

The 10 Guided Meditations during the retreat (4th session 7:30 - 9:30pm):

Reference materials: "The New Essence of Vajrayana" (Sadhana), "Essence of Vajrayana" (book) , "Modern Buddhism" & "The Mirror of Dharma with Addition"

Dec 27 (Sat)	Refuge and bodhichitta (Generate correct motivation)
Dec 28 (Sun)	Purifying our own mind, body and speech (Yoga of the three purification)
Jan 3 (Sat)	Visualizing the Field of Merit (Guru yoga)
Jan 4 (Sun)	Accomplishing spontaneous great bliss by dissolving the Guru into oneself (Definitive Guru Yoga)
Jan 11 (Sun)	Bringing death into the path to the Truth Body (The eight signs of dissolution)
Jan 18 (Sun)	Checking meditation on basis Heruka together with consort (Training in divine pride)
Jan 24 (Sat)	Checking meditation on the body mandala (Training in clear appearance)
Feb 1 (Sun)	Meditation on the generation stage of non-dual appearance and emptiness
Feb 7 (Sat)	Meditation on the central channel and indestructible drop
Feb 8 (Sun)	Meditation on the indestructible wind and mind

Guided Meditations will be in Cantonese without translation.