



# Nitārtha Institute Program Schedule

## Mind & Its World

Warsaw, Poland – October 16-19, 2008

### Thursday October 16

- 7:00-9:30 p.m. Class 1
- \* Opening chants and brief meditation
  - \* Introduction to Weekend and the Nitārtha style of study (Phil Stanley)
  - \* Talk (Acharya Kelsang Wangdi)
  - \* Introduction to *pramana* (Valid Cognition)
  - \* Definitions of mind

### Friday October 17

- 7:00-9:00 p.m. Class 2 - Phil Stanley
- \* Opening chants and brief meditation
  - \* Valid Cognition
  - \* Direct Valid Cognition
  - \* Inferential Valid Cognition
  - \* Specifically characterized phenomena and generally characterized phenomena

9:00-9:30 Discussion Groups

### Saturday October 18

- 9:00-10:20 am Analytical Meditation (Jirka Hladis)
- \* Introduction to Analytical Meditation
  - \* Investigation of specifically characterized phenomena and generally characterized phenomena

10:20-10:30 am Break

- 10:30-12:30 pm Class 3 (Acharya Kelsang Wangdi)
- \* Review of definitions (Translator)
  - \* Sense Direct Valid Cognition

12:30-2:00 pm Lunch break

- 2:00-3:00 pm Analytical Meditation - *Phil Stanley*
- \* Sense Direct VC: Sense perceptions of sounds and tastes, and momentary impermanence

3:00-3:20 pm Break

- 3:20-5:00 pm Class 4 - *Phil Stanley*
- \* Vaibashika and Sautrantika theories of perception

5:00-5:30 pm Discussion Groups

5:30-7:00 pm Dinner break

- 7:00-9:00 pm Class 5 (Jirka Hladis)
- \* Review of definitions (Translator)
  - \* Mental Direct Valid Cognition
  - \* Self-aware Direct Valid Cognition

### Sunday October 19

- 9:00-10:00 am Analytical Meditation: (Phil Stanley)
- \* Self-aware Valid Cognition

10:00-10:10 am Break

- 10:10-11:40 am Class 6 (Acharya Kelsang Wangdi)
- \* Review of Definitions (Translator)
  - \* Yogic Direct Valid Cognition
  - \* Inferential Valid Cognition

11:40-12:30 Discussion Group

12:30-2:00 pm Lunch break

- 2:00-4:00 pm Talk 8 & Analytical Meditation (Jirka Hladis):
- \* Seeming Direct Cognition
  - \* Non-Valid Cognition
  - \* Integration of the view studied over the weekend in meditation

4:00-4:20 pm Break

- 4:20-5:30 pm Conclusion (Acharya Kesang Wandgi and Jirka Hladis)
- \* How to bring into one's life
  - \* What to study to continue further:
  - \* Nitārtha Institute transcripts
  - \* Progressive Stages of Meditation on Emptiness
  - \* Nalandabodhi study materials

Questions: Better to start at 7 pm or 9 pm



**Professor D. Phillip Stanley** is the Dean of Academic Affairs of Nitārtha Institute responsible for curriculum and teacher development in order to teach the Tibetan Kagyu monastic educational tradition in the West under the direction of Dzogchen Ponlop Rinpoche. He has been involved with the Institute since its founding in 1996 and was appointed Co-Director in 2000. He is a senior student of the Vidyadhara Chogyam Trungpa

Rinpoche who founded Naropa University and Phil is Chair of the Religious Studies Department of Naropa University, where he teaches graduate and undergraduate courses on Tibetan language and Buddhism, including graduate courses on Nitārtha Institute materials. He conducted his doctoral studies at the University of Virginia and received a Fulbright-Hays Fellowship for research on the nine-vehicle system of the Nyingma School of Tibetan Buddhism. He has created a catalog database of the Tibetan canonical collections of the Kanjur/Tanjur and is placing it online with a National Endowment for the Humanities grant in collaboration with the Tibetan and Himalayan Digital Library (University of Virginia), the Library of Congress, and the British Library. He is a member of the Executive Council of the International Association of Buddhist Universities. He is writing a book on the Tibetan Buddhist canon and a primer of literary Tibetan.



**Jirka Hladiš** was captivated by Dzogchen Ponlop Rinpoche in 1996 during his graduate studies in Buddhism at Naropa University and has studied under his guidance since then. Jirka holds graduate degrees both in engineering and Buddhist studies with Tibetan and Sanskrit. He is the Director of Online Distance Learning and teaches graduate courses in Religious

Studies department at Naropa based on the Nitārtha materials. Jirka helped to design and teach the curriculum for Nalandabodhi, Ponlop Rinpoche's practice community. He joined Nitārtha Institute in 2002 and has taught in its core curriculum since 2005. He is an authorized Nitārtha teacher, whose passion is analytical meditation and debate.

**Participation fee** for three day – long – lasting programme:  
**250 PLN or 80 EURO**

For students and senior citizens **50 % discount**

Participation fee must be transferred to our Bank Account:  
**EURO**

**PL 06 1500 1722 1217 2008 4559 000**  
**SWIFT: KRDBPLPW**

**PLN**

**61 1500 1722 1217 2008 4546 0000**  
with a note „*Mind & Its World*”

The price do not include an accommodation and meals.  
Registration needs to be done by **06.10.2008**.

#### Place of the program:

**CHAMA LING – THE LAND OF LOVING MOTHER**  
**The European Centre of Yungdrung Bon**  
address: 08-470 Wilga (near Warsaw), al. Huberta 4  
tel: + 48 25-685 30 31  
[http://a.bongaruda.pl/local/cziama\\_ling/](http://a.bongaruda.pl/local/cziama_ling/)

#### Accommodations:

Cottages for 4-5 people (available whole year),  
bed with a bed linen set, heating, shower, toilet – **35 zł/day/person**  
Food: breakfast, lunch, dinner – **40 zł/day/person**

#### Transportation:

How to get to the Center in Wilga near Warsaw?  
By bus from the STADION bus station (city district: Warszawa Praga near the Stadium: „Stadion 10-lecia”).  
Buses for Wilga (direction: Puławy) leave at week days 7:30 a.m., 8:15 a.m., 10:45 a.m., 11:45 a.m., 12:30 a.m., 2:40 p.m., 3:15 p.m., 4:20 p.m.; all days apart from Saturdays 4:45 p.m., 5:45 p.m.  
You get off after about 1,5 hour journey at a bus stop „Wilga - Ośrodku Wczasowe” (Wilga – Holiday Centres).  
Then You turn right and go along Hubert Avenue until you see the Centre (15 minutes walk).

#### Programm Coordinators:



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