

VAJRA NORTH – RIGDROL DECHEN LING – SOCIETY



2026 Spring Study Group – Fundamentals of Mahayana Buddhism

Vajra North will again be sponsoring a series of five monthly group study sessions to respond to requests from newcomers to Buddhism and as well as from more seasoned practitioners wishing to deepen their understanding of foundational Mahayana teachings. To reduce cost and for logistical convenience, we have decided to offer the sessions online via Zoom free of charge.

The primary objective of these sessions will be to address the needs of people who have attended teachings by visiting lamas, perhaps having taken refuge and/or received empowerment into Buddhist practice, and who feel a need to develop a clearer framework within which to understand and practise the teachings received.

The overall format of each session will be based on the three basic foundation stones for deepening and integrating Buddhist teachings into daily life—study, contemplation, and meditation. The main resource text for the study program will be Chagdud Rinpoche’s *Gates to Buddhist Practice*, a comprehensive and accessible outline of the essentials of Tibetan Buddhist teachings. For those who do not already have a copy of the book, Vajra North has a small inventory of copies in stock (priced at \$25), and if the number is insufficient we can order more. Alternatively, individuals can order their own copy directly from Tibetan Treasures, Gonpa’s online store for Dharma supplies (tibetantreasures.com).

The main topic areas to be reviewed over the five sessions will be:

- **Basic perspectives & principles**
- **The Four Noble Truths**
- **The Four Thoughts that Turn the Mind to Dharma and the Six Paramitas**
- **Living in Harmony with the Dharma** (Refuge & Bodhicitta)
- **Ngondro: The Foundation Practices**

Each session will alternate periods of study/discussion, contemplation, and meditation. Selected readings will be suggested as preparation for subsequent sessions, and participants will be encouraged to offer their own suggestions for relevant readings.

The five sessions will take place on the **third** Tuesday evening of each month from 6:30 to 8:30 p.m.

Apart from the cost to those requiring a copy of *Gates to Buddhist Practice* (worth \$25), there will be no charge for participating in the study group. However, anyone wishing to make a tax-deductible charitable offering to help support Vajra North’s activities may do so by going to the Donations tab on the Vajra North website (see below) and processing your donation through the Canada Helps platform. If you have any related questions, you can contact Cheryl at the email or phone number stated below.

You may register for this program by email to: vajranorthyukon@gmail.com If you have questions or require additional information, please call Rick or Cheryl at 867-667-6951.

E-mail: vajranorthyukon@gmail.com Website: www.vajranorth.org