

PRACTICE, STUDY, AND SERVICE RECORDS

Download practice, study, and service records at:

http://www.mangalashribhuti.org/html/study_practice/Records.html

These records include spaces for all *three wheels* of practice, study and service. Please record, simply and clearly, time spent in minutes and hours daily for each category. "Practice" includes time in formal practice sessions as well as time spent reciting Vajra Guru Mantras both in and outside sessions. "Study" includes listening to teachings (both live and recorded), reading and contemplating Dharma. "Service" in this case includes all time spent in service to the Three Jewels.

Rinpoche has instructed his students to record the amount of time involved in these three aspects on a daily basis, and to turn in these practice records every six months for his review. Practice records will be given to Rinpoche in July during NSS and in January during The Words of My Perfect Teacher program. Please staple your six practice record sheets together into a single packet when submitting them. Rinpoche strongly emphasizes the importance of consistently turning in practice records, and that this is something he expects from all of his students.

Students living in the Boulder, Colorado area can either mail completed practice records to the MSB post office box or put them directly in the hanging file folder labeled "practice records" in the community file cabinet located in the kitchen/dining area of Phüntso Chöling. Those living in the Northeastern U.S. can mail records to Joey Waxman at Pema Ösel Do Ngak Chöling. Sangha living outside of Boulder and the Northeastern United States should mail in their completed practice records to the MSB post office box.

Once collected, the completed practice records are then given to Rinpoche for review. Since Rinpoche often makes a written comment on each record, these sheets are then given back to the individual students. The Boulder Sangha can retrieve returned records from their individual file folders in the community file cabinet at Phüntso Chöling, and those living in the Northeast will receive them from Joey Waxman. Those who live outside of Boulder and the Northeast will receive them back through the mail.

For details on tsok dates and other important Buddhist dates, please refer to the Rigpa Tibetan Calendar: Year of the Iron Tiger 2010 - 2011 at:

<http://zamamerica.stores.yahoo.net/riticatiye20.html>