

# October 2024

All meetings via Zoom  
All times Mountain Time



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Facebook Group:  
copper-mountain-institute

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b> 3:15pm The Dzogchen Aspiration Prayer of Samantabhadra <sup>1</sup>   Annular Solar Eclipse <sup>3</sup> Shakyamuni Buddha Day <sup>3</sup> Sojong	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> 2:00pm LUJONG Dzogchen Natural Movement Training for Body and Mind <sup>2</sup>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> 4:00pm Green Tara Gana Puja <sup>2</sup>  Guru Rinpoche Day <sup>3</sup>
<b>13</b>	<b>14</b> 2:00pm LUJONG Dzogchen Natural Movement Training for Body and Mind <sup>2</sup>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> <b>ONE DAY RETREAT</b> 8:00am - 6:00pm LUJONG Dzogchen Natural Movement Training for Body and Mind <sup>2</sup>
<b>20</b>	<b>21</b> 8:00am RIWO SANG CHO <sup>2</sup>  Anniversary of Kyabje Dilgo Khyentse Rinpoche (1910-1991)	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>  Dakini Day <sup>3</sup>  Do not hang prayer flags
<b>27</b>  EU Summer Time Ends (EU, Mexico, and UK) Clocks go back 1 hour	<b>28</b> 2:00pm LUJONG Dzogchen Natural Movement Training for Body and Mind <sup>2</sup>	<b>29</b> 10:00 AM The Open Secret to Human Happiness: Dzogchen Compassionate Mindfulness Meditation <sup>1</sup> led by Dr. David Paul Boaz Dechen Wangdu	<b>30</b>	<b>31</b>  Dharmapala Day <sup>3</sup>	<p>1) All are welcome 2) Transmission is required. Note: Lujong video transmission is available to AP Rinpoche's Dzogchen students during each session. 3) Include appropriate practice in your daily schedule. Note: During an eclipse, the effect of positive and negative actions is multiplied by 10,000, so practice is emphasized. On special practice days, the effects of positive and negative actions is multiplied 100 times.</p>	