attended the previous sessions or for **anyone who wants to deepen Buddhist ethics and meditation. Those who have not followed the previous evenings can request registrations by email.**

The Paramitas are not mere moral guidelines, but the very engine of the Mahayana vehicle. If the first three perfections (Generosity, Ethics, and Patience) create the external and internal conditions for practice, it is the last three—Energy, Meditation, and Wisdom—that determine the evolutionary leap of consciousness. They represent the irreplaceable culmination of the Buddhist path: without the strength of enthusiastic energy, the stability of meditation, and the eye of deep wisdom, liberation remains only a theoretical concept. Cultivating these three qualities means moving from an intellectual understanding of the Dharma to its direct and lived realization.

All online meetings will be broadcast on the webex platform.

GENERAL INFORMATION

Pairing Question

To participate in the activities of the Milarepa Center, it is necessary to join the association by means of an annual card in the following ways:

Ordinary Member Euro 40
Meritorious member Euro 70

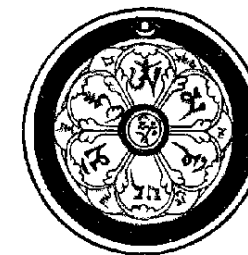
For deposits:

By bank transfer:

Centro Milarepa - Unicredit bank -
IBAN: IT17R0200801141000105451715-
bic/swift: UNCRITM1C01 -

N.B. In order to participate in the courses, even online, the payment of the annual card is required, as well as free or minimal donations. The request for this financial support gives the Milarepa Center the opportunity to be able to proceed with the activity, giving a minimum support to the numerous expenses that the center faces. We therefore invite you to practice the Paramita of generosity according to your possibilities to support the teachings and the Masters. On the other hand, those who find themselves in financial situations that do not allow them to participate in the activities can report it to find appropriate solutions.

MILAREPA CENTER



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NB: *In accordance with the provisions of the European Data Protection Regulation (GDPR), Centro Milarepa has updated its privacy policy in order to be able to send you your emails. Centro Milarepa stores email addresses securely, using them exclusively to inform subscribers about the activities carried out and ensures that the data will not be transferred to third parties. In the event that you wish to be unsubscribed from our newsletter mailing list, please let us know at the email address info@centromilarepa.net*