

PRACTICES AND REQUIREMENTS AT SAKYA MONASTERY OF TIBETAN BUDDHISM

Please consult the monthly calendar to confirm the meditation schedule.

In-person pujas

Hybrid (both in-person and online) pujas

Zoom pujas

White Mahakala Practice – Requires White Mahakala Initiation

For long life, health, protection, etc.8th Lunar Day, 7:30 pm

Padmasambhava Tso Kor – Open to the Public

A tantric feast honoring the tantric master Padmasambhava who made Tibet safe for Buddhism.

It's appropriate to bring a food offering (fruit, meat, etc.)10th Lunar Day, 7:30 pm

Green Tara Practice – Open to the Public

For the bestowal of numerous Blessings.15th Lunar Day, 7:30 pm

Guru Puja Practice – Open to the Public

Prayers of devotion and offerings to our Lamas and a request for their blessings and assistance.

The practice alternates between Tibetan & English language each month22nd Lunar Day, 7:30 pm

Vajrayogini Practice – Requires a major mandala empowerment or Vajrayogini Initiation

A highest yoga Tantra, with tantric feast.25th Lunar Day, 7:30 pm

Mahakala Practice – Requires the Sakya Mahakala Initiation

For the Dharma Protectors.....29th Lunar Day, 7:30 pm

White Tara Practice – Requires White Tara Initiation

For long life, health, protection, etc.30th Lunar Day, 7:30 pm

Chenrezi Meditations – Open to the Public

Practice for cultivating compassionSundays, 10:00 am
Thursdays, 7:30 pm

Calm Abiding Meditation – Open to Public

Good for beginners and for developing concentration1st and 3rd Fridays on Zoom, 7:00 pm
2nd and 4th Fridays are Hybrid, 7:00 pm

Ngondro Practice – Requires having taken Formal Refuge or Refuge from a Deity Initiation

Removes obscurations of body, speech, and mind to accumulate merit and wisdom.....Mon-Fri, 7:00 am

Medicine Buddha Practice – Requires Medicine Buddha Initiation

To alleviate suffering, sickness, and injury.....First Tuesday of the month, 7:30 pm

HOLY DAYS – For the memorial of Lamas, the celebration of Lord Buddha’s birth, enlightenment and first teachings, please see the monthly calendar for dates, or visit the website calendar at www.sakya.org. These Holy Day Observances are open to the public.

TAKING REFUGE – When you decide to follow the Buddhist path, it is appropriate to take refuge. Refuge is taken in the Buddha (the Perfect Teacher), the Dharma (His Teachings), and the Sangha (the Accomplished Followers of the Perfect Teaching). There is a formal refuge ceremony in which you receive a Dharma (religious) name. Refuge is offered periodically upon request. If you are interested or have questions, email monastery@sakya.org.

INITIATIONS – In general, when you decide to do a tantric practice (a tantric practice is one in which meditational deities are visualized), you must receive an initiation for that practice. The initiation permits you to do the practice at home and at the Monastery. Some practices have special restrictions, which are explained during the initiations. Receiving an initiation from a lama creates a special bond and commitment. For information on requesting or sponsoring an initiation, email monastery@sakya.org.