

## TENSHUK Offering Program Outlines 吉祥长寿祈请大法会议程：

Date	Time	Program
<b>TENSHUK Long Life Puja and Rituals 《【登朔】长寿祈祷法会仪式》：</b>		
28 Oct 2014 Tuesday	7:00 - 9:00 am	Three full-day special Tenshuk puja and rituals, which include: 三天全日殊胜吉祥【登朔】长寿祈祷法会与仪式，包括： > Ganachakra Puja of 100,000 Tsok Offering with 100,000 prayer recitations 十万大荟供与十万经文持诵 > The <i>Khandroi Sundok</i> * rituals “逆转空行母召唤仪轨”
29 Oct 2014 Wednesday	9:30 - 12:30 pm	
30 Oct 2014 Thursday	2:00 - 5:00 pm	
<b>Grand TENSHUK Long Life Prayer Offering Ceremony 《【登朔】长寿祈福供养大法会》：</b>		
31 Oct 2014 Friday	8:00 - 9:30 am	> Tenshuk Long Life Puja 【登朔】长寿祈祷法会
	9:30 - 11:00 am	> Tenshuk Offering Ceremony lead by 盛大长寿祈请法会上供仪式： <b>Kyabje Khamtrul Rinpoche and Kyabje Dorzong Rinpoche</b> 由康祖仁波切与铎宗仁波切引领 > Offering of Long Life Mandala, and the representations of "Enlightened Body, Speech, Mind, Quality and Activity" along with other auspicious offerings by the representatives of Dechen Choekhor's branch monasteries in the Himalayan Region 『德钦穹果』喜马拉雅山区诸分支寺院代表献供长寿曼达及象征佛殊胜之『身、语、意、功德和事业』与其它的吉祥供养。
	11:00 am - 12:00 pm	> Offering of the representations of "Enlightened Body, Speech, Mind, Quality and Activity" by the local and overseas devotees 尊胜穹恭·仁波切 喜马拉雅山区与海外众弟子献供长寿曼达及象征佛殊胜之『身、语、意、功德和事业』的吉祥供。
	12:00 - 1:00 pm	> Conclusion prayer and ceremony 长寿祈请大法会总结祈祷仪式
	2:30 - 5:00 pm	> Cultural Shows and Performances 民俗文化展示和特色表演

\* "Khandröi Sundok" or "turning back the summons of the dakinis" is a practice rituals to reverse the call of the dakinis that request the master to enter into another realm to turn the Dharma wheel. Extensive offerings and earnest supplication are made to the five families dakinis, to dispel obstacles to the life of the master and expressing our fervent wish for the master to remain steadfast on the Vajra throne to continue guiding us in this very world.

\* "Khandröi Sundok" 或简称“逆转空行母召唤”是一种实修仪轨，以扭转空行母召唤上师入涅於另一个境界，开转法轮。届时，以十萬大荟供及持誦经文十萬遍等等供养祈求五方空行母，遣除上师的寿障；并竭诚挚切祈请上师长寿驻世，莲足永固，恒转法轮，利乐一切具缘众生。

### Message to Participants 给参与者的贴心提示：

- ✓ Dress-code 衣着: Formal or smart-casual. 正式着装或得体的休闲装扮。
- ✓ Meal 膳食: Try to observe vegetarian diet for the entire event. 在整个法会期间，请尽量茹素。
- ✓ Weather 气候: In October, the weather (12<sub>min.</sub> - 28<sub>max.</sub> °C) is cool during the day but nights can be cold. Light woollens are recommended.  
十月份，天气 (12<sub>min.</sub> - 28<sub>max.</sub> °C)，白天凉爽，但晚上可能会有点寒冷。  
请自备足够的暖衣。
- ✓ Snacks 零食: Bring with you some light snacks, just in case you need it at night.  
携带同一些零嘴，晚上您可能用的着。