

Shedra Course Calendar

Date	Topic Covered	Readings to Be Completed
Tuesday May 18th	Introduction: Shedra Goals and the View of Buddhism	Words Of My Perfect Teacher: Translators Introduction(optional) A Cascading Waterfall of Nectar Pages:3-15
Friday May 21st	How to Listen to the Teachings Vast Attitude of Bodhicitta Vast Skill In Means	Words Of My Perfect Teacher Pages: 3-10 A Cascading Waterfall of Nectar Pages:15-20
Tuesday May 25th	How to Listen to the Teachings What Not to do and What to Do.	Words Of My Perfect Teacher Pages:10-19 A Cascading Waterfall of Nectar Pages:20-25
Friday May 28th	The Difficulty of Finding the Freedoms and Advantages The 18 Freedoms and Advantages	Words Of My Perfect Teacher Pages:19-29 A Cascading Waterfall of Nectar Pages:25-32
Tuesday June 1st	The Difficulty of Finding the Freedoms and Advantages The 16 Additional Limiting Factors	Words Of My Perfect Teacher Pages:29-33 A Cascading Waterfall of Nectar Pages:32-35
Friday June 4th	The Difficulty of Finding the Freedoms and Advantages Images and Numerical Comparisons The Great Value of Human Birth	Words Of My Perfect Teacher Pages: 33-37 A Cascading Waterfall of Nectar Pages: 35-39
Tuesday June 8th	Impermanence The Impermanence of The Outer World The Impermanence of Beings The Impermanence of Holy Beings	Words Of My Perfect Teacher Pages:39-44 A Cascading Waterfall of Nectar Pages:39-40
Friday June 11th	Impermanence The Impermanence of Those in Power Other Examples of Impermanence	Words Of My Perfect Teacher Pages:44-53 A Cascading Waterfall of Nectar Pages:
Tuesday June 15th	Impermanence Uncertainty of the Circumstances of Death Intense Awareness of Impermanence	Words Of My Perfect Teacher Pages: A Cascading Waterfall of Nectar Pages: 40-42
Friday June 18th	Actions: The Principle of Cause and Effect What is Karma? The Three Poisons	Words Of My Perfect Teacher Pages:101-107 A Cascading Waterfall of Nectar Pages:42-44
Tuesday June 22nd	Actions: The Principle of Cause and Effect The Ten Nonvirtues	Words Of My Perfect Teacher Pages:107-112 A Cascading Waterfall of Nectar Pages: 44-46
Friday June 25th	Actions: The Principle of Cause and Effect The Ten Virtues The Effects of Actions	Words Of My Perfect Teacher Pages:113-118 A Cascading Waterfall of Nectar Pages: 46-48
Tuesday June 29th	Actions: The Principle of Cause and Effect The Effects of Actions continued. The All Determining Quality of Actions	Words Of My Perfect Teacher Pages:118-131 A Cascading Waterfall of Nectar Pages: 49
Friday July 2nd	The Defects of Samsara Quality of Samsara	Words Of My Perfect Teacher Pages:61-63 A Cascading Waterfall of Nectar Pages: 49-50

Friday July 2nd	The Defects of Samsara Lower Realms	Words Of My Perfect Teacher Pages:63-78 A Cascading Waterfall of Nectar Pages: 50-51
Friday July 9th	The Defects of Samsara The Human Realm	Words Of My Perfect Teacher Pages:78-92 A Cascading Waterfall of Nectar Pages: 51-52
Tuesday July 13th	The Defects of Samsara The Deva (God) Realms	Words Of My Perfect Teacher Pages: 93-99 A Cascading Waterfall of Nectar Pages: 52-56
Friday July 16th	The Benefits of Liberation	Words Of My Perfect Teacher Pages:133-134 A Cascading Waterfall of Nectar Pages: 56-59
Tuesday July 20th	How to Follow a Spiritual Friend Examining the Teacher	Words Of My Perfect Teacher Pages:137-153 A Cascading Waterfall of Nectar Pages: 59-63
Friday July 23rd	How to Follow a Spiritual Friend How to Maintain a Good Relationship and Increase Knowledge and Learning	Words Of My Perfect Teacher Pages:153-167 A Cascading Waterfall of Nectar Pages: 63-65
Tuesday July 27th	Refuge Common and Uncommon Faith	Words Of My Perfect Teacher Pages:171-176 A Cascading Waterfall of Nectar Pages: 65-68
Friday July 30th	Refuge Kinds of Refuge How to Take Refuge	Words Of My Perfect Teacher Pages:176-182 How to Meditate on Dudjom Tersar Ngondro
Tuesday August 3rd	Refuge Lama, Yidam and Khandro	Work on Memorizing Dudjom Tersar How to Meditate on Dudjom Tersar Ngondro
Friday August 6th	Refuge Precepts and Benefits of Taking Refuge	Words Of My Perfect Teacher Pages:182-192 How to Meditate on Dudjom Tersar Ngondro
Tuesday August 10th	Bodhicitta The Four Immeasurables: Equanimity	Words Of My Perfect Teacher Pages: 195-98 A Cascading Waterfall of Nectar Pages: 68-71
Friday August 13th	Bodhicitta The Four Immeasurables: Love	Words Of My Perfect Teacher Pages: 198-201 A Cascading Waterfall of Nectar Pages:71-74
Tuesday August 17th	Bodhicitta The Four Immeasurables: Compassion	Words Of My Perfect Teacher Pages: 201-05 A Cascading Waterfall of Nectar Pages:74-77
Friday August 20th	Bodhicitta Compassion continued	Words Of My Perfect Teacher Pages: 206-10 A Cascading Waterfall of Nectar Pages:77-80
Tuesday August 24th	Bodhicitta Comassion continued	Words Of My Perfect Teacher Pages: 210-13 A Cascading Waterfall of Nectar Pages:80-83
Friday August 27th	Reading From Cascading Waterfall of Nectar	A Cascading Waterfall of Nectar Pages:83-96

Tuesday August 31st	Bodhicitta The Four Immeasurables: Sympathetic Joy The Three Motivations	Words Of My Perfect Teacher Pages: 213-22 A Cascading Waterfall of Nectar Pages:96-99
Friday September 3rd	Bodhicitta Tonglen	Words Of My Perfect Teacher Pages: 222-234 A Cascading Waterfall of Nectar Pages:99-102
Tuesday September 7th	Reading From Cascading Waterfall of Nectar	Work on Learning the Dudjom Tersar Ngondro A Cascading Waterfall of Nectar Pages:102-116
Friday September 10th	Bodhicitta The Six Paramitas: Generosity & Discipline	Words Of My Perfect Teacher Pages: 234-40 A Cascading Waterfall of Nectar Pages:116-119
Tuesday September 14th	Bodhicitta The Six Paramitas: Patience & Dilligence	Words Of My Perfect Teacher Pages: 240-48 A Cascading Waterfall of Nectar Pages:119-122
Friday September 17th	Bodhicitta The Six Paramitas: Concentration	Words Of My Perfect Teacher Pages: 248-51 A Cascading Waterfall of Nectar Pages: 122-125
Tuesday September 21st	Bodhicitta The Six Paramitas: Wisdom	Words Of My Perfect Teacher Pages: 251-56 A Cascading Waterfall of Nectar Pages: 125-128
Friday September 24th	Bodhicitta The Six Paramitas: Wisdom	Words Of My Perfect Teacher Pages: 256-61 A Cascading Waterfall of Nectar Pages: 128-131
Tuesday September 28th	Bodhicitta The Importance of Bodhicitta	Work on Learning Dudjom Tersar Ngondro A Cascading Waterfall of Nectar Pages: 131-134
Friday October 1st	Offering the Mandala to Accumulate Merit and Wisdom. Meaning of Mandala and How to Offer	Words Of My Perfect Teacher Pages: 283-88 A Cascading Waterfall of Nectar Pages:134-139
Tuesday October 5th	Offering the Mandala to Accumulate Merit and Wisdom. Outer and Inner Mandala	Words Of My Perfect Teacher Pages: 288-91 A Cascading Waterfall of Nectar Pages: 139-144
Friday October 8th	Offering the Mandala to Accumulate Merit and Wisdom. Benefit of Offering the Mandala	Words Of My Perfect Teacher Pages: 291-95 A Cascading Waterfall of Nectar Pages: 144-150
Tuesday October 12th	Meditating and Reciting on the Teacher as Vajrasattva to Cleanse all Obscurations Who is Vajrasattva?	Words Of My Perfect Teacher Pages: 263-65 A Cascading Waterfall of Nectar Pages: 150-153
Friday October 15th	Meditating and Reciting on the Teacher as Vajrasattva to Cleanse all Obscurations The Four Powers	Words Of My Perfect Teacher Pages: 265-67 A Cascading Waterfall of Nectar Pages: 153-156
Tuesday October 19th	Meditating and Reciting on the Teacher as Vajrasattva to Cleanse all Obscurations The 100 Syllable Mantra and Visualization	Words Of My Perfect Teacher Pages: 267-73 A Cascading Waterfall of Nectar Pages: 156-159

Friday October 22	Meditating and Reciting on the Teacher as Vajrasattva to Cleanse all Obscurations The Benefits of Purification Practice	Words Of My Perfect Teacher Pages: 273-80 A Cascading Waterfall of Nectar Pages: 159-162
Tuesday October 26	Guru Yoga, Entrance Way For Blessings The Ultimate Method for Arousing the Wisdom of Realization Necessity of a Guru	Words Of My Perfect Teacher Pages: 309-13 A Cascading Waterfall of Nectar Pages:162-168
Friday October 29th	Guru Yoga, Entrance Way For Blessings The Ultimate Method for Arousing the Wisdom of Realization Visualizing the Field of Merit	Words Of My Perfect Teacher Pages: 313-17 A Cascading Waterfall of Nectar Pages:168-174
Tuesday November 2nd	Guru Yoga, Entrance Way For Blessings The Ultimate Method for Arousing the Wisdom of Realization The Seven Branches	Words Of My Perfect Teacher Pages: 317-22 A Cascading Waterfall of Nectar Pages: 174-180
Friday November 5th	Guru Yoga, Entrance Way For Blessings The Ultimate Method for Arousing the Wisdom of Realization The Seven Branches continued	Words Of My Perfect Teacher Pages: 322-28 A Cascading Waterfall of Nectar Pages: 180-186
Tuesday November 9th	Guru Yoga, Entrance Way For Blessings The Ultimate Method for Arousing the Wisdom of Realization Praying to the Guru	Words Of My Perfect Teacher Pages: 328-29 A Cascading Waterfall of Nectar Pages: 186-192
Friday November 12th	Guru Yoga, Entrance Way For Blessings The Ultimate Method for Arousing the Wisdom of Realization Receiving Empowerment	Words Of My Perfect Teacher Pages: 329-32 A Cascading Waterfall of Nectar Pages: 192-198
Tuesday November 16th	Guru Yoga, Entrance Way For Blessings The Ultimate Method for Arousing the Wisdom of Realization Receiving Empowerment continued	Words Of My Perfect Teacher Pages: 332-335 A Cascading Waterfall of Nectar Pages: 198-204
Friday November 19th	Guru Yoga, Entrance Way For Blessings The Ultimate Method for Arousing the Wisdom of Realization History of Lineage: Atiyoga	Words Of My Perfect Teacher Pages: 335-341 A Cascading Waterfall of Nectar Pages: 204-10
Tuesday November 23rd	Guru Yoga, Entrance Way For Blessings The Ultimate Method for Arousing the Wisdom of Realization History of Lineage: The advent of Ati in the Human Realm	Words Of My Perfect Teacher Pages: 341-45 A Cascading Waterfall of Nectar Pages: 210-16
Friday November 26th	Guru Yoga, Entrance Way For Blessings The Ultimate Method for Arousing the Wisdom of Realization How the Teachings Reached Tibet	Words Of My Perfect Teacher Pages: 345-47 A Cascading Waterfall of Nectar Pages: 216-23
Tuesday November 30th	Transference of Consciousness Introduction to Phowa	Words Of My Perfect Teacher Pages: 351-365 A Cascading Waterfall of Nectar Pages: 223-28
Friday December 3rd	The Kusali's Accumulation Introduction to Cho	Words Of My Perfect Teacher Pages: 297-303 A Cascading Waterfall of Nectar Pages: 228-233
Tuesday December 7th	The Kusal's Accumulation How to practice Cho	Words Of My Perfect Teacher Pages: 303-07 A Cascading Waterfall of Nectar Pages: 233-240
Friday December 10th	Dedicating Merit	Words Of My Perfect Teacher Pages:367-73 Study for Evaluation
Tuesday December 14th	Dedicating Merit	Words Of My Perfect Teacher Pages: 373-76 Study for Evaluation