

## DAY 1

### **Session 1: Why have an altar?**

Discover how to set up your own altar with all the essential elements. Develop the courage and creativity to customise it as a living practice, reflecting your own inner journey.

### **Session 2: How and why to make offerings.**

Water bowl offerings are a simple yet profound practice that gentles the mind, and a unique way to practice generosity without needing financial resources.

### **Session 3: Meaning of Mandalas.**

Universal symbols of wholeness and transformation, found across many cultures. In Buddhism this is also a way to break down our habitual ordinary view of reality.

### **Session 4: The big one – the long mandala!**

A joyful and extremely satisfying practice, building the 3-tiered pile of rice and jewel that represent a perfect world, complete with deep symbolic meaning.

## DAY 2

### **Session 5: Daily practice and speech blessing**

Putting it all together into the perfect prescription for modern-day life. Rinpoche's tailor-made daily motivation and speech blessing (an essential if we have a family, a job, a life!)

### **Session 6: Prostrations and outrageous offerings**

How do we embody our devotion? And how can we do it without superstition or existential discomfort, but with humility and joy? Discover how the practice of prostrations unifies body, speech and mind into a powerful method of purification.

### **Session 7: Mudras and bell and dorje**

Discover the power of literally 'embodying' the philosophy of tantric Buddhism, and the meaning behind the movements. Who can do mudras, when, and how to perform these transformative mystical gestures. Also, how to play the musical instruments of bell and drum in our practice.

### **Session 8: Sangha etiquette and guru devotion**

How to fulfill our refuge commitment by respecting the sangha, and what to do if you experience difficulties. The profound purpose of guru devotion and how to tune your mind into Rinpoche's teachings.