

# Land of Joy

## Kalacakra Mind Mandala Retreat

June 11<sup>th</sup>-14<sup>th</sup> 2021

Daily schedule (Times as UK – GMT+1)

8.30	Lam Rim and short Six Session Guruyoga	Meditation
9.00	Mind Mandala sadhana	Recitation
11.00	Break	
11.30	Mind Mandala sadhana	Commentary
13.00	Break	
15.00	Mind Mandala sadhana	Recitation
17.00	Break	
17.30	Practice	Discussion
18.00	Break	
19.00	Short Six Session Guruyoga; extensive prayer from the end of the Kalacakra Six session Guruyoga; Palden Lhamo torma offering and praises; dedications and long-life prayers	Recitations
20.00	Finish	

NB: 19.00-20.00 11<sup>th</sup> there will be a meeting to discuss the schedule; on 14<sup>th</sup> we will finish at 13.00.

### Requirements:

1. Copies of the Kalacakra Mind Mandala sadhana; short Six Session Guruyoga; Palden Lhamo torma offering and praises; three Lam Rim prayers.
2. Inner offering if you have it.
3. Offerings on the shrine (see instructions).
4. Biscuits etc for torma offerings to Palden Lhamo (something needs to be added each day)
5. Vajra and bell, and damaru (optional).