




## FPMT Education Services

# Published Materials Available

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To order any of these materials and many more, please go to <http://shop.fpmt.org/>

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# Education Programs



## FPMT Introductory Courses

New to Buddhism? Want to see what it's all about, or just use its teachings to improve your daily life? FPMT's Introductory Programs are short courses that allow students to learn the basics and try Buddhist concepts on for size.

### **Buddhism In A Nutshell, An FPMT Beginners' Course (Package for FPMT Centers)**

Buddhism in a Nutshell is an introductory course on Buddhism for complete beginners. It presents basic Buddhist philosophy and principles within the Tibetan Mahayana context, and provides simple meditation instruction. *Buddhism in a Nutshell* is presented in five sessions and covers these basic principles of Buddhism:

- Life of Shakyamuni Buddha; the similarities of Shakyamuni Buddha's life to ours; how the Buddha answered the big "meaning of life" questions that we all have
- The Four Noble Truths
- Buddha's teachings in a gradual form for the practice of one individual ... where to start, what next, etc.
- What does it mean to be a Buddhist, an "inner being"
- Specifics of the path: three principles of the path using *Foundation of All Good Qualities*
- Different kinds of Buddhism: Theravada, Mahayana, Vajrayana, Zen, Ch'an, Pure Land, etc.
- Different schools of Tibetan Buddhism
- A little history of Buddhism

### **Buddhism In A Nutshell Homestudy (also available Online)**

*Buddhism in a Nutshell* is an overview of the complete Buddhist path to enlightenment that combines the blessings and transformational teachings of Tibetan Buddhist masters Lama Thubten Yeshe and Lama Zopa Rinpoche with the candidly refreshing perspective of Western teacher Venerable Amy Miller. It provides students with the information they need for their spiritual journey along with advice on how to integrate these teachings into daily life. In addition, readers are given simple meditation techniques to help bring each topic "from the head into the heart."

Topics covered include the life of the Buddha, the four noble truths, and a commentary on the steps of the path to enlightenment following *The Foundation of All Good Qualities*, a prayer requesting blessings written by the Tibetan saint, Lama Tsongkhapa. This is a unique blend of teachings and tools for spiritual seekers that is long overdue. Also included is an MP3 disc of the original course upon which this book was based, offering 11 hours of clear and accessible teachings from Ven. Amy Miller.

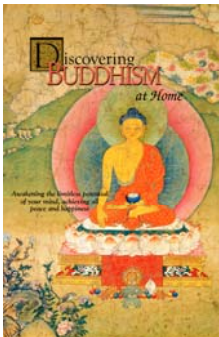
### **Buddhist Meditation 101 Online**

See description below.

## Buddhist Meditation 101, A FPMT Beginners Course (Package for FPMT Centers)

Meditation 101 is an introductory course on basic Buddhist meditation techniques for complete beginners. It teaches basic Buddhist meditations that can be used by anyone to create more peace and happiness in daily life. *Meditation 101* is presented in five sessions and covers these basic Buddhist meditation techniques:

- What is meditation?
- Meditation posture and arranging the body
- Purposes and benefits of meditation
- Different skills that are used in meditation and useful in daily life
- Two main types of meditation - analytical and stabilizing
- Obstacles to meditation and their antidotes
- Setting up a meditation session
- Breathing meditations such as counting the breath and nine-round breathing
- Mindfulness meditations such as scanning the body, bare attention, mind like the sky, and mind like the ocean
- Visualization meditations such as body of light, purification with light
- Analytical meditations such as meditation on equanimity, and transforming negative experiences into positive



## Discovering Buddhism

*Discovering Buddhism* is a two-year, fourteen-module series that gives the student a solid foundation in the teachings and practice of Tibetan Mahayana Buddhism. Each *Discovering Buddhism at Home* module contains audio recordings of teachings and meditations given by qualified Western teachers, and a text CD containing the course materials and written transcripts of the audio teachings. Packages are available in both MP3 and audio CD formats. Books from the reading lists are not included in the module package, and may be obtained separately from The Foundation Store.

*Discovering Buddhism at Home* participants discuss DB topics with each other via an online discussion board. This feature gives students the opportunity to enhance their learning experience through virtual discussion groups. In addition, senior FPMT teachers take part in the discussions, answering questions and overseeing the conversation. FAQ pages help the student navigate the program and provide the best of the discussion board's questions and answers.

Upon completion of a module, students may have their assessment questions evaluated by senior FPMT teachers and receive personal feedback. Just as with the center program, students who complete each module receive a completion card, and those who complete all fourteen modules receive a certificate of completion.

## Discovering Buddhism Package (for FPMT Centers)

This is an estimated 2 year course. Package includes four hard copy binders with all the materials needed for center, teacher, and student. CD contains contents of all 4 binders as well as additional resources such as a brochure that can be used by your center. Package also includes implementation support from FPMT Education Department.

## Discovering Buddhism at Home

### Mind And Its Potential - Module One (CD, MP3, Online)

Explore the differentiation between mind and brain, mind as the creator of our experiences, and the implications of possessing a mind that has no beginning and no end. In addition, learn methods to transform destructive thoughts and attitudes and create a positive and joyous mind. Module One - Mind and Its Potential Includes:

- Written Guidelines for how to proceed through the program
- Four teachings
- Four guided meditations led by American Teacher Thubten Yeshe
- Transcripts of the teachings, guided meditations, and DB Readings as PDF files
- Printed Booklet: Make your Mind an Ocean and Becoming Your Own Therapist

### Découverte du bouddhisme en ligne – Module 1 – L’esprit et son potentiel (online only)

Explorez ce qu’est “l’esprit”, sa nature et ses fonctions. Découvrez comment l’esprit affecte nos expériences de bonheur et de souffrance. Vous allez explorer les différences entre l’esprit et le cerveau, voir comment l’esprit est le créateur de nos expériences, et découvrir les implications qui découlent du fait de posséder un esprit qui soit sans commencement ni fin. Par ailleurs, vous allez apprendre les méthodes vous permettant de transformer les pensées et attitudes destructrices, et apprendre comment créer un esprit positif et joyeux.

Ce Module en ligne de « L’esprit et ses fonctions» vous offre les ressources suivantes:

- Une vidéo de 26 minutes du Module 1 extraite des DVDs de Découverte du Bouddhisme.
- Quatre sessions d’enseignements (soit environ 8 heures d’enseignements).
- Un document Matériel étudiant de 59 pages offrant des lectures et méditations.
- Une méditation guidée (fichier audio).
- Accès à un “Forum de discussions entre étudiants” et à un forum "Demandez à un ancien".
- Une évaluation de fin de Module et des pistes de correction.

### How to Meditate - Module Two (CD, MP3, Online)

How to Meditate Includes:

- 6 teaching sessions on How to Meditate
- 6 meditations
- Transcripts of the teachings, guided meditations, and DB Readings as PDF files
- Subject Area summary sheet for *How to Meditate*
- Intensive Practice Day (Retreat) outline
- Assessment questions
- Completion card

## Découverte du bouddhisme en ligne – Module 2 – Comment méditer

Découverte du bouddhisme est un cours en ligne composé de 14 modules. Ce programme n'est pas destiné à offrir une simple étude académique du bouddhisme mais vise à transformer votre vie.

"Comment méditer" est le second des 14 modules offerts dans ce programme.

Dans ce module, vous allez apprendre les techniques de base de la méditation. Vous allez apprendre ce qu'est la méditation, quel est son but, comment vous assoir correctement, comment mettre en place une session de méditation, ainsi que les différents types de techniques méditatives que vous pouvez utiliser et enfin comment reconnaître et faire face aux obstacles rencontrés lors de la méditation.

Ce Module en ligne de « Comment méditer » vous offre les ressources suivantes:

- Une vidéo de 26 minutes du Module 2 extraite des DVDs de Découverte du Bouddhisme.
- Quatre sessions d'enseignements (soit environ 8 heures d'enseignements).
- Un document Matériel étudiant de 40 pages offrant des lectures et méditations.
- Deux méditations guidées (fichiers audio)
- Accès à un "Forum de discussions entre étudiants" et à un forum "Demandez à un aîné".
- Une évaluation de fin de Module et des pistes de correction.

## Presenting The Path - Module Three (CD, MP3, Online)

After this course, students will have a clear idea of the path to enlightenment, especially its three main components: renunciation, bodhichitta and the right view of emptiness. They will understand the progressive, step-like structure of the lam-rim, its origin in the teachings of Guru Shakyamuni Buddha, the three scopes, where they fit at their present stage of spiritual development, what they need to do next, and how they get from there to enlightenment. Teachings are led by Ven Robina Courtin, who is known for her captivating and dynamic teaching style. The guided meditations on renunciation, the wisdom of emptiness, and bodhichitta are led by Ven Constance Miller. Module 3 contains:

- 8 teaching sessions
- Transcripts of the teachings, guided meditations, and DB Readings as PDF files
- Text: *The Essence of Tibetan Buddhism* by Lama Yeshe
- Subject Area summary sheet for Presenting the Path
- Intensive Practice Day (Retreat) outline
- Assessment questions
- Completion card

## The Spiritual Teacher - Module Four (CD, MP3, Online)

Take the time to investigate the role of the teacher on the spiritual path: the need for a teacher, the qualities of a teacher, the qualities of a student, and how to relate to a teacher for greatest benefit in one's spiritual life. Consider the challenges we face when thinking of entering into a "guru-disciple" relationship and learn how to overcome these skillfully. Taught by Ven Connie Miller this module talks about the role of the spiritual guide on the path to enlightenment. Module 4, The Spiritual Teacher includes:

- 5 teaching sessions on The Spiritual Teacher
- 5 meditations
- Transcripts of the teachings, guided meditations, and DB Readings as PDF files

- Subject Area summary sheet for The Spiritual Teacher
- Intensive Practice Day (Retreat) outline
- Assessment questions
- Completion card

### **Death And Rebirth - Module Five (CD, MP3, Online)**

Understand life, death and rebirth and the nature of mind. Learn to use fear of death to overcome fear of death. Discover how to use the certainty and imminence of death to enhance your quality of life. Practice analytical and placement meditation. See how the entire path to enlightenment hangs together as a cohesive whole and where the teachings on impermanence and death, the first and last that the Buddha gave, fit in. Taught by Dr Nicholas Ribush Module 5, Death and Rebirth Includes:

- 6 teaching sessions on Death and rebirth
- 3 meditations
- Transcripts of the teachings, guided meditations, and DB Readings as PDF files
- Subject Area summary sheet for Death and Rebirth
- Three day retreat outline
- Assessment questions
- Completion card

### **All About Karma – Module Six (CD, MP3, Online)**

This module aims to introduce you to the Buddhist concept of Karma, the law of cause and effect, and what it means to take personal responsibility. Using examples from everyday life we will analyze how actions determine their results and cause us to experience either happiness or suffering. We will explore purification practices and establish a daily meditation on Karma. Taught by Renate Ogilvie. Module 6, All About Karma, includes:

- 4 teaching sessions
- 3 Meditations
- Transcripts of the teachings, guided meditations, and DB Readings as PDF files
- Subject Area summary sheet for All About Karma Intensive Practice Day (Retreat) outline
- Assessment questions
- Completion card

### **Refuge In The Three Jewels - Module Seven (CD, MP3, Online)**

The topic for this 7th module of Discovering Buddhism at Home is refuge in the Triple Gem – Buddha, Dharma and Sangha. This is a key topic in the Buddha Dharma. It is the entrance to the path, the practice that leads to liberation and enlightenment. It is important and a beautiful topic to study, understand and especially to practice. Taught by Ven Thubten Dondrub with meditations guided by Ven Constance Miller.

- 6 teaching sessions on Refuge
- 3 meditations
- Transcripts of the teachings, guided meditations, and DB Readings as PDF files
- Subject Area summary sheet for Refuge in the Three Jewels
- Intensive Practice Day (Retreat) outline

- Assessment questions
- Completion card

### **Establishing A Daily Practice - Module Eight (CD, MP3, Online)**

The teachings and instruction given within this module will create a firm foundation for establishing one's own daily practice. In Establishing a Daily Practice, you will come to understand clearly how the lam-rim is a blue print for your personal attainment of enlightenment. Learn not only why and how to set up a daily practices but also how to stay motivated in your spiritual life. Teachings and meditations taught and led by Kendall Magnussen. Module 8, Establishing a Daily Practice includes:

- Teachings on Establishing a Daily Practice, taught by Kendall Magnussen
- 5 meditations to accompany this module plus the ceremony for taking the Eight Mahayana Precepts, led by Kendall Magnussen
- Transcripts of the teachings, guided meditations, and DB Readings as PDF files
- Making the Life Meaningful, by Lama Zopa Rinpoche
- Direct and Unmistaken Method, translation by Lama Zopa Rinpoche
- Subject Area Summary Sheet for Establishing a Daily Practice
- Advice on the Recommended Time to Study / Practice this Subject
- Intensive Practice-day Instructions
- Assessment Questions
- Completion Card

### **Samsara And Nirvana - Module Nine (CD, MP3, Online)**

Investigate what samsara is and how we are stuck in it. Find out what nirvana is and how to achieve it. Develop the determination to be free from suffering and its cause and empower yourself with practical tools to deal with and eliminate disturbing emotions forever. Taught by Ven Fedor Stracke, Module 9, Samsara and Nirvana, includes:

- 7 audio CDs of teachings led by Ven Fedor Stracke
- Transcripts of the teachings, guided meditations, and DB Readings as PDF files
- Subject Area summary sheet for Samsara and Nirvana
- Assessment questions
- Completion card

### **How To Develop Bodhichitta: Module Ten (CD, MP3, Online)**

Discover the clear meditation instruction available in Tibetan Buddhism that enables us to develop our innate qualities of loving kindness and compassion. Learn the skills of applying these techniques to generate the mind of Bodhichitta, the wish to attain enlightenment for the benefit of others, known to be the heart of Buddha's teachings. Taught by Ven Kaye Miner. Module 10, How to Develop Bodhichitta, includes:

- 14 audio CDs. These CDs contain both the teachings and the guided meditations. Unlike previous module where the meditations were on separate CDs, the teacher felt it more suitable to guide the meditations within the teaching session. All teachings and meditations are led by Ven kaye Miner
- Transcripts of the teachings, guided meditations, and DB Readings as PDF files
- Subject Area summary sheet for How to Develop Bodhichitta
- Heart Sutra retreat instructions

- Assessment questions
- Completion card

### **Transforming Problems - Module Eleven (CD, MP3, Online)**

Consider well the disadvantages of self-cherishing and the advantages of cherishing others more than ourselves. Learn how to employ the special techniques of mind training or “lo-jong” as a means to transform problems into happiness and learn to like problems as much as ice cream! Taught by Ven Tenzin Tsapel. Module 11, Transforming Problems, includes:

- 4 audio CDs of teachings on Transforming Problems, taught by Ven Tenzin Tsapel
- 2 audio CDs of 3 guided meditations, led by Ven Tenzin Tsapel
- Transcripts of the teachings, guided meditations, and DB Readings as PDF files
- Everflowing Nectar of Bodhichitta, by Lama Zopa Rinpoche as a photocopy booklet
- Transforming Problems Into the Path, by Ven. Thubten Gyatso
- Subject Area Summary Sheet for Transforming Problems
- Advice on the Recommended Time to Study / Practice this Subject
- Intensive Practice-day Instructions
- Assessment Questions
- Completion Card

### **Wisdom Of Emptiness - Module Twelve (CD, MP3, Online)**

The realization of emptiness is crucial for the attainment of liberation and enlightenment. Teacher Tubten Pende gives a clear and concise presentation on this very difficult topic and introduces various methods to meditate on emptiness that are indispensable for generating realizations within the mind. Taught by Tubten Pende Module 12, The Wisdom of Emptiness includes:

- 5 audio CDs. These CDs contain both the teachings and the guided meditations. Unlike previous module where the meditations were on separate CDs, the teacher felt it more suitable to guide the meditations within the teaching session. All teachings and meditations are led by Tubten Pende
- Transcripts of the teachings, guided meditations, and DB Readings as PDF files
- Subject Area summary sheet for Wisdom of Emptiness
- Heart Sutra retreat instructions
- Assessment questions
- Completion card

### **Introduction To Tantra - Module Thirteen (CD, MP3, Online)**

Learn the meaning of tantra, how tantra works, and why it is a powerful form of practice if done with the right foundation of understanding and practice. Get a broad overview of the distinction between sutra and tantra, the four classes of tantra and the meaning of deity yoga. In addition, find out how to integrate the practices of tantra with lam-rim meditation for optimal results. Taught by Jon Landaw, this module includes:

- 6 audio CDs of 4 teachings and 2 meditations on Introduction to Tantra, taught by Jon Landaw
- Transcripts of the teachings, guided meditations, and DB Readings as PDF files
- Subject Area Summary Sheet for *Introduction to Tantra*
- Advice on the Recommended Time to Study / Practice this Subject
- Intensive Practice-day Instructions



- Assessment Questions
- Completion Card

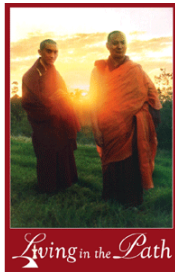
### Special Integration Practices - Module Fourteen

This module, unlike the previous 13, does not include audio CDs of teachings and guided meditations. Instead, it is designed for personal practice as practice is the tool by which all of the teachings that are heard become oneness with one's mind and integrated into one's daily life. The practices in this module are the direct advice of Lama Zopa Rinpoche for anyone wishing to fully experience the results of "Discovering Buddhism". Module 14 Contains the Following Practices:

- Vajrasattva practice
- The Preliminary Practice of Prostrations
- Nyung Na; A fasting retreat done in conjunction with the Buddha of Compassion; Chenrezig
- Assessment questions
- Completion Card

### Discovering Buddhism at Home Online

All the content of Discovering Buddhism at Home is now available for download online! Discovering Buddhism Online modules also includes integrated forums for discussion, Discovering Buddhism DVD segments, transcripts of teachings, quizzes, and a final assessment.



### Living in the Path Online

Living in the Path, FPMT's newest program, featuring the teachings of both Lama Zopa Rinpoche and Lama Yeshe. Initial curriculum and course material is being drawn from Lama Zopa Rinpoche's Light of the Path teachings, an annual event hosted by Kadampa Center in North Carolina, USA.

### Motivation for Life – Module One

This online module helps us to take advantage of our lives by understanding how to set the most beneficial daily motivation. You will learn to appreciate your precious human life, the truth of impermanence, how actions and their results are unbetraying, how the power of bodhichitta can help you be happy today and how to be prepared to die at any moment. These teachings are extracted from the opening sessions of the Light of the Path retreat, taught in September 2009 in North Carolina, USA by Lama Zopa Rinpoche. These are considered preliminary teaching in preparation for studying the lam-rim and are essential for making our daily life and practice most meaningful.

#### TOPICS COVERED

- Session One: Motivation in Brief
- Session Two: I am Going to Die Today

- Session Three: Achieving the Three Great Meanings of Life
- Session Four: Abandon Stretching the Legs
- Session Five: Giving Without Any Sense of Loss

READINGS: Living in the Path, Module One: Motivation for Life reading packet for this course.

#### ACCOMPANYING VIDEO EXCERPTS

- “The Real Meditation is the Lam-Rim”
- “The Eight Worldly Concerns”
- “Impermanence, the Beginning of Dharma”
- “By Now I Would be a Fish”
- “Life Is Like a Flame, a Bubble”
- “Tong-len”
- “Abandon Stretching Your Legs”

#### MEDITATIONS & PRACTICES

- Everything Depends on the Mind, on One’s Own Attitude
- The Eight Worldly Concerns
- The Nine Point Death Meditation
- Life is Like a Candle Flame
- The Freedom of Life
- Abandon Stretching Your Legs Out; Give Up Entering Samsara; Vajrasattva, The Great King, Urges us Again and Again
- Motivation for Life practice text, Motivation #1 and Motivation #2

#### MINDFULNESS EXERCISES FOR DAILY LIFE

#### SERVICE COMPONENT OR KARMA YOGA

#### QUESTIONS FOR DISCUSSION FOR STUDENT/FACILITATOR REVIEW & ASSESSMENT

### **Taking the Essence – Module Two**

The Buddha gave his disciples countless ways to attain enlightenment quickly. In this module, discover mantras to empower your speech and body so that others can benefit from your presence. Practice bodhichitta mindfulness to imbue every action of daily life with a good heart. Create continual merit through the yoga of eating and making offerings. Take the Eight Mahayana Precepts and experience the power of living in vows. These methods hook blessings, clear obstacles, and transform our actions into what is beneficial. These teachings are extracted from the Light of the Path Retreat, September 2009 in North America taught by Lama Zopa Rinpoche.

#### TOPICS COVERED

- Session One: Mantras for the Morning
- Session Two: Bodhichitta Mindfulness
- Session Three: Offerings Cause Enlightenment
- Session Four: The Eight Mahayana Precepts

READINGS: Living in the Path, Module Two: Taking the Essence reading packet for this course.

#### ACCOMPANYING VIDEO EXCERPTS

- “Mantras for the Morning” (11 min)
- “The Importance of Blessing the Feet” (9min)
- “Benefits of Blessing the Speech” (9 min)
- “Blessing Your Speech” (35 min)
- “Other Powerful Mantras” (28 min)
- “Mindfulness of Bodhichitta” (13 min)
- “Sleeping Yoga” (17 min)
- “Offerings Cause Enlightenment” (20 min)
- “Mantra of Clouds of Offerings” (25 min)
- “The Merit of Keeping Just One Vow” (7 min)
- “Motivation for Precepts” (9 min)
- “Precepts Ceremony” (41 min)

#### MEDITATIONS & PRACTICES

#### MINDFULNESS EXERCISES FOR DAILY LIFE

#### SERVICE COMPONENT OR KARMA YOGA

#### QUESTIONS FOR DISCUSSION FOR STUDENT/FACILITATOR REVIEW & ASSESSMENT

### **What Buddhists Believe – Module Three**

In this course, Lama Zopa Rinpoche makes certain that we understand the most fundamental and profound truth of Buddha’s teachings: how ignorance creates our problems and how wisdom creates our happiness. We are given practical ways to apply impermanence, karma, and emptiness in daily life, and catch the hallucination of true existence in the moment that ignorance projects it. These teachings are extracted from the Light of the Path Retreat, September 2009 in North America taught by Lama Zopa Rinpoche.

“When we say ‘belief,’ it looks like it is something that is not true. Here, we are talking about a belief that accords with reality. When you understand what fundamental Buddhist philosophy, practice, and belief is. Woooow!.” - Lama Zopa Rinpoche.

#### TOPICS COVERED

##### Session One: Your Mind is the Creator

- Session Two: Appearances Come from Karma
- Session Three: Choosing Happiness over Anger
- Session Four: How the Mind Can Change
- Session Five: Ignorance versus Reality
- Session Six: Basic Buddhist Belief

READINGS: Living in the Path, Module Three: What Buddhists Believe reading packet for this course.

#### ACCOMPANYING VIDEO EXCERPTS

- “The Various Worlds are Born from Karma” (12 min)
- “Analogy of a Movie” (9 min)
- “Evolution of Appearances” (9 min)
- “Appearances Come from Karma” (10 min)
- “Analogy of the Rope and the Snake” (14 min)
- “Object to be Refuted” (13 min)
- “Ignorance & Wisdom” (10 min)
- “How the Buddha Liberates Beings” (7 min)
- “Freedom from Bondage” (8 min)
- “Losing the I” (26 min)
- “Ignorance has its Own View” (14 min)
- “Like a Magician’s Illusion” (24 min)
- “The View of Your Karma” (21 min)
- “It Came from Your Mind” (14 min)

#### MEDITATIONS & PRACTICES

#### MINDFULNESS EXERCISES FOR DAILY LIFE

#### SERVICE COMPONENT OR KARMA YOGA

#### QUESTIONS FOR DISCUSSION FOR STUDENT/FACILITATOR REVIEW & ASSESSMENT

### **Guru is Buddha – Module Four**

The foundation of the path to enlightenment is the realization of guru devotion – seeing the guru as a buddha. On the basis of this, one makes offerings, offers service, and, most importantly, obtains advice and follows it. There is no quicker path to enlightenment than this. In this module, Lama Zopa Rinpoche gives pith instructions for how to generate this realization and how to take advantage of the guru-disciple relationship for maximum benefit. These teachings are extracted from the Light of the Path Retreat, September 2009 and 2010 in North America taught by Lama Zopa Rinpoche.

*“Buddhas definitely exist and definitely guide us through manifesting as gurus.”*

- Lama Zopa Rinpoche

#### TOPICS COVERED

- Session One: The Most Powerful Practice
- Session Two: The Happiest Life
- Session Three: Guru is Buddha
- Session Four: How to Meditate on Guru Devotion
- Session Five: How to Meditate on the Requesting Prayer to the Lineage Lamas

- Session One: The Most Powerful Practice

READINGS: Living in the Path, Module Four: *Guru is Buddha* reading packet for this course.

#### ACCOMPANYING VIDEO EXCERPTS

- “The Buddha Manifests in Many Forms” (13 minutes)
- “The Most Powerful Practice” (5 minutes)
- “The Most Important Thing to Know” (7 minutes)
- “The Happiest Life” (4 minutes)
- “Why Practice Guru Devotion?” (5 minutes)
- “With a Pure Mind, Buddha Appears,” (11 minutes)
- “Devotion Creates the Perfect Guru” (5 minutes)
- “Gurus are the Doers of Buddhas’ Work” (9 minutes)
- “Mistakes of an Impure View” (11 minutes)
- “The Way to Achieve Enlightenment Quickly” (6 minutes)

#### MEDITATIONS & PRACTICES

#### MINDFULNESS EXERCISES FOR DAILY LIFE

#### SERVICE COMPONENT OR KARMA YOGA

#### QUESTIONS FOR DISCUSSION FOR STUDENT/FACILITATOR REVIEW & ASSESSMENT

### **Introduction to Atisha’s Text – Module Five**

This is a short course wherein the commentary on Lama Atisha’s text begins. It includes a brief telling of Atisha’s life story and the circumstances under which *LIGHT OF THE PATH TO ENLIGHTENMENT* was written. Lama Zopa Rinpoche also explains the three capable beings and how actions become Dharma. Finally, Rinpoche gives the oral transmission of the text, a blessing of the entire path to enlightenment for all who hear it.

These teachings are extracted from the Light of the Path Retreat, September 2009 in North America taught by Lama Zopa Rinpoche.

*“All the 84,000 teachings, which come in three levels, are integrated. This created so much confusion in Tibet. But Atisha integrated all of this very simply, like lunch; like food made and set on the table for you to eat. All you have to do is eat.” - Lama Zopa Rinpoche*

#### TOPICS COVERED

- “Lamaism”
- How Atisha came to Tibet
- “Light of the Path” is like lunch set on the table
- It all came from Nalanda
- The three capable beings – and the fourth ordinary capable being
- Learn the definition of Dharma

- The four motivations in action
- Oral transmission of Atisha's *Light of the Path to Enlightenment*
- Praying to receive the qualities of Lama Atisha

READINGS: *Living in the Path, Module Five: Introduction to Atisha's Text* reading packet as well as "Appendix One: Life Story of Atisha," and "Appendix Two: Requesting Prayer to Lama Atisha."

#### ACCOMPANYING VIDEO EXCERPTS

- Like Lunch Set on the Table (4 min)
- The Three Capable Beings (17 min)
- How Action Becomes Dharma (4 min)
- Oral Transmission of Light of the Path to Enlightenment (10 min)

#### MEDITATION PRACTICE

#### MINDFULNESS EXERCISE FOR DAILY LIFE

#### SERVICE COMPONENT OR KARMA YOGA

#### QUESTIONS FOR DISCUSSION

### **Bringing Emptiness to Life – Module Seven**

This module contains pith instructions from Lama Zopa Rinpoche for how to meditate on emptiness and maintain wisdom awareness in daily life. Receive additional advice for meditation on the verse from the Diamond Cutter Sutra initially presented in *Living in the Path, Module 3: What Buddhists Believe*.

Learn the importance of clearly identifying the object of refutation (*gag-cha*) in one's analysis of emptiness; and discover the hallucinations of ignorance to be refuted, according to different schools of Buddhist philosophy. This brings us to a clear understanding of the Prasangika Madhyamaka view.

Finally, receive Rinpoche's heart advice for completing the realization of emptiness and the resultant understanding and confidence that comes with it. These teachings are extracted from the *Light of the Path Retreat*, September 2010 in North America taught by Lama Zopa Rinpoche.

*"What you have been holding from beginningless rebirths - there is nothing to hold on to."*

- Lama Zopa Rinpoche

When you purchase this course, you will receive an email with a link to download a PDF, which contains the enrollment key required to access this course on the online learning site at <http://onlinelearning.fpmt.org>

#### TOPICS COVERED

##### **Session One: Recognizing the *gag-cha***

- Smashing delusions with the *Diamond Cutter Sutra* similes
- The first referent of 'I' in analysis – the real I

- The definition of existence
- What we have been believing all this time
- *Tongpa-nyi*: Emptiness only
- Unified emptiness and dependent arising
- The second referent of 'I' in analysis – the merely imputed I
  - Missing the thief
  - The decoration is the *gag-cha*
  - Using logic
- An experiment to try
- The fear of nothing to hold onto
- Meditation on the nine *Diamond Cutter Sutra* similes
- A real holiday

#### **Session Two: What Emptiness Does for You**

- The hallucinations in the lower schools of Buddhist philosophy
  - The Vaibhashika school
  - The Chittamatra (Mind-Only) school
- The hallucination in the Madhyamaka schools
  - The Svatantrika Madhyamaka school
  - The Prasangika Madhyamaka school
- The danger of falling into nihilism
- Verse 10 from *The Three Principal Aspects of the Path*
- Svatantrika and the I existing from its own side
- The importance of understanding these views
- “Think differently”

#### **ACCOMPANYING VIDEO EXCERPTS IN THIS COURSE**

- “Looking for the Real I” (11 min)
- “Nothing to Hold Onto” (8 min)
- “Diamond Cutter Meditation” (20 min)
- “How I Exists” (5 min)
- “Seeing the Middle Way View” (8 min)
- “It Just Clicks” (5 min)
- “Go Through the Fear” (8 min)
- “No One Can Cheat You” (7 min)
- “Free Your Mind” (5 min)

#### **OTHER MATERIAL IN THIS COURSE**

- A READING PACK IN PDF FORMAT
- MEDITATIONS & PRACTICES
- MINDFULNESS EXERCISES FOR DAILY LIFE
- SERVICE COMPONENT OR KARMA YOGA EXERCISES

- QUESTIONS FOR DISCUSSION FOR STUDENT/FACILITATOR REVIEW & ASSESSMENT
- SUGGESTED READINGS
- HELPFUL RESOURCES

## **Living in the Path Instruction 1: Diamond Cutter Meditation**

At the end of the *Diamond Cutter Sutra*, there is a powerful verse to help us reflect on emptiness and impermanence. This verse is also recited at the end of "*Praise to Shakyamuni Buddha*" a common prayer that is often recited in Prayers Before Teaching Occasions.

In this course, Lama Zopa Rinpoche gives pith instructions for how to meditate on this verse and apply its meaning in daily life.

These teachings are extracted from the Light of the Path Retreat, September 2009 & 2010 in North America taught by Lama Zopa Rinpoche.

*"Looking at causative phenomena," basically means you recollect the specific objects which are for you the objects of attachment, anger, ignorance. Remember those main objects of the delusions. Then, it's like throwing an atomic bomb on your enemy, the delusions: everything is totally made into pieces, disintegrated."*

- Lama Zopa Rinpoche

When you purchase this course, you will receive an email with a link to download a PDF, which contains the enrollment key required to access this course on the online learning site at <http://onlinelearning.fpmt.org>

## **TOPICS COVERED**

### **Session One: Ignorance versus Reality**

- Like a star, verse from *Praise to Shakyamuni Buddha*
- Ignorance has its own view
- What the omniscience mind sees
- "Like a star"
- "Like a defective view"
- "Like a butterlamp"
- "Like an Illusion"
- "Like a dew drop"
- "Like a water bubble"
- "Like a dream"
- "Like lightning"
- "Like clouds"

### **Session Two: A Real Holiday**

- Analogies for ignorance, emptiness, and impermanence
- The essence of each analogy
- Bringing peace to your mind
- Smashing delusions with the *Diamond Cutter Sutra* similes
- What we have been believing all this time



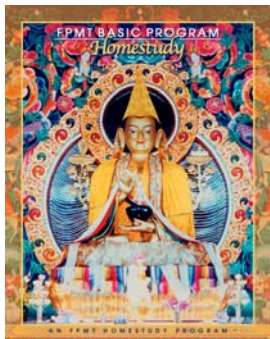
- Meditation on the *Diamond Cutter Sutra* similes
- A real holiday

#### ACCOMPANYING VIDEO EXCERPTS IN THIS COURSE

- “Ignorance has its Own View” (14 min)
- “Like a Magician’s Illusion” (24 min)
- “Diamond Cutter Meditation” (20 min)

#### OTHER MATERIAL IN THIS COURSE

- A READING PACK IN PDF FORMAT
- MEDITATIONS & PRACTICES
- MINDFULNESS EXERCISES FOR DAILY LIFE
- SERVICE COMPONENT OR KARMA YOGA EXERCISES
- QUESTIONS FOR DISCUSSION FOR STUDENT/FACILITATOR REVIEW & ASSESSMENT
- SUGGESTED READINGS
- HELPFUL RESOURCES



## The Basic Program

The *Basic Program* is a five-year, twelve-subject course of studies designed by Lama Zopa Rinpoche. It provides a practice-oriented transmission of the Buddhadharma to committed students ready to progress beyond introductory-level study and practice. Its comprehensive curriculum greatly enhances students’ Dharma understanding, establishing a sound basis for ongoing study, practice, retreat and service.

The *Basic Program Homestudy* series offers the entire curriculum by way of video, audio, or transcript, complete with a wealth of course materials, retreats, discussions, guided meditations, and so forth. By presenting teachings offered at a variety of *Basic Program* centers, students who cannot study at a center get to know several of our outstanding *Basic Program* teachers.

### Basic Program CD, 2006 (for FPMT Centers Implementing the Program)

This CD-ROM, aimed specifically at center staff wishing to implement the Basic Program, includes: all required texts and translations, examples of course materials, a sample Basic Program brochure, an introduction for Geshes, and guidelines for implementation

## The Basic Program Homestudy

### STAGES OF THE PATH - Middle Length Lam-Rim

The celebrated Stages of the Path teachings represent a synthesis of the entire path to enlightenment. Presented here in a clear and concise way, they are easy to understand and apply to daily life. Based on Lama Tsongkhapa's Middle Length Stages of the Path, the commentary offered by Geshe Jampa Gyatso for the Basic Program at Istituto Lama Tzongkhapa in Italy explains the preliminary practices, followed by the essential practices of the 'beings of the three scopes', including correct guru devotion, renunciation, the altruistic wish for enlightenment and the view of the middle way. Package includes:

- A *Course Materials CD* including
  - The transcript of the commentary by Geshe Jampa Gyatso
  - Homework and the exam, with answer keys
  - Supplementary study materials
  - The homestudy completion certificate requirements and the Basic Program conduct & practice info sheet.
  - A wealth of meditation and retreat materials
- An audio CD in MP3 format with guided lam-rim meditations, morning prayers and other practices.
- A DVD of an introduction to the Basic Program subjects by Geshe Jampa Gyatso

### HEART SUTRA

The famed Heart Sutra reveals the truth of emptiness through a short exchange between two of the Buddha's most illustrious disciples, Avalokiteshvara and Shariputra. Geshe Ngawang Dakpa, resident teacher at Tse Chen Ling, California, guides us through this precious scripture, drawing on the wisdom of a lineage of great Indian and Tibetan masters reaching back to the Buddha to elucidate its profound meaning. Package includes:

- Two audio CDs with recordings of four teaching sessions in MP3 format
- An Introductory data CD with course materials including:
  - An edited transcript of the teaching with charts,
  - A translation of the sutra
  - A test and answer key
  - Lama Zopa Rinpoche's instructions on how to conduct a retreat based on the sutra
  - A sadhana for meditation practice and more.
- A DVD of an introduction to the Basic Program by Geshe Jampa Gyatso

### ENGAGING IN THE BODHISATTVA DEEDS Part 1: Chapter I-V

This homestudy package comprises the first of a two-part series of teachings based on the Bodhicaryavatara. Shantideva's inspirational verses on Mahayana aspiration and practice are widely regarded as the most authentic and complete guide for the practitioner dedicated to the enlightenment of all beings - the bodhisattva. Geshe Thubten Chonyi, who teaches the Basic Program in Amitabha Buddhist Centre, Singapore, explains the Bodhicaryavatara verse by verse with an emphasis on applying the teaching to daily life. Package includes:

- An audio CD in MP3 format with recordings of the 33 teachings, discussions and retreat sessions
- An Introductory text CD with course materials including:
  - A transcript of the commentary by Geshe Chonyi
  - Discussion and review questions
  - A test with answer key

- Meditation and retreat materials
- A DVD of an introduction to the Basic Program by Geshe Jampa Gyatso

### **MAHAYANA MIND TRAINING - The Wheel Of Sharp Weapons**

The Wheel of Sharp Weapons, composed by the great Indian yogi Dharmarakshita, is among the most esteemed of the celebrated mind training teachings. Mahayana training in perfect altruism is seen as the means to achieve lasting happiness and peace for oneself and others, and Dharmarakshita's Wheel as the supreme means to cut through our true enemies - self-grasping and self-cherishing. In his teachings given for the Basic Program at Land of Medicine Buddha, California, USA, Ven. George Churinoff guides students verse by verse through this classic text. Package includes:

- 14 DVDs of 12 teachings, meditations and discussions
- An Introductory data CD with course materials including:
  - A translation of the root text
  - A test and answer key
  - Supplementary study materials and more
- A DVD of an introduction to the Basic Program by Geshe Jampa Gyatso

### **THE TATHAGATA ESSENCE - Sublime Continuum Of The Mahayana, First Chapter**

Replete with rich poetic imagery and metaphor, Maitreya's *Sublime Continuum* relates a profound and refined vision of the Mahayana. *The Tathagata Essence* clarifies the meaning of our buddha potential, in particular the emptiness of the mind that allows evolution to a state of complete enlightenment. In his oral commentary for the Basic Program at Istituto Lama Tzong Khapa in Italy, Geshe Tenzin Tenphel offers a concise and lucid presentation of this inspiring subject. Package includes:

- 3 audio CDs in MP3 format with recordings of 24 teaching sessions
- An Introductory text CD with course materials including:
  - A transcript of Geshe Tenzin Tenphel's teachings
  - A translation of both root verses and commentary
  - Homework questions with answers
  - A test with answer key
  - Suggestions for meditation and more
- A DVD of an introduction to the Basic Program subjects by Geshe Jampa Gyatso

### **AWARENESS AND KNOWERS - Mind & Cognition Part 1 (hard copy and online)**

The presentation of the various types of awarenesses and knowers explores the way we perceive and interpret the world around us. In fact, the path to enlightenment itself could be described as a progression from wrong forms of cognition to valid cognition, from ignorance and wrong view to the state of all-knowing wisdom. Venerable George Churinoff, an American-born Buddhist monk and highly respected teacher, presents the subject as part of the Basic Program at Land of Medicine Buddha, interspersed with guided meditations and completed with a practice day with additional meditations and discussions. The set of 14 DVDs is accompanied by a comprehensive Introductory CD to provide a complete homestudy package. Package includes:

- 14 DVDs with video recordings of 12 teachings and of the practice day
- A DVD of an introduction to the Basic Program subjects by Geshe Jampa Gyatso
- An Introductory CD including
  - A list of contents indicating the subject matter covered on each DVD
  - The English translation of the course text
  - Quizzes and a test with answer key
  - Charts and exercises
  - A wealth of supplementary study material

- The homestudy completion certificate requirements
- The Basic Program conduct & practice info sheet

## **MINDS AND MENTAL FACTORS - Mind & Cognition Part 2 (hard copy and online)**

In contrast to Mind and Cognition part one, Awarenesses and Knowers, which investigates how the mind knows, this subject focuses on the states that color and control the mind, known as the 51 mental factors. Based on one of the earliest systemizations of the Buddha's teachings, this practical guide offers us a key to identifying and cultivating positive attitudes that lead to peace and well-being. This set of 14 DVDs of teachings and guided meditations by Gelong George Churinoff from the Basic Program at Land of Medicine Buddha makes for a fascinating study of this popular and practical subject. The practice day that concludes the course provides extra meditations and question and answer sessions on DVD 13 and 14. The introductory CD includes all course materials. Package includes:

- 14 DVDs with video recordings of 12 teachings and of the practice day
- A DVD of an introduction to the Basic Program subjects by Geshe Jampa Gyatso
- An Introductory CD including
  - A list of contents indicating the subject matter covered on each DVD
  - The English translation of the course text
  - A test with answer key
  - A transcript of the teachings
  - Charts and quizzes with answer keys
  - Supplementary study material
  - The homestudy completion certificate requirements
  - The Basic Program conduct & practice info sheet

## **TENETS**

A concise and accessible introduction to the four main schools of Buddhist 'tenets', representing the differing levels of interpretation of the sutras delivered by the Buddha. Geshe Tsulga's commentary, offered for the Basic Program at Kurukulla Center in Boston, USA, draws out the implications of the various tenets, and shows how the teachings on profound emptiness and Buddhahood found in Madhyamaka evolve from and complement the more elementary teachings of the Vaibhashika, Sautrantika and Cittamatra schools. Package includes:

- 9 DVDs of 17 teachings
- An introductory data CD including all course materials
- A DVD of an introduction to the Basic Program by Geshe Jampa Gyatso



## Masters Program

The *Masters Program* is the FPMT's most advanced study program. Based on the traditional geshe studies at the great Gelugpa monastic universities, the program offers in-depth study of five great texts and extensive retreat experience, providing a thorough grounding in sutra and tantra. Taught by a fully-qualified Tibetan teacher assisted by experienced Western staff, the *Masters Program* is currently offered as a full-time residential program at Istituto Lama Tzong Khapa (ILTK), located in the Tuscan hills of Italy. Education Services offers one of the Masters Program subjects as a homestudy version, while ILTK offers the full program as a correspondence course.

### Middle Way CD-Rom

The Buddha's Middle Way teachings given during the 'second turning of the wheel of Dharma' reveal profound emptiness, the ultimate truth that avoids the philosophical views of permanence and annihilation. 'Middle Way' also refers to the school that propounds this view, founded, according to tradition, by Arya Nagarjuna. Geshe Jampa Gyatso focuses on a celebrated text by Chandrakirti, a preeminent Indian commentator on Nagarjuna's thought, to explain the Middle Way system, regarded as supreme by Tibetan scholars. This CD comprises a selection of materials from the 2000-1 Masters Program study of the Middle Way, including:

- Transcripts of Geshe Jampa Gyatso's teachings
- Translations of the principal Indian and Tibetan texts
- The quizzes, exams, charts and other materials used by the Masters Program students
- Reference material



## Heart Advice For Death And Dying

In our busy modern lives, we may not give much thought to death. We fear that thinking about death will take the joy out of living. But in reality, when we actively think about death and prepare for it, we find peace, fulfillment, and happiness in our current lives and our fear of death disappears.

The Tibetan Buddhist master Lama Zopa Rinpoche has given profound and accessible teachings on death and dying for many years. Recently, he asked that these teachings be made available so that all students – beginner to advanced – have access to this most essential advice for this crucial time of transition from one life to the next. *Heart Advice for Death and Dying* contains Lama Zopa Rinpoche's essential advice for the time of death and for finding the deepest fulfillment in life.

### Heart Advice for Death and Dying (Package for Centers)

The Heart Advice for Death and Dying course is designed to provide practical instructions for the time of death to students who are interested in learning about death and dying from the Tibetan Buddhist perspective. It is appropriate for beginners and does not assume that those who come for this course know anything at all about Buddhism.

This course for centers has been developed from the series of teachings given by Venerable Sangye Khadro. The course materials contain detailed talking points and explanations based on the transcripts of these audio teachings. They are offered as a suggested way to teach the course. Teachers may use them in whatever manner they find helpful and are free to explain the points in their own way, using their own examples and stories. The course is presented as a series of five sessions of approximately two hours each. The structure of the course is as follows:

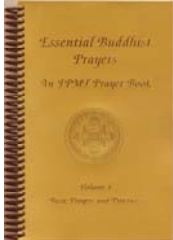
- Death according to Buddhism
- Developing healthy, realistic attitudes about death
- An explanation of samsara, the state of enlightenment, and the need to remember death
- Introduction to the nine-point meditation on death
- Methods for dealing with disturbing emotions regarding death
- Things we can do to prepare for death
- The practice of tong-len
- The eight stages of the death process
- Helping others who are dying

### **Heart Advice for Death and Dying (homestudy and online)**

The Tibetan Buddhist master Lama Zopa Rinpoche has given profound and accessible teachings on death and dying for many years. Recently, he asked that these teachings be made available so that all students – beginner to advanced – have access to this most essential advice for this crucial time of transition from one life to the next. *Heart Advice for Death and Dying* contains Lama Zopa Rinpoche's essential advice for the time of death and for finding the deepest fulfillment in life.

The MP3 disc that accompanies this book contains an audio course consisting of eleven hours of exquisite teachings and meditations on death and dying led by Venerable Sangye Khadro – a senior American teacher of Tibetan Buddhism well known for her gentle yet profound teaching style. 170 page book and MP3 CD.

## Prayer and Practice Books



### **Essential Buddhist Prayers, an FPMT Prayer Book**

The Essential Buddhist Prayers series presents the most common daily prayers used by practitioners of the Gelugpa School of Tibetan Buddhism. Compiled with the specific editorial and design advice of Lama Zopa Rinpoche.

#### **Essential Buddhist Prayers Vol. I, 2008 Edition (also available as PDF)**

Volume 1 of Essential Buddhist Prayers series contains all the Basic Prayers and Practices for daily practice and retreat. Included are:

- Morning Prayers – *Blessing the Speech, initial morning prayers, Eight Mahayana Precepts ceremony, 35 Buddhas confession, general confession and prostrations to the 7 Medicine Buddhas*
- Mahayana Prayers for Teaching Occasions – *includes prayers for before and after teachings*
- Vows and Commitments – *includes refuge commitments & lay precepts*
- Lam-rim Prayers – *includes Calling the Lama from Afar (short and long), Foundation of All Good Qualities, Three Principles of the Path, Practicing Guru Devotion with the Nine Attitudes and A Glance Meditation on All the Points of the Lam-Rim*
- Thought Transformation – *includes the Everflowing Nectar of Bodhichitta (Meditation on 1000-arm Chenrezig with the Eight Verses of Thought Transformation)*
- Daily Meditations – *includes A Daily Meditation on Shakyamuni Buddha by Lama Zopa Rinpoche*
- Tara – *includes the 21 Praises (English, phonetics and chantable English)*
- Everyday Dharma - *includes Care of Dharma Materials, Food Offering and Daily Thought Training*
- Prayers of Aspiration – *includes Prayer for a Statue of Maitreya, Prayer for Spontaneous Bliss, Prayer to be Reborn in the Land of Bliss, and three-verse aspiration for bodhichitta by His Holiness the Dalai Lama*
- Dedication Prayers – *includes recommended FPMT Dedication Prayers, King of Prayers, additional dedications by Lama Zopa Rinpoche, Final Lam Rim Prayer, Prayer for the Flourishing of Lama Tsongkhapa's Teachings, and Multiplying Mantras*
- Long Life Prayers – *includes prayers for His Holiness Dalai Lama, Lama Zopa Rinpoche and Lama Osel Rinpoche.*

#### **Prières Bouddhiques Essentielles. Volume 1, 2006**

Essential Buddhist Prayers Vol. 1 translated into French. 2006 Edition.

#### **Essential Buddhist Prayers Vol. I, Vietnamese**

Essential Buddhist Prayers Vol. 1 translated into Vietnamese. 2006 Edition.

#### **Essential Buddhist Prayers Vol. 1 CD-ROM**

Contains PDF reader spreads of Essential Buddhist Prayers, Vol. 1, for viewing on a computer screen. For PC ONLY.

## Essential Buddhist Prayers Vol. II, 2009 Edition (also available as PDF)

Essential Buddhist Prayers, Volume 2, Common Center Practices, contains a comprehensive collection of the practices that Lama Thubten Zopa Rinpoche advises should be practiced regularly by all FPMT centers. Briefly, the contents are as follows:

- *Lama Tsongkhapa Guru Yoga*
- *The Extensive Offering Practice* and *Liberating Animals from the Danger of Death*, for powerful purification and accumulation of merit
- *The Abbreviated Four-Mandala Ritual of Tara Chittamani* (to be practiced on the 8th of the Tibetan lunar month and on the full and new moon days).
- The Medicine Buddha puja known as the *The Wish-Fulfilling Jewel* (to be practiced on the 8th of the Tibetan lunar month and on the full and new moon days).
- Lama Zopa Rinpoche's short daily purification practice of Vajrasattva followed by the Heruka Vajrasattva tsog offering puja composed by Lama Thubten Yeshe.
- Protector Practices – *Four-Face Mahakala Puja*, *A Daily Pälden Lhamo Practice*, and a collection of protector practices and tea offering (including the *Praise to Six-Arm Mahakala* and *Iron Hook Tea Offering*) as done by Lama Zopa Rinpoche for the success of FPMT Projects. (Protector practices are generally practiced on the 29th of the Tibetan lunar month.)
- A new additional prayers section containing long life prayers, Special FPMT Dedication Prayers, multiplying mantras, and end of day dedication prayers.

## Prières Bouddhiques Essentielles. Volume 2, 2006

Essential Buddhist Prayers Vol. 2 translated into French. 2006 Edition.

## Essential Buddhist Prayers Volume 2 CD-ROM

Contains PDF reader spreads of Essential Buddhist Prayers, Vol. 2, for viewing on a computer screen. For PC ONLY.

## Essential Buddhist Prayers Volume 3

Includes: Chöd, Dzambhala Practices, Guhyasamaja Short Daily Practice, Gyalwa Gyatso Short Daily Practice, Heruka Chakrasamvara Three Purifications, Medicine Buddha Sadhana, Mitrugpa Short Daily Practice, Tara Chittamani Guru Yoga, Vajrayogini Daily Practices, Vows and Commitments, White Tara Practices, Yamantaka Daily Sadhana, and fourteen collections of mantras. Available with linen or vinyl binder.

## FPMT Retreat Prayer Book, 2010 (also available as PDF)

This edition of the FPMT Retreat Prayer Book will be used in retreats with Lama Zopa Rinpoche, especially the annual Light of the Path retreat in North Carolina, USA. Students are also encouraged to use this edition in their personal retreats as it includes all of the daily practices advised by Lama Zopa Rinpoche when in retreat. The book is 360 pages and is provided in a covered spiral format. This volume includes:

- Preliminary Prayers: Morning Activities, Taking the Eight Mahayana Precepts, Daily Prayers, The Practice of Prostrations to the Thirty-Five Buddhas, The Benefits of Protecting the Precepts
- Combined Jorchö and Lama Chöpa: Offering Bath, Renewing the Bodhisattva and Tantric Vows, Purification Practices, Requesting Prayer to the Lam-Rim Lineage Gurus, Lama Chöpa Tsog Offering, Lam-Rim Prayer, Eight Verses of Thought Transformation, Thought Transformation Prayer, Ten Innermost Jewels, Dissolution According to Jorchö
- Food Offering Prayers
- Prayers for Teaching Occasions
- Praises to the Twenty-one Taras



- Protector Prayers: Praise of Six-Arm Lord Mahakala, Praise to Achieve the Inner Kalarupa, Praise to Vaishravana, Offering and Requesting Prayer to Pälden Lhamo, Requesting the Four Actions, Torma Offering to Hayagriva, Nagarjuna's Praise to Four-face Mahakala, Iron Hook Tea Offering, Degyā Tea Offering
- Calling the Guru From Afar
- Dedication Prayers: General Dedication Prayers, Additional Dedication Prayers, Special FPMT Dedication Prayers, Dedication Prayers for Special Occasions, Dedication Prayers for Retreat and Daily Life, Migtsema, From Master Shantideva's Bodhicharyavatarya, King of Prayers, Prayer for the Flourishing of Lama Tsongkhapa's Teaching, Final Lam-Rim Dedication, Multiplying Mantras, End of the Day Dedication Prayers
- Long Life Prayers: Short Long Life Prayer for His Holiness the Dalai Lama, Prayer that Spontaneously Fulfills All Wishes, Bestowing Supreme Immortality; A Supplication for the Long Life of Lama Thubten Zopa Rinpoche, A Short Long Life Prayer for Lama Zopa Rinpoche, The Immortal Vajra Melody; A Prayer of Supplication to Remain Immutably Among Us Short Request to the Lineage Lamas
- Lam-Rim Prayers
- The Six-Session Guru Yoga



## Practice Booklets and Downloads

FPMT publishes Buddhist a wide selection of prayer books, sadhanas, retreat materials, and practice texts from the Gelugpa tradition, many with commentary by Lama Thubten Yeshe and Lama Zopa Rinpoche.

Some of our practice booklets come as color cover booklets while others are available as PDFs that you can download and print yourself or view on your eReader device. PDF documents are marked PDF in the list below.

### Abbreviated Points of The Graded Path (PDF)

A lam-rim prayer by Tsongkhapa. It has been translated into English, in its prayer form, in Berlin, Germany, January 2001, by Alexander Berzin.

### Altar Set-Up And Water Bowl Practice (PDF)

This practice booklet gives a full explanation of what objects to include on a simple Buddhist altar and what they represent. It also explains in detail how to perform a daily water bowl offering practice in order to create abundance in your life for the benefit of all.

### Altar Set Up & Water Bowl Offerings

Setting up the altar and making offerings are an integral part of the preliminary practices taught by Lord Buddha to enable us to engage in successful meditation. By doing this practice daily, our minds become ripe for realizations. This short text provides a complete explanation of how to set up a personal altar, how to make water bowl offerings, and how to offer them in the most extensive and beneficial way. This newly revised edition from 2007 includes additional information on water bowls, meditations to use while doing the practice, and a mantra to recite when removing food offerings from the altar, to avoid creating the karma of stealing from the Triple Gem. 36 pages.

### Amitabha Phowa (PDF)

Practice for benefiting self and others at the time of death. Also included in Advice and Practices for Death & Dying for the Benefit of Self and Others. This practice usually requires an Amitabha Phowa empowerment; however Lama Zopa Rinpoche has given permission to do this practice to help others at the time of death.

### Amitayus - Short Meditation (PDF)

This short meditation on Amitayus was translated by Lama Zopa Rinpoche, and contains a short commentary on the practice from Rinpoche as well. 8 pages.

### Amitayus Long Life Sutra (PDF)

This version is suitable for reciting.

According to Lama Zopa Rinpoche, "This text is very precious and there is so much benefit in printing or writing it. This is one of the texts that, if written in gold, mountains of negative karma get purified. Nalanda Monastery prints a certain number each week for the success of the projects, so imagine the benefits: each time they make one copy it is like copying all the 84,000 teachings of Buddha. It is also great purification. Especially, writing this collects most merit. You write it, not because someone needs the book, but just because it helps for long life and to collect merit. It's very good to print for people who have cancer, and for the success of activities and projects. If a business has difficulties, or is difficult to start, if you have difficulty finding a job, or the job is not going well, you can print many copies to make merit, not particularly for mundane success but generally to collect merit for realizations, conditions for Dharma practice. Then you can dedicate the merits of printing for all sentient beings. This is one solution for success and long life. Also, when you die you will get born in Amitabha's pure land."

## **Amitayus Long Life Sutra in Tibetan (PDF)**

This version is suitable for printing.

## **Amitayus Short Sadhana (PDF)**

Translated and added to by Lama Zopa Rinpoche with Thubten Gyurme (Bill Kane), typed by Ven. Paul at Land of Medicine Buddha, July 1994. Lightly edited for publication by Ven. Constance Miller, August 2002. Revised in December 2004 by Kendall Magnussen, FPMT Education Services based on new information provided by Ven. Holly Ansett. 20 pages.

## **Balanced Mind, Balanced Body: Anecdotes and Advice From Tibetan Buddhist Practitioners On Wind Disease**

In 2002, Lama Zopa Rinpoche requested Amy Cayton to put together a collection of stories from FPMT students about successfully dealing with rlung (pronounce as loong). Rinpoche was quite clear that the collection should be about “what worked,” and not about the stories of what was experienced while having the rlung. This book contains the experiences of several Western meditators who have dealt with rlung and from the experiences and successes that are shared in this book it is our hope that anyone experiencing rlung may benefit. Spiral bound, 102 pages.

## **NEW! Bodhisattva Vows (PDF)**

The practice of taking and making an effort to keep these precious vows creates greater mindfulness and awareness. These vows provide clear guidance as to what kinds of actions should be practiced and what should be avoided in order to be of greatest benefit to others, develop compassion, and overcome selfish ways of being.

## **Calling the Guru from Afar and Practicing Guru Devotion With the Nine Attitudes (PDF)**

Calling the Guru from Afar is a heartfelt request for blessings to realize all the stages of the path to enlightenment, as well as a meditation on the nature of the Guru. Practicing Guru Devotion with the Nine Attitudes is a short meditation that helps us develop the correct attitude towards the teacher. This booklet contains the long and short Calling the Guru texts as well as the Nine Attitudes. 16 pages.

## **Causing The Teachings of Buddha to Flourish (PDF)**

This prayer is an extract from the Essence of the Moon Sutra by Panchen Sonam Dragpa, who was tutor to the third Dalai Lama. The last two verses of homage and dedication are added in the Tibetan version. Translated by Carol Savvas and Lodro Tulku, and appearing in Transformation into the Exalted State: Spiritual Exercises of the Tibetan Tantric Tradition, Tibetan Institute, Rikon, Switzerland, 1987, pp. 179–184.

## **Cha Sum (PDF)**

Cha Sum (Ritual in Three Parts) - Practice to overcome hindrances and obstacles caused by spirits. Good for healing illnesses and curing bad dreams and ill omens.

## **NEW! Chanting the Names of Mañjushri (PDF)**

## **Charity for Ants**

This short practice specifically designed to benefit ants was compiled by Lama Zopa Rinpoche and is inspired by a text written by Ngulchu Dharmabhadra, a well-known yogi and lineage lama. Using food, visualization, blessed substances and mantras, we can free ants from the lower realms and plant the seeds of enlightenment in their mind streams.

### **NEW! Chenrezig, A Short Practice of Four Arm Chenrezig (PDF)**

This practice develops our ability to have an open heart and love through meditation on the deity of Chenrezig. The mantra of Chenrezig is the most widely recited mantra in the world of Tibetan Buddhism and has great power for developing a good heart.

### **Chenrezig, Meditation on Thousand-Arm Chenrezig (PDF)**

This booklet contains a meditation practice (sadhana) for Thousand-Arm Chenrezig that combines a short sadhana composed by Lama Zopa Rinpoche with elements of the longer sadhana written by the Seventh Dalai Lama.

### **NEW! Chenrezig, Opening the Eye (PDF)**

Chenrezig Buddha is the embodiment of the compassion of the enlightened mind. Migje Chenrezig is the aspect of Chenrezig who is known to “open the eyes” of sentient beings. This practice is designed to train one’s mind in making life beneficial for all sentient beings through the yoga of the Compassionate Buddha. Translated by Lama Zopa Rinpoche. 12 pages.

### **Chenrezig, Prayer To The Six-Syllable Great Compassionate One**

This booklet includes eloquent praises and mantra recitation to Chenrezig, the Buddha of Compassion, to help develop the mind of compassion, with teachings on the benefit of such practice by Lama Zopa Rinpoche.

### **Chenrezig, Prayer to the Six-Syllable Great Compassionate One (PDF)**

Eloquent praises to Chenrezig and mantra recitation to help develop the mind of compassion, includes teachings on the benefit of such practice by Lama Zopa Rinpoche.

### **Chenrezig, Singhanada (Lion's Roar) (PDF)**

This meditation instruction was given by the Venerable Lama Thubten Zopa Rinpoche. The translation of the visualization was completed by Barry Clark for the Rinjung Gyatsa set of empowerments given by the Venerable Lama Thubten Zopa Rinpoche during the First Enlightened Experience Celebration in Bodhgaya, India, 1982.

### **Chenrezig, The Light Of The Moon that Clears the Pains and Sufferings of Heat (PDF)**

A healing practice done on the basis of Chenrezig to heal defects and diseases associated with the eye organ. Also helps to bring blessings to open one's wisdom eye. 8 pages.

### **Chenrezig, Who Liberates (PDF)**

This sadhana of Chenrezig Ngön Sum Kun Dröl, or Avalokiteshvara Who Liberates from the Three Lower Realms, has been adapted from a translation and commentary compiled by the students of Geshe Khenrab Gajam from the transcript of an initiation given in June 1978 in Montreal, Canada by His Holiness Zong Rinpoche and translated by Ven. Thubten Zopa Rinpoche. The original materials were scribed in September 1978 by Karma Doshag Gyatso.

### **Chod: Cutting Through the Ego**

This text is known as Dedicating the Illusory Body to Accumulate Merit, Bringing Quick Results in the Practice of Method and Wisdom – the Shared Riches of the Ganden Lineage Practitioners. By the merit of translating this work from Tibetan into English, may all mother sentient beings cut the root of self-cherishing and self-grasping ignorance, and finally attain the two divine bodies as quickly as possible.

## **Daily Prayers (PDF)**

Daily Prayers includes the most basic common daily prayers done in the FPMT Tradition: Refuge and Bodhichitta, the Four Immeasurables, the Seven-Limb Prayer, Short Mandala Offering, Dedication Prayers, Long Life Prayers for Kyabje Zopa Rinpoche and His Holiness the Dalai Lama, and the Praise and Request to Lama Tsongkhapa (Migtsema). These prayers are part of Essential Buddhist Prayers, Vol. 1.

## **Death, Powerful Mantras for the Time of (PDF)**

Mantras that can be done to benefit others at the time death time. Includes reduced version of all mantras that can be put on the body of a dead person or animal to benefit them.

## **Dedication Prayers (PDF)**

This includes the complete collection of prayers recommended by Lama Zopa Rinpoche to be done during extensive retreats, or any time you wish to dedicate most skillfully! Extracted from "Essential Buddhist Prayers: An FPMT Prayer Book, Volume One.

## **Dedication Prayers for Special Occasions (PDF)**

Dedication Prayers for Special Occasions - a short collection of dedication prayers recommended by Lama Zopa Rinpoche for individuals and groups doing practices for the success of FPMT-related activities. 8 pp.

## **The Direct And Unmistaken Method: Practice And Benefits Of The 8 Mahayana Precepts**

The Eight Mahayana Precepts are a powerful and effective way for you to build, maintain and increase deep propensities for spiritual practice and attainment and thus is a profound method for giving meaning to your precious human life. Lama Zopa Rinpoche quotes this passage from the King of Concentration Sutra: "For ten billion eons equaling the number of sand grains in the Pacific Ocean, if one offers umbrellas, flags, garlands of light offerings, food and drink with a calm mind, or offers service to one hundred billion times ten million buddhas, when the holy Dharma has become extremely perished and the teachings of the Gone to Bliss One have stopped, if somebody who is enjoying (living in) one vow for one day or night, this merit is particularly exalted than having made all those offerings."

Previously published by Lama Yeshe Wisdom Archive, this new and revised edition contains the precepts ceremony with commentary by Lama Zopa Rinpoche, Trijang Rinpoche, and Gen Lamrimpa.

## **Dorje Dermo: The Dharani of Glorious Vajra Claws (PDF)**

Translated by Joan Nicell, Istituto Lama Tzong Khapa, Pomaia, Italy. Revised 1996. 9 pages.

## **Dorje Khadro (PDF)**

Translated by Lama Thubten Zopa Rinpoche, Ven. Jampa Zangpo, and Ven. Thubten Donyo (Nick Ribush) in 1975 under the guidance of Lama Thubten Yeshe.

## **NEW! Dzambhala - The Wealth-Giving Practice of White Dzambhala (PDF)**

Through the power of compassionate intention, visualization, and mantra recitation, as well as a wealth-stimulating ritual, this practice ripens and enhances our karma for an abundance of resources. When done with single-pointed concentration and faith, this ritual easily increases one's financial prosperity.

## **Everflowing Nectar of Bodhichitta (PDF)**

Bodhichitta is the special brave attitude wishing to attain enlightenment for the purpose of benefiting others. These eight short verses are easy to memorize and have the power to turn the difficult people in our lives into precious teachers. This is a most essential practice for both temporal happiness and ultimate enlightenment.

### **Everyday Dharma (PDF)**

Collection of mantras to make every action beneficial and food offering prayers. Also includes ways of incorporating the mind of enlightenment into mundane activities such as sitting down and opening doors into the path to enlightenment, written by Lama Zopa Rinpoche. Included in Essential Buddhist Prayers, Volume 1.

### **NEW! Extensive Offering Practice (PDF)**

This book contains the Extensive Offering Practice composed by Lama Zopa Rinpoche to create the most merit possible when making any kind of offering. This is one of Lama Zopa Rinpoche's heart practices for the accumulation of merit. Also included here is the Yoga of Offering Food to be performed before eating, along with commentary from Rinpoche on the inconceivable benefits of offering and how to combine offering with meditation on emptiness, thereby creating the most extensive merit.

### **Extremely Abbreviated Tsog Offering (PDF)**

Short Tsog offerings written by Lama Zopa Rinpoche and Kirti Tsenshab Rinpoche to fulfill and renew Tantric samaya. Requires any highest yoga empowerment. Revised 2004

### **Flower Offering Practice (PDF)**

Composed by Lama Zopa Rinpoche.

### **Foundation of All Good Qualities (PDF)**

The Foundation of All Good Qualities – From the Jor Chö booklet, translator, Jampäl Lhundrup, edited by Ven. Ailsa Cameron, Wisdom Pubs., 1988. Lightly edited by Ven. Constance Miller and Nick Ribush, April 1999.

### **Four Fundamental Retreats (PDF)**

In this rare and profound teaching, Lama Zopa Rinpoche explains the essence of retreat. He explains that the purpose of retreat is for developing four fundamental mindstates, not merely for reciting a lot of mantras or escaping ordinary life. The booklet begins with a teaching on the essence of Vajrasattva and continues with clear, precise teachings on the Four Fundamental Retreats. This booklet is a must have for anyone – whether you are doing retreat or living a “regular” life! (Requires a highest yoga tantra initiation)

### **Four Mandala Offerings to Chittamani Tara (PDF)**

Composed by Trijang Rinpoche of Gaden, at the request of Tsering, the son of officer Nyemo (a district of central Tibet), who is endowed with faith and a superior virtuous attitude. Translated from the Tibetan by Fabrizio Champa Pelgye.

### **Ganapati – A Short Meditation (PDF)**

Ganapati, for control over sentient beings and resources. Good for business.

### **Garuda - Multi-Colored, Sadhana of Transcendental Wisdom (PDF)**

This practice was recommended by Lama Zopa Rinpoche for a student dying of AIDS. The practice of Garuda is effective for eliminating illness.

### **Giving Breath to the Wretched (PDF)**

This text entitled- the Wretched has been written because, let alone the ordinary beings who are under the control of the present degenerate time, I have seen some who have the pride of being the leader of many transmigrating beings and who, upon reaching the bedside of a sentient being near death, know no other way to help than to put blessed pills in the mouth of that being. Furthermore, I thought that it would benefit some beings if I set down these methods that can be easily

practiced by both lower and supreme beings. This text was written at the very center of Flower Park by Kusali Dharma Vajra and transcribed by Bhikshu Vagindra Shasenwarta.

### **Glance Meditation on All the Important Points of The Lam-Rim (PDF)**

Written by Sera-je lama, Purchog Jampa Rinpoche, said to be an incarnation of Maitreya Buddha. Translated by Lama Thubten Zopa Rinpoche. Edited by Thubten Dondrub, February, 2001.

### **Glory of the Triple Ground (PDF)**

Glory of the Triple Ground, by Gelek Pel Sangpo. Heartfelt request to Lama Tsongkhapa by one of his direct disciples. To be recited on Lama Tsongkhapa day or at any time one is in special need of blessings for realizations on the path and understanding of Dharma. 5 full size pages

### **Guhyasamaja - Short Daily Practice Sadhana (PDF)**

This brief sadhana was composed by H.H. Ganden Tri Rinpoche and translated by Tenzin Thurman at Shunyata House Seminar, July 1985. It was originally published by the American Institute of Buddhist Studies, Amherst, Massachusetts. © Robert A. F. Thurman. Reproduced here by permission. (Requires initiation of Guhyasamaja)

### **Gyalwa Gyatso - Long Sadhana (PDF)**

Long sadhana for daily practice and retreat. Requires a highest yoga tantra empowerment of Gyalwa Gyatso.

### **Gyalwa Gyatso - Short Daily Practice (PDF)**

Written on the urging of Pong-wa-pa Könchog Gyältsän, who remains in the practice of the meaning of what he has learned, by the venerable Gung-thang Könchog Tänpäi Drönme. This text was originally rendered into English by [Ven. George Churinoff and] the residents of Istituto Lama Tzong Khapa, Pomaia, Italy, on the auspicious occasion of the Gyalwa Gyatso empowerment by His Holiness the Fourteenth Dalai Lama, October 1982.

### **Harvest of Powerful Attainments (PDF)**

Prayer for Blessings of the Close Lineage by Lama Tsongkhapa.

### **Hayagriva, Most Secret – Long Sadhana (PDF)**

Long practice text especially for retreat. Requires highest yoga tantra empowerment of Most Secret Hayagriva. Good for removing obstacles to practice, realizations, and beneficial activity. Especially helpful to practice for the success FPMT projects and services.

### **NEW! Hayagriva, Short Practice with Lam-Rim (PDF)**

A meditation on the Graded Path to Enlightenment, combined with Hayagriva visualization. The basic practice was compiled by the Venerable Lama Thubten Zopa Rinpoche, Taipei, March 1992. It was adjusted for practice with Hayagriva in accordance with instructions from Lama Zopa Rinpoche. 16 pages

### **Healing Buddha: A Practice For The Prevention And Healing Of Disease (PDF)**

This practice was composed and translated by Lama Zopa Rinpoche. Also, included is The Prayer Liberating Sakya From disease, a beautiful and powerful prayer that brings great blessings.

### **Heart Mantra Of Arya Vairochana (PDF)**

Just by reciting this mantra one receives success and cannot be harmed by weapons, fire, water, poisons, substances mixed with poisons, or black magic. Nor can one be harmed by kings, thieves, robbers, and so forth. Wherever this mantra is

written and left, people do not receive sicknesses, harm, or contagious diseases, and one will achieve the concentration called stainless light.

### **Heart Advice for Death And Dying**

The Tibetan Buddhist master Lama Zopa Rinpoche has given profound and accessible teachings on death and dying for many years. Recently, he asked that these teachings be made available so that all students – beginner to advanced – have access to this most essential advice for this crucial time of transition from one life to the next. Heart Advice for Death and Dying contains Lama Zopa Rinpoche's essential advice for the time of death and for finding the deepest fulfillment in life.

The MP3 disc that accompanies this book contains an audio course consisting of eleven hours of exquisite teachings and meditations on death and dying led by Venerable Sangye Khadro – a senior American teacher of Tibetan Buddhism well known for her gentle yet profound teaching style.

### **NEW! Heart Practices for Death And Dying (PDF)**

This book contains advice from Tibetan Buddhist master Lama Zopa Rinpoche on preparing for death and assisting others through this time, and provides a plethora of heart practices to do at the time of death, including the Medicine Buddha puja and the traditional eight prayers done in Tibetan Buddhist monasteries. This book also contains the most powerful mantras to say for those who are dying or who have died, teachings on their precise benefits, as well as a sheet of mantras to place upon the body of one who has died. It contains precious Sutra texts to benefit the minds of those who are dying, to relieve pain, and to purify negative karma.

### **Heart Advice for Retreat**

The great Pabongkha Dechen Nyingpo said, "Knowing Dharma is not enough; you must practice. Just being an expert or learned cannot benefit. Even counting mantras cannot benefit greatly. The very heart that can definitely benefit is the three principal aspects of the path: definite renunciation of samsara, bodhichitta (the altruistic mind to achieve enlightenment), and perfect view. These three can benefit." With this same emphasis Lama Zopa Rinpoche, in this precious text of heart advice, comments on the essential aspects of retreat and how to bring about the result of enlightenment. Rinpoche provides compelling commentary to Pabongkha's text, Like a Female Cannibal Cheating, and on the rituals and motivation for entering into retreat. A must-read for all who are serious about reaping results in meditation practice. Spiral bound, 150 pages

### **Heart Spoon: Encouragement Through Recollecting Impermanence (PDF)**

Lama Zopa Rinpoche explains about Heart-Spoon: "What is a heart-spoon? When you're eating, you use a small spoon to extract the very best portion of the food in front of you. Similarly, this teaching on impermanence and death by Pabongkha Dechen Nyingpo helps you extract the most precious essence from this human life: the ability to secure the happiness of all future lives, liberation from cyclic existence, and enlightenment for the sake of all sentient beings."

### **Heart Sutra (PDF)**

The Heart of the Perfection of Wisdom Sutra has been translated from the Tibetan, consulting the Indian and Tibetan commentaries and previous good translations, by Gelong Thubten Tsultrim (George Churinoff), the first day of Saka Dawa, 1999, at Tushita Meditation Centre, Dharamsala, India. Amended March 8, 2001, in the New Mexico desert. Also contained in Essential Buddhist Prayers Vol 1.

### **Heart Sutra Retreat Instructions (PDF)**

The Heart of the Perfection of Wisdom Sutra has been translated from the Tibetan, consulting the Indian and Tibetan commentaries and previous good translations, by Gelong Thubten Tsultrim (George Churinoff).



## **Heart Sutra Practices And Instruction for Retreat**

In these teachings Lama Zopa Rinpoche presents experiential instructions on how to meditate on emptiness. Rinpoche provides a clear explanation of how to approach this subtle topic, how the experience of meditating on emptiness should feel, and how to avoid mistakes in your meditation. It includes keys for laying a successful foundation for your practice, the importance of guru devotion in generating realizations, and practical advice for structuring a daily practice that brings emptiness and compassion into every aspect of our lives. Provided are all the necessary materials for completing a Heart Sutra retreat according to the advice of Lama Zopa Rinpoche, including root text and sadhana, teachings on the Heart Sutra, advice on how to perform a Heart Sutra retreat (including what to do between sessions), and advice on how to integrate your retreat experience into daily life. Spiral bound, 159 pages.

### **NEW! Heruka Body Mandala - Long Sadhana (PDF)**

The Excellent Increase of Great Bliss, the Body Mandala of the Bhagawan Chakrasamvara According to the Tradition of the Mahasiddha Ghantapada, translated by Rob Preece. This is the full length sadhana of the Body Mandala practice and requires empowerment of the Heruka Body Mandala to practice it. Heruka Five Deities initiation is insufficient. 88 pages.

### **Heruka Retreat Instructions (PDF)**

Instructions from Lama Zopa Rinpoche how to engage in the retreat of Heruka Body Mandala practice. Includes instructions on how to do the Dharmakaya meditation, what to do during and between sessions, and section from commentaries on the benefits of doing this practice. 23 pages, full size.

### **Heruka - Yoga Method of the Five Supreme Bliss Deities of Heruka (PDF)**

The great yogi, the manifestation of Heruka, Je Pabongka, wrote this text as an elaboration on the oral explanation of the Ven. Lama Dharmabhadra. It was written for the practice of Gya Li Han Chu who is possessed with unshakable faith in the teachings of Geythen (Virtuous One) and who single-pointedly practices the gradual paths of sutra and tantra with great enthusiasm. May the work of sentient beings be increased. This translation was made by Venerable Lama Thubten Zopa Rinpoche and Ven. Thubten Pemo in August 1978 on the occasion of His Holiness Kyabje Song Rinpoche with great compassion kindly granting Heruka initiation.

### **Heruka - Three Purifications (PDF)**

Translated by Ven. Thubten Tsapel (Hans van den Bogaert).

### **Hevajra - A Short Daily Practice (PDF)**

Translated by Ven. Thubten Tsapel (Hans van den Bogaert).

### **NEW! How to Offer 1000 Tsog Offerings (PDF)**

One great benefit of offering tsog is that it purifies broken and degenerated vows and samaya, especially with one's Guru. Now, one can offer tsog 1000 times (or at least many, many times) by relying on this description of how to offer 1000 tsog offerings using the "Extra Tsog Offering Verses" composed by Pabongkha Dechen Nyingpo and translated by Lama Zopa Rinpoche. If there are a few practitioners doing this practice together, this is much easier than you think! Based on instructions by Lama Zopa Rinpoche. 12 pages.

### **Incense Puja (PDF)**

This practice was composed by Lama Zopa Rinpoche for Elea Redel's benefit to cure her arthritis. It can be used especially when incense puja should be done many many times. One should perform this puja with perfect incense. The purposes of this practice are for healing e.g., arthritis and so forth) and for success. One should recite the above prayer many times after completing the practice.

### **Kadampa Deity Sadhana – Chenrezig (PDF)**

This sadhana is unique to the tradition of the “Kadampas”, the most revered practitioners following in the footsteps of the 10th century saint, Lama Atisha. It includes an extensive seven-limbed prayer and self-generation into the aspect of Four-armed Chenrezig with offerings and mantra recitation. It also includes a unique front generation in which the disciple receives the transmission blessing of the practice from a teacher, whether actually present or visualized. This sadhana is one of the practices used for the “Kadampa Deities Retreat” with Lama Zopa Rinpoche at Vajrayogini Institute, France in April/May 2003. Without empowerment, one can do the practice without doing the self-generation, but rather visualizing Chenrezig at the crown.

### **Kadampa Deity Sadhana – Miyowa (PDF)**

This sadhana is unique to the tradition of the “Kadampas”, the most revered practitioners following in the footsteps of the 10th century saint, Lama Atisha. It includes a self-generation into the aspect of Miyowa with offerings and mantra recitation. It also includes a unique front generation in which the disciple receives the transmission blessing of the practice from a teacher, whether actually present or visualized. In addition are a number of special visualization and mantra practices to destroy negative forces such as those causing illness and obstacles to practice. This sadhana is one of the practices used for the “Kadampa Deities Retreat” with Lama Zopa Rinpoche at Vajrayogini Institute, France in April/May 2003. Without empowerment, one can do the practice without doing the self-generation, but rather visualizing Miyowa at the crown.

### **Kadampa Deity Sadhana – Shakyamuni Buddha (PDF)**

This sadhana is unique to the tradition of the “Kadampas”, the most revered practitioners following in the footsteps of the 10th century saint, Lama Atisha. It includes an extensive seven-limbed prayer and self-generation into the aspect of Shakyamuni Buddha with offerings and mantra recitation. It also includes a unique front generation in which the disciple receives the transmission blessing of the practice from a teacher, whether actually present or visualized. This sadhana is one of the practices used for the “Kadampa Deities Retreat” with Lama Zopa Rinpoche at Vajrayogini Institute, France in April/May 2003. Without empowerment, one can do the practice without doing the self-generation, but rather visualizing Shakyamuni Buddha at the crown.

### **Kadampa Deity Sadhana – Tara (PDF)**

This sadhana is unique to the tradition of the “Kadampas”, the most revered practitioners following in the footsteps of the 10th century saint, Lama Atisha. It includes a self-generation into the aspect of Green Tara with offerings and mantra recitation with both the short and long mantras of Tara. It also includes the Twenty-one Praises to Tara and a unique front generation in which the disciple receives the transmission blessing of the practice from a teacher, whether actually present or visualized. This sadhana is one of the practices used for the “Kadampa Deities Retreat” with Lama Zopa Rinpoche at Vajrayogini Institute, France in April/May 2003. Without empowerment, one can do the practice without doing the self-generation, but rather visualizing Tara at the crown.

### **King Of Prayers - The Extraordinary Aspiration of the Practice Of Samantabhadra**

Often this prayer is recited numerous times to bring benefits to those who are sick or have just passed away, or for the success of a virtuous project. It is a beautifully written aspiration containing the immaculate wishes of holy beings and in itself is a complete practice.

### **NEW! Kurukulla Meditation (PDF)**

This practice was compiled by the Venerable Lama Thubten Zopa Rinpoche. It was reformatted by Murray Wright, FPMT Central Office, in September 1993. It was additionally modified by Lama Zopa Rinpoche in Hong Kong in May 1996. The Foundation of All Qualities was translated by Lama Zopa Rinpoche, originally edited by Ven. Thubten Wongmo and Ven. T. Yeshe, and published in A Profound Method for Quickly Realizing the Graduated Path to Enlightenment, Publications for Wisdom Culture, 1978. Final editing and preparation by Ven. Constance Miller, FPMT Education Department, September 1999. Revised edition, August 2001.

## **Lam-Rim Prayers (PDF)**

Lam Rim Prayers – glance meditations on the graduated path, includes Calling the Lama from Afar, The Foundation of All Good Qualities, The Three Principles of the Path, Practicing Guru Devotion with the Nine Attitudes and A Glance Meditation on All the Points of the Lam-Rim. Included in Essential Buddhist Prayers, Volume 1.

## **Lama Chopa Jorcho - Combined Jorcho and Lama Chopa Puja**

During this practice, we invoke all the lamas of the graduated path lineage beginning with Shakyamuni Buddha himself, extending to our present direct teachers who have shown us the path. We pay homage to them, make offerings, and request each of them to please bless our minds with the same realizations that they themselves have generated. By offering sincere, heartfelt requests, we make our minds ripe to receive the full blessings of this precious lineage and quickly actualize the realizations we need to attain enlightenment. If we wish to experience realizations quickly, the practice of Lama Chöpa/Jorchö is indispensable.

## **Lama Chopa - Long Life Lama Chopa With Request to the Dakinis**

The Long Life Puja is a traditional offering puja to a teacher. Based on the practice of the Lama Chöpa Guru Puja, it creates the cause for the lama to live long and remain among us. This edition contains all the most up-to-date prayers and order of prayers as done in our tradition in an easy to follow format, as well as extensive advice on organizing a long life puja, a teaching on the long life dakinis, and other useful information.

## **NEW! Lama Tsongkhapa Guru Yoga (PDF)**

Short and powerful practice related to Lama Tsongkhapa, a great Tibetan scholar, saint, and teacher of the 14th century, to help invoke the blessings and guidance of one's personal teachers and to develop the realizations of guru devotion. Reciting the 5-line praise to Lama Tsongkhapa contained in this practice is also an excellent method to rid oneself of obstacles on the path and to cure "lung", a physical and/or mental disease due to imbalance of the inner winds. English translation with Tibetan phonetics provided. 28 pages.

## **Lama Tsongkhapa Guru Yoga, Extensive (PDF)**

Lama Tsongkhapa Guru Yoga - Extensive with Secret Migtsema, by Kyabje Pabongkha Rinpoche. A Storehouse of Precious Treasure of Instructions Conveniently Arranged - The Oral Instructions of the Whispered Lineage on The Way to Practice the Profound Path of the Yoga of the Hundreds of Deities of the Land of Joy. This wonderful practice includes an elaboration of each of the seven-limbs of the traditional Gaden Lha Gyäma together with powerful visualizations for receiving outer, inner, and secret blessings. Includes meditation to achieve seven types of wisdom and secret instructions for the uncommon visualizations to do while reciting the "migtsema". Requires a highest yoga tantra empowerment of any deity and the oral transmission of the secret migtsema to practice in full. 30 full size pages.

## **Lama Tsongkhapa Secret Biography (PDF)**

Lama Tsongkhapa Secret Biography (Songs of the Mystic Experiences of Je Rinpoche), by Jamyang Choje Tashi Palden. Translation by Robert Thurman. Inspiring prayer recalling the special mystical experiences of Lama Tsongkhapa. Recommended to be recited especially on Lama Tsongkhapa Day every year and to invoke the blessings of Lama Tsongkhapa through recollection of his special qualities. 24 pages.

## **NEW! Liberating Animals (PDF)**

*Liberating Animals from the Danger of Death and Other Ways to Benefit Them*, is a profound method to prolong life and cure sickness. Relying on the truth of cause and effect, practitioners make special effort to give life and benefit to helpless creatures that are on the verge of being killed. By performing this powerful practice, we not only save these beings from immediate suffering, we also create the cause for their attainment of better future lives, from life to life to full

enlightenment. The book also contains many practices and mantras that can be done to benefit living and sick animals.  
Spiral bound, 156 pages

### **Liberation Box, Tools for a Fortunate Rebirth**

This “toolbox” for the time of death includes everything you need to assist another at the time of death. The Liberation Box contains powerful methods for ensuring a fortunate rebirth for those who have died or are in the process of dying. Within this package you will find all you need to help another at this greatest time of need. Included in this pack:

- Easy to follow instruction booklet for what to recite, what to play, and what to place on the body
- Recitations to Alleviate Pain audio CD
- Recitations for the Time of Death audio CD
- Liberation Card for a Dying Person to look upon
- Namgyalma mantra card to look upon
- Stupa filled with the Four Dharmakaya Relic mantras to be placed at the crown
- Namgyälma mantra (mini white card), Ten Powerful mantras, and She.tor text to be placed on the body
- Phowa pill to be placed on the crown
- Blessing string to be placed on the chest, upper torso, or the crown
- Heart Practices for Death and Dying book which includes the most important practices: Medicine Buddha Wish Fulfilling Jewel and King of Prayers (and more).
- Heart Advice for Death and Dying which includes the most important advice: The Five Powers at the Time of Death (and more)

NOTE: The phowa pill was made by the late Geshe Lama Konchog of Kopan Monastery.

### **Lion-Faced Dakini (PDF)**

Translated from the Tibetan by Ven. Thubten Jampa and Ven. Thubten Tsultrim (George Churinoff).

### **Loma Gyönma (PDF)**

The Yellow Leaf Wearing Ascetic. For pacifying disease according to the instructions of Lama Zopa Rinpoche.

### **NEW! Long Life Prayers (PDF)**

This prayer of supplication for the long life of Tenzin Osel Rinpoche, reincarnation of the spiritual friend Lama Thubten Yeshe Rinpoche, who possessed extensive hearing and incomparable mastery of the Ganden teachings, was requested by his children disciples along with the students of his various Dharma centers. Understanding the significance of the inseparable lama deity bond, they saw the need and hoped for such a prayer of supplication. It was composed by the Peaceful Holder of the Vinaya in the first Tibetan month (February 1987) in Nepal, a special land prophesied by many ones gone to bliss who have previously set foot here. It was translated into English by Gelong Jampa Gendun in the same month at Kopan Monastery.

### **Long Life Prayer For His Holiness Dalai Lama (PDF)**

Composed by the late tutors to His Holiness the Dalai Lama, His Holiness Ling Rinpoche and His Holiness Trijang Rinpoche. Translated by Gelongma Khechog Palmo, Rumtek, Sikkim.

### **Mahakala Four-Face Puja (PDF)**

This method of accomplishment was composed by Guru Muni Jñana (Lama Thubten Yeshe) and rendered into English by Ngawang Chödak (Chris Kolb). Included in *Essential Buddhist Prayers*, Vol. 2.

### **Mandala - How to Offer the (PDF)**

Instructions on how to make mandala offerings and the various visualizations one can do with this practice. Combined commentaries from Lama Zopa Rinpoche and Khensur Lobsang Nyima. Clear and complete with how to place the various “heaps” in the mandala, at which point in the offering prayer to place them and when to put the different rings on the mandala base. Excellent for those seriously interested in doing mandala offering practice. 27 pages

### **Manjushri - Arapatsana (PDF)**

A short practice of Orange Manjushri composed by Gelong Dharmabadra using “the best aspects of many other practices of Manjushri.” Includes self-generation practice and mantra recitation. Kriya Tantra empowerment of Orange Manjushri is required to do the practice in full. However, one may do the practice without such an empowerment as long as one does not generate oneself as the deity. October 2003 8pp.

### **Manjushri - Orange (PDF)**

Short practice sadhana written by the 5th Dalai Lama. Requires jenang (permission empowerment) of Manjushri to practice in full. However, practice can be done without such an empowerment as long as one does not generate oneself as the deity. Excellent for developing the mind of wisdom, clarity and strength of mind, improved memory, and ability to understand and explain Dharma to others.

### **Manjushri Method - White (PDF)**

This ritual of White Manjushri was composed by Gyalwa Gendun Gyatso. Translated into English by Kevin Garratt with Tashi Wangyal and Lozang Gyaltsen. It has been adapted from the Library of Tibetan Works and Archives’ publication, *Meditations on the Lower Tantras: A Stairway for Ascending to Tusita Buddha-field*, Dharamsala, 1983, compiled and edited by Glenn Mullin, pp. 89–92.

### **Mantras, Collection of (PDF)**

From the instructions of Lama Zopa Rinpoche.

### **Medicine Buddha Jangwa (PDF)**

According to Lama Zopa Rinpoche and Geshe Lama Konchog, the tantric practice of Jangwa is used when somebody has died. Even if the person is in the intermediate state on the way to the lower realms, you can still do Jangwa and change the direction of the person’s reincarnation. You can cause the person to reincarnate in a pure land or in a deva or human realm. Jangwa is a skillful tantric practice of purification, due to the power of mantra, the power of concentration, and the power of Buddha’s words of truth. This particular practice of Jangwa associated with the Medicine Buddhas is especially accessible. We ordinary people can perform this highly beneficial practice using this version without risking the possibility of creating further interferences for ourselves or for the deceased. Other Jangwa practices associated with other specific deities require a high level of skill on the part of those doing the practice – skill in visualization, in self-generation, in ritual accuracy – in order to perform the practice correctly without creating hindrances and interferences. The practice of Jangwa in association with the Medicine Buddhas is highly effective and yet can be practiced by those of us who are not advanced practitioners.

### **NEW! Medicine Buddha - The Wish-Fulfilling Jewel (PDF)**

Medicine Buddha Puja text highly recommended by Lama Zopa Rinpoche. Also contains Tibetan text and optional extensive bath offering.

"It is very important that the elaborate Medicine Buddha puja be done regularly in order to benefit all. Medicine Buddha puja is also something that can be done for people who are dying, or who have already passed away, and also for individual success in all kinds of activities. This Medicine Buddha practice is extremely powerful and beneficial especially when it is done with extensive offerings beautifully arranged."

Lama Zopa Rinpoche

## **Medicine Buddha Sadhana**

This meditation practice was translated by Lama Zopa Rinpoche for the benefit of his students and all sentient beings wishing to be healed of their ills, mental and physical.

## **Milarepa Guru Yoga (PDF)**

A method of Guru Yoga that instantly slays the dualistic mind.

## **Milarepa Sadhana and Tsog (PDF)**

The Sadhana of Jetsün Mila Shepäi Dorja: The Sun Opening the Heart-Lotus of the Fortunate Ones. Inspiring practice text from the Nyingma tradition invoking the profound blessings of Milarepa while never losing the view of emptiness. Requires empowerment of Vajrayogini to practice in full. However, this text may be practiced by those without empowerment as long as one does not self-generate as the deity, rather do the self-generation at the crown of your head. 16 pages.

## **Mitrugpa - Long Sadhana - Opening the Door to the Pure Land of Superior Delight (PDF)**

The translation and the Tibetan text consist of two parts. Part one is the sadhana portion of The Complete Rite for the Sadhana and Mandala of Bhagavan Vajra Akshobhya – "Opening the Door to the Pure Land of Superior Delight". Part two is Prayers and Benedictions for Bhagavan King Akshobhya (both by Panchen Losang Chökyi Gyältsän.)

## **NEW! Mitrugpa - A Short Practice of Mitrugpa, The Immovable Buddha (PDF)**

## **Namgyälma - The Practices of Namgyälma**

The practice of Namgyälma removes obstacles to long life and brings powerful purification for all sentient beings. Even just reciting the Namgyälma mantra brings unimaginable benefit. Namgyälma pujas and practice help those with very severe disease, and of course these practices help us attain enlightenment. This book contains the Pari Shodani Maha Batsaya Nama Dharani (The Mother of the Supreme Crown Pinnacle, Victorious in All Aspects, Completely Purifying All the Bad Migrations), which was translated by Lama Zopa Rinpoche and describes the origin, benefits, and practice of Namgyälma. Also included are the Namgyälma sadhana and a short teaching from Rinpoche on the benefits of practicing this deity.

## **Namgyälma Sadhana (PDF)**

This practice was taken from Lama Zopa Rinpoche's Dharma files. Contained in the above book The Practices of Namgyälma.

## **New Building Blessing and Outline (PDF)**

These instructions were compiled by Ven. Constance Miller from information and instructions from Geshe Ngawang Drakpa of Tse Chen Ling Center, San Francisco.

## **Nyung Nä**

The Nyung Nä retreat is a two-day intensive practice that includes taking the 24-hour Mahayana precepts with the addition of complete fasting and silence on the second day. Doing even one Nyung Nä or "abiding in retreat" for just two days is said to be as effective as three months of other purification practices and is extremely powerful for healing illness, purifying negative karma, and opening the heart to compassion. Spiral bound, 182 pages

### **Offerings; Extensive (Lights And Other) (PDF)**

This practice can be used on its own or as an addition to any offering practice within any other text. This practice is especially helpful for those wishing to do a special light offering practice or when making extensive water bowl offerings. Composed by Lama Zopa Rinpoche as a means to create the most extensive merit when making offerings.

### **Palden Lhamo Daily Practice (PDF)**

Daily Serkyem offering to the protector deity Palden Lhamo.

### **Powerful Mantras for the Body at Deathtime (PDF)**

Powerful purifying mantras that can be placed upon the body of one who has died or is dying. This sheet contains ten copies of these mantras.

### **Practices to Benefit Pretas, Nagas, and Spirits**

The practices of offering charity to spirits, nagas, and pretas are often recommended by Lama Zopa Rinpoche – both for the benefit of the practitioner and the beings to which they are dedicated. These practices are being made available to the general public for the first time, and we have compiled them, along with advice and commentary from Lama Zopa Rinpoche, in one convenient booklet. Contents Include: **Aroma Charity for Spirits, Naga Puja for Healing and for Rain, and Offering Water Charity to the Pretas.** 80 pages

### **Practices to Counteract the SARS Virus (PDF)**

7 practices as advised by Lama Zopa Rinpoche to protect oneself from the SARS virus as well as practices to protect the country and to benefit those already infected. Lama Zopa also gives commentary on the cause of SARS and how best to live one's life for the greatest benefit of self and others

### **Practices to Do for Ebola Virus and Other Contagious Diseases (PDF)**

A collection of practices advised by Lama Zopa Rinpoche to be done to prevent the spreading of epidemics.

### **Practicing the Five Powers Near the Time of Death**

This extraordinary book contains advice and commentary from Lama Zopa Rinpoche on how to practice the five powers near the time of death, thereby ensuring a peaceful death and positive rebirth. Rinpoche discusses the power of eliminating attachment and practicing generosity, the power of prayer, eliminating the ego, training, and bodhichitta. Although this book was completed by Lama Zopa Rinpoche for use by those facing imminent death, it is a deeply profound teaching on how to live life for anyone who wishes to make their life and eventual death most meaningful. Spiral bound, 77 pages

### **Practicing Guru Devotion with the Nine Attitudes (PDF)**

Written by the highly attained lama, Shabkar Tsokdrug Rangdrol. Translated by Lama Zopa Rinpoche.

### **Praise of The Six-Arm Lord Mahakala (PDF)**

This prayer was composed by the great yogi Drubchen Shawari who wrote this prayer during a vision of Mahakala that appeared to him gradually from the feet upwards.

### **Prayer for The Beginning, Middle, And End Of Practice (PDF)**

Prayer for the Beginning, Middle, and End of Practice by Lama Tsongkhapa.

### **Prayer for The Flourishing Of Je Tsongkhapa's Teachings (PDF)**

Translated by Martin Wilson, Nalanda Monastery, August 1985.

## **Prayers for Teaching Occasions (PDF)**

The prayers in this collection were gathered and organized according to the traditional recitations before and after Mahayana teachings. Includes common prayers for before and after teachings by His Holiness the Dalai Lama, Lama Zopa Rinpoche, and other teachers. Contains Praise to Shakyamuni Buddha, the Heart Sutra, long and short mandala offerings with lines of request for teachings, concluding prayers, and long life prayer to His Holiness the Dalai Lama and Lama Zopa Rinpoche. Included in Essential Buddhist Prayers, Volume 1.

## **Prayers for The Long Lives Of Spiritual Friends (PDF)**

This prayer of supplication for the long life of Tenzin Osel Rinpoche, reincarnation of the spiritual friend Lama Thubten Yeshe Rinpoche, who possessed extensive hearing and incomparable mastery of the Ganden teachings, was requested by his children disciples along with the students of his various Dharma centers. Understanding the significance of the inseparable lama deity bond, they saw the need and hoped for such a prayer of supplication. It was composed by the Peaceful Holder of the Vinaya in the first Tibetan month (February 1987) in Nepal, a special land prophesied by many ones gone to bliss who have previously set foot here. It was translated into English by Gelong Jampa Gendun in the same month at Kopan Monastery.

## **Prayers of Aspiration (PDF)**

Prayers to both dedicate merit and create the causes to reborn in a pure land as well as to see a Maitreya Statue built. Includes a special prayer to generate bodhichitta put together by His Holiness the Dalai Lama. A perfect complement to "Dedication Prayers". Extracted from "Essential Buddhist Prayers: An FPMT Prayer Book, Volume One,

## **Preliminary Practice of Prostrations**

Prostrations to the Thirty-five Confession Buddhas with recitation of the "Bodhisattva's Confession of Moral Downfalls" from the Sutra of Three Heaps, is one of the most powerful methods available to purify harmful actions we have done in the past. By doing this practice mindfully we can prevent unwanted sufferings from occurring in the future. In addition, this practice clears away obstacles to our practice and opens the mind to gain realizations on the path. It is said that if you do this practice first thing in the morning, all your other prayers and activities of the day will be empowered.

This recently revised version contains new extensive commentary on the practice by Lama Zopa Rinpoche (from the Lama Tsongkhapa retreat in 2004), as well as teachings on karma, options for extended practice, and instructions on how to complete a 100,000 prostration retreat. Spiral bound, 100 pages.

## **Preliminary Practice of Tsa-Tsas**

The presence of holy objects in the world transforms the minds of sentient beings and helps them realize the path to enlightenment. In addition, the preliminary practice of making tsa-tsas purifies obstacles and creates positive conditions for this and future lives. This booklet contains all the instructions needed for creating tsa-tsas, including the actual practice and practical advice.

## **Preliminary Prayers: Including the Eight Mahayana Precepts (PDF)**

Preliminary Prayers – includes practice for blessing the speech, and mantras to increase the merit of the day, and the ceremony for taking the Eight Mahayana Precepts. Includes new mantras from Lama Zopa Rinpoche to make one's life useful for others – the Mantra Taught by Buddha Drogen Gyalwa Chhö and the Zung of the Exalted, Completely Pure Stainless Light.. Included in Essential Buddhist Prayers, Volume 1, 2008. 28 pages.

## **NEW! Protector Prayers (PDF)**

A collection of traditional protector prayers as performed by Lama Zopa Rinpoche to remove obstacles to success in practice and our activities to benefit all sentient beings.



## **Refuge in the Three Jewels**

Compiled on the advice of lama Zopa Rinpoche this 14 page booklet includes the practice of taking refuge, the commitments of taking refuge, the vows themselves and explanations of how to receive a downfall as well as the benefits of protecting these precious vows.

## **Retreat Advice From Lama Zopa Rinpoche (PDF)**

Retreat Advice from Lama Zopa Rinpoche - compilation of pith instructions on the meaning of retreat as well as a commentary on Pabongka Rinpoche's Like a Female Cannibal Cheating. 40pp

## **Retreat Advice From Pabongka Dechen Nyingpo (PDF)**

Three separate lam-rim texts with heart instructions for how to make the most out of retreat. Includes detailed explanation of how to meditate on the stages of the path to gain realizations. The specific texts contained in this booklet are: Like a Female Cannibal Cheating (with commentary from Lama Zopa Rinpoche), Song of the Spring Queen on Experiences of the Path, and How to Meditate on the Stages of the Path to Enlightenment. Lama Zopa Rinpoche has stated this is an essential retreat companion as well as important instructions for practicing in daily life.

## **Rituals and Realization: A User's Guide to Tibetan Buddhist Practices**

In August 2005, people from around the world gathered at Kopan Monastery for the first FPMT Foundation Training in Rituals. Led by Venerable Sarah Thresher, this training provided in-depth instruction on Lama Zopa Rinpoche's style of leading the practices that he most often recommends for FPMT centers and students.

This book begins with the inspiring and clear teachings given by Khen Rinpoche Lama Lhundrup on why we need ritual in our lives. This is followed with an introduction by Venerable Sarah Thresher on the elements of ritual practice and Lama Zopa Rinpoche's particular style of leading rituals. The rest of the book contains the rituals taught in the training, beginning with a teaching from Lama Zopa Rinpoche on the benefits of the practice, followed by a "How to Lead..." teaching from Venerable Sarah, and finally the practice itself. There are several appendices, including a teaching on the vajra and bell, visualizations and motivations given by Lama Zopa Rinpoche, a list of helpful resources, and the contributors' biographies. This is an indispensable book for anyone wishing to practice these pujas according to the method of Lama Zopa Rinpoche.

## **Samayavajra (Damtsig Dorje) (PDF)**

Translated with commentary by Lama Zopa Rinpoche.

## **NEW! Sanghata Sutra - English: 2006 (PDF)**

The Sanghata Sutra is a Mahayana sutra containing stories illustrating the power of invoking the bodhisattva wish when interacting with others; and the power of past and present actions to produce expansive results. Imbued with the blessings of the power of prayer invoked by Shakyamuni Buddha himself, recitation of this sutra produces a great mass of positive karma that can quickly ripen, even in this life. This new version is the long-anticipated complete translation from the Tibetan by Ven. Lhundup Damchö.

## **Sanghata Sutra - French: Le Noble Sanghata Soutra, Expression De La Doctrine, 2007**

Revised French translation by Christian Charrier, 2007.

## **Sanghata Sutra – Vietnamese**

The Sanghata Sutra translated into Vietnamese.

## **Schedule For Three Day Lam-Rim Retreat (PDF)**

Comprehensive schedule for completing a three day, six day, nine day or longer Lam-Rim retreat according to the instructions of Lama Zopa Rinpoche.

## **Self Initiation (PDF)**

Self-initiation – an abbreviated daily practice to do in conjunction with any highest yoga tantra deity. This practice was compiled and translated by Lama Zopa Rinpoche.

## **Shakyamuni Buddha - A Daily Meditation on Shakyamuni Buddha**

Written by Lama Zopa Rinpoche for use by beginning students, it is a clearly outlined practice complete with guided meditations for developing one's motivation, the mind of refuge, and the thought of bodhichitta.

In addition the practice contains mantra recitation and visualization based on Shakyamuni Buddha and a Lam-rim prayer in the form of a request for blessings to develop all the realizations on the path to full awakening.

## **Shakyamuni Buddha, Praise By Way Of The Twelve Deeds (PDF)**

Praise to Shakyamuni Buddha for performing the twelve deeds of a Buddha.

## **Six-Session Guru Yoga**

Within the Gelug tradition, practicing the *Six-Session Guru Yoga* is a daily commitment for anyone who has received a highest yoga tantra empowerment. This booklet provides texts of the full Six-Session Guru Yoga, the abbreviated version, and commentary from Lama Zopa Rinpoche on the benefits of the practice and the samayas of the five buddha families, as well as rich, detailed instructions on how to meditate on each verse of the sadhana. Spiral bound, 93 pages

## **Six Session Guru Yoga (PDF)**

This booklet provides texts of the full Six-Session Guru Yoga and the abbreviated version.

## **Statues and Stupas - Benefits and Practices Related to Statues and Stupas, Part 1**

You might have appreciated the power of holy objects before, but these teachings will "blow your mind"! Find out just how amazing it is to have statues and stupas in our world, how they benefit us, and how we can take advantage of their blessed power for maximum benefit. Includes quotations from sutra and tantra, extensive teachings from Lama Zopa Rinpoche, and practice texts for accumulating merit and purifying negativity in relation to holy objects. Get inspired to build, fill, and consecrate a stupa for world peace!

## **Statues and Stupas - Benefits and Practices Related to Statues and Stupas, Part 2: Building And Blessing Holy Objects**

More than 2,500 years ago, Shakyamuni Buddha revealed an inconceivably powerful method for awakening and bringing peace and prosperity to the world – building holy objects. This book provides the instructions you need to create a holy object yourself, including tips from stupa builders, architectural drawings, photographs, and ritual texts needed for building a stupa. This book empowers you to create new places of pilgrimage and peace, for the benefit of the entire world.

## **Statues and Stupas - Benefits and Practices Related to Statues and Stupas, Part 3: Essential Advice for Filling Statues and Stupas**

Leaving a statue empty is like offering nothing to the buddhas and can create obstacles. Therefore, it is important to put something inside the statue, even a few mantras and some incense. This book contains instructions for properly filling and consecrating statues and stupas of any size. It includes the root text of Shälkar Melong, translated with commentary by Lama Zopa Rinpoche, which provides detailed instructions for filling larger holy objects. Also included are the Sung Drub and Rab Nä ceremonies for consecrating your holy object.

### **Statues and Stupas, Filling and Blessing (PDF)**

Simple Instructions for Taking Care of Your New Holy Object. Instructions for how to fill and bless small statues or stupas in a simple way. Instructions compiled according to Geshe Thubten Sherab and Lama Zopa Rinpoche. 18 pp.

### **Statues and Stupas - Mandala Wheels for Filling Statues and Stupas**

This is a set of the mandala wheels needed to fill statues and stupas, as indicated in Benefits and Practices Related to Statues and Stupas, Part 2; Building and Blessing Holy Objects.

### **Statues and Stupas - Mantras for Filling Statues and Stupas**

This pack contains all the mantras needed to fill statues and stupas, including the Four Dharmakaya Relic Mantras, which Lama Zopa Rinpoche highly recommends using to fill statues and stupas.

### **Stupa - How to Use a (PDF)**

This Short booklet explaining the benefits of stupas, the Four Powerful Mantras, the benefits of circumambulation, and a short meditation to do with stupas. Great for centers to give to visitors to explain the power of holy objects and how to receive benefit from them.

### **Sutra of Golden Light**

The Sutra of Golden Light is a Mahayana sutra with great power and benefit. Reading the sutra helps bring peace to the world, promotes healing, gives great protection, and most importantly, plants the seed of enlightenment.

This version is the much anticipated translation by Losang Dawa, done at the direct request of Lama Zopa Rinpoche. It is the first translation available from the Tibetan.

### **Sutra de la luz dorada (Sutra of Golden Light)**

A translation of the Sutra of Golden Light into Spanish.

### **Taking Bodhisattva And Tantric Vows (PDF)**

Small booklet containing the verses for taking the bodhisattva and tantric vows commonly used during initiations with a vajra master, or for self-initiations. Also included in Vows and Commitments III. Requires any highest yoga empowerment.

### **NEW! Taking the Essence All Day and Night**

This practice text contains vital elements that make our daily lives most meaningful. Use mantras given in sutra and tantra to empower your speech and bless your body so that others can benefit simply by seeing or hearing you. Learn powerful phrases to imbue every action of life with bodhichitta mindfulness. Create continual merit through the yoga of eating and making extensive offerings. Take the Eight Mahayana Precepts and experience the power of living in vows for a day. These methods hook blessings, clear obstacles, and transform our actions into what is most beneficial, for ourselves and others.

### **NEW! Tara - 108 Names of Tara (PDF)**

This beautiful text outlines the 108 names of the enlightened mind in female form, Arya Tara. Translated by Corey Jackson.

### **Tara - Chittamani, Guru Yoga (PDF)**

This guru yoga method was translated by our most kind and precious teacher, Lama Thubten Yeshe, together with the assistance of Sylvia Wetzel.

### **Tara - Chittamani, Retreat Sadhana**

This retreat sadhana was originally translated by the late Lama Thubten Yeshe. By wishing to practice the close lineage that leads to the perfection of Tara Chittamani, supreme and common realizations are quickly attained. Spiral bound, 77 pages.

### **Tara - Green, A Kriya Tantra Meditation Practice (PDF)**

By Lama Zopa Rinpoche. Simple short practice including lam-rim prayer, guru yoga practice and self-generation into Green Tara. Includes commentary on the meaning of the mantra. Recommended for short Green Tara retreat. Requires Kriya Tantra empowerment of Green Tara to do the practice in full. However, the practice can be done by those without empowerment as long as one does not self-generate as the deity. Instead one can visualize Tara arising at the crown of one's head.

### **Tara - Green, The Short Practice of Green Tara**

By cultivating the wish that all of our endeavors ultimately benefit others, we can call upon the power of Tara to get things done in a most amazing way. Whether you are looking for the right partner in a relationship or wishing to find the conditions for entering into a life of solitary retreat, the practice of Tara is the perfect recipe for success.

### **Tara - Praises to the Twenty-One Taras (PDF)**

Praises to the Twenty-one Taras to help bring success in all beneficial endeavors. Includes Tibetan phonetics, chantable English version, and English translation. 16 pages. Included in Essential Buddhist Prayers Vol. I, 2006 Edition

### **Tara - Purification Night (PDF)**

Method for performing a dusk to dawn practice invoking the blessings of Tara, the embodiment of enlightened activity. Comes complete with 108 Names of Tara a Tibetan text to place on the altar when doing this practice.

### **Tara - Red, Short Sadhana for Increasing Power (PDF)**

This practice was translated from the Tibetan by Lama Zopa Rinpoche.

### **Tara - White, Meditations on White Tara: Revised 2005**

The practice of White Tara strengthens and restores good health and life-force energy by gathering all the various elements needed to sustain and nurture health and removing life obstacles. In addition, by relying on White Tara, we are quickly able to gain whatever is needed to accomplish our aims in this life. This meditation can be done on behalf of oneself or others. It is frequently done to remove the obstacles to our gurus' long lives and health. If one has experienced many health problems, accidents, depression, or a loss of "lust for life," the practice of White Tara can be especially powerful.

### **Tara - White, Chintachakra - Long Sadhana for Retreat (PDF)**

Highly recommended to increase one's life span and merits. Requires empowerment of White Tara to do the practice in full. However, with permission from a highly qualified lama, one can do this practice without empowerment as long as one does not generate.

### **Three Principal Aspects Of The Path (PDF)**

The Three Principal Aspects of the Path is a seminal text by Lama Je Tsongkhapa which describes the three higher trainings, how to cultivate them, and how to know when you have realized them. This long awaited new translation was completed by Lama Zopa Rinpoche and Jonathan Landaw in February, 2007.

### **Three Sets of Vows and Their Commitments**

Contains detailed descriptions of refuge and lay vows, bodhisattva vows, and tantric vows. Includes commentary on the samayas of the Five Buddha Families, long and short versions of the Six Session Guru Yoga, an abbreviated tsog offering,

and ceremony for Taking the Eight Mahayana Precepts, and a list of helpful resources. The best way to keep your vows is to know what they are - and there is no chance for enlightenment, let alone future happiness, without the perfection of moral discipline. Requires highest yoga tantra empowerment of any deity.

### **Vajra Cutter Sutra English**

Vajra Cutter Sutra (The Exalted Mahayana Sutra on the Wisdom Gone Beyond called "The Vajra Cutter") contains teachings by the Buddha on the Perfection of Wisdom. Reciting this sutra purifies mountains of negative karma, clears away obstacles to the success of virtuous activities, and plants seeds to realize emptiness directly. Translated by Venerable George Churinoff.

### **Vajra Cutter Sutra In German (PDF)**

Vajra Cutter Sutra in German.

### **NEW! Vajra Claws (PDF)**

### **Vajrapani Guru Yoga (PDF)**

This practice was compiled during retreat with Lama Thubten Yeshe at the Yucca Valley Meditation Course, March 1977. It includes a guru yoga practice on the basis of Vajrapani followed by a self-generation practice and mantra recitation. Good for dispelling obstacles and increasing ones power and ability to help others. If one does not have the requisite empowerment, one can still do this practice, although one cannot generate oneself as the deity, but rather must visualize Vajrapani in the space in front or above ones crown. One should also have permission to practice this from a qualified lama.

### **Vajrapani Hayagriva Garuda (PDF)**

The three-fold wrathful one- Practice for protection - for eliminating the obstacles of spirit harm and black magic.

### **Vajrapani Mahachakra (PDF)**

Long Sadhana for retreat or serious practice

### **Vajrapani Mahachakra Daily Practice (PDF)**

Translated by Ven. Losang Chokyi Gyaltsen for the teachings of Kirti Tsenshab Rinpoche at Vajrapani Institute in 1999.

### **Vajrasattva - The Preliminary Practice of Vajrasattva**

Doing Vajrasattva retreat is not simply about reciting the mantra and saying some prayers. It is about making the practice effective for your mind, making it the quickest, most powerful way to transform your mind. Experienced meditators have advised that, in general, it is more important to put your everyday life's effort into the practice of purification - this is the way to attain spiritual realization. This practice booklet contains the short and long practice of Vajrasattva as well a Vajrasattva tsog. It also contains commentary, retreat advice, altar set-up and retreat preliminaries. Spiral Bound Booklet, 139 pages

### **Vajrasattva – A Short Vajrasattva Meditation (PDF)**

This practice was given by Lama Zopa Rinpoche during the Vajrasattva retreat, Land of Medicine Buddha, Soquel, California, USA, 1999.

### **NEW! Vajrasattva Retreat Sadhanas (PDF)**

Long and short Vajrasattva sadhanas to be used when doing Vajrasattva retreat. Traditionally, these practices require the blessing empowerment (jenang) of Vajrasattva to practice in full, however, Lama Zopa Rinpoche has given permission and

instructions for how to do them without the requisite empowerment. Brief practice instructions included. Included in *The Preliminary Practice of Vajrasattva*, a collection of Vajrasattva practices, Heruka Vajrasattva Tsog, motivations and detailed instructions for how to complete 100,000 mantras. 32 pages.

### **Vajrayogini - Initial Practices of Vajrayogini**

This text includes the short, middle and long sadhanas, instructions on how to enter into and abide in the retreat, a tea offering, two tsog offering texts, and hand offering practice as well as several color images. The newly formatted version also contains the English chantable version of many of the prayers. Spiral bound, 267 pages

### **REVISED! Vajrayogini - The Intermediate Practices of Vajrayogini**

*The Intermediate Practices of Vajrayogini: An FPMT Manual for Those Who Have Completed the Approximation Retreat* is the third volume in this series of Vajrayogini practice manuals. Intended for the use of those who have completed an approximation retreat enabling the activities and the accompanying subsequent pacifying burning offering, this volume makes available the complete self-empowerment ritual, together with practice and set-up instructions. A practitioner's ability to perform regular self-initiation practice during this lifetime is essential to engaging in deep purification of the mind, especially in preparation for, at the very least, a positive death and future rebirth, or even better, for achieving the pure land of Vajrayogini herself, Khachö, in this life, at death, in the bardo, or in one's next life. In addition, the self-empowerment of Vajrayogini is simple to perform, compared with the self-initiation rites of many other Maha-anuttara Yoga Tantra deities. For this reason, it is highly appropriate for practitioners in these degenerate times, when time is short and the ease of practice can greatly help us to keep our tantric commitments. Spiral bound, 315 pages

### **Vajrayogini - The Pacifying Burning Offering Ritual of Vajrayogini**

In the extensive practice of Vajrayogini, there are three aspects: empowerment, approximation, and activity. Upon receiving the four empowerments, a disciple of Vajrayogini is invested with the permission and transmission of energy from one's guru to engage in Vajrayogini's path of practice. The seeds of the four buddha-bodies have been planted in the disciple's mental continuum that will eventually ripen into the actual enlightened bodies of Vajrayogini – perhaps even in this lifetime! One then engages in the nearing retreat of enabling action, practicing the generation and completion stages of Vajrayogini and thus coming nearer to the attainment of Vajrayogini's enlightenment itself. Upon completion of the nearing retreat the disciple performs the pacifying burning offering. This is for the purpose of purifying what was missing, extra, or mistakenly done during the nearing retreat. Having fully completed the nearing retreat of Vajrayogini, the disciple is then able to go on to engage in Vajrayogini's extensive activities, such as self-initiation and so on.

In this volume, all the necessary instructions and practice materials for performing Vajrayogini's pacifying burning offering are provided for those who have completed the mantra recitations of Vajrayogini's nearing retreat for enabling actions. Spiral bound, 140 pages

### **Water Charity Practices (PDF)**

Water Charity Practices, Translation and commentary by Lama Zopa Rinpoche. A Short Practice of Offering Water Charity to the Pretas, together with a more extensive water offering practice to do for pretas, intermediate state beings, and nagas. Also includes commentary on the practice of making water offering to the pretas by Lama Zopa Rinpoche, a dedication prayer by Pabhongkha Rinpoche, and a Dzambhala water offering practice that can be done daily. 44 pages, March 2005.

### **Water Charity to the Pretas, a Short Practice Offering (PDF)**

Water Charity to the Pretas, A Short Practice of Offering, by Lama Zopa Rinpoche. An easy-to-follow practice to bless and offer water to relieve the suffering of pretas. Includes dedication prayers from Pabongkha Rinpoche and Dzambhala water offering practice as an appendix, since it is said to be more powerful to offer water to Dzambhala prior to offering water to the pretas. 20 pages, March 2005.

### **White Heruka Sadhana (PDF)**

This Sadhana of White Heruka was composed by Kyabje Pabongkha Rinpoche and translated by Kyabje Zopa Rinpoche.

### **White Umbrella Deity (Arya Sitatapatra) (PDF)**

Practice sadhana for dispelling illness, interferences, spirit harms, etc. To do practice in full requires Kriya tantra empowerment of the White Umbrella Deity. Practice can be done without such an empowerment with permission from a qualified master, however, one cannot self-generate as the deity. 12 pages.

### **Yamantaka Short Sadhana (PDF)**

This short Yamantaka Sadhana was composed by Pabongkha Tulku as a recitation practice for the supreme Honorable Kyabying Losang Rinchen at the Trehlun Dechen Kelsang Palace. Losang Chomo put together this translation by referring to the Tibetan text and previous English translations with the invaluable help of Venerable Geshe Jampa Gyatso and Venerable Geshe Thubten Chonyi.

## *Audio and Video*



### **CD and DVD**

We produce DVDs, CDs and MP3 discs of prayers and practices, sutra recitations, guided meditations and practices by senior teachers, as well as major retreats and teaching events with Lama Zopa Rinpoche. Several of our offerings are also available free online at [http://www.fpmt.org/media/buddhism\\_audio\\_teachings.asp](http://www.fpmt.org/media/buddhism_audio_teachings.asp)

### **CD and MP3**

#### **Chod - Cutting Through The Ego**

Chod is known as Dedicating the Illusory Body to Accumulate Merit, Bringing Quick Results in the Practice of Method and Wisdom – the Shared Riches of the Ganden Lineage Practitioners. Beautifully chanted by the late Lama Thubten Yeshe.

#### **El Cortador Vajra CD (In Spanish)**

El elevado Sutra Mahayana sobre la sabiduría ida mas allá llamado "el Cortador Vajra", basado en la impresión tibetana del Lhasa Zhol. Contiene enseñanzas del Buda de la Perfección de la Sabiduría. Recitar este sutra purifica montañas de karma negativo, limpia obstáculos para el éxito de actividades virtuosas, y planta las semillas para la realización de la vacuidad.

Este Sutra es conocido como el cortador Vajra por su capacidad de cortar las obstrucciones afectivas y los oscurecimientos sutiles a la omnisciencia, las cuales son difíciles de destruir como el vajra. De esta manera, al escuchar este sutra bendito

recitado al español por Jangchub Pelmo ofrece una oportunidad de cortar las aflicciones que obstruyen el camino hacia la iluminación.

### **Emptiness Explained - DVD or MP3**

Pointing Out Instructions for Meditation on Emptiness! These 7 DVDs present pith instructions from Lama Zopa Rinpoche on how to meditate on emptiness. Rinpoche provides us with a clear explanation of how to approach this delicate and subtle topic, how the experience of meditating on emptiness should feel, and how to avoid mistakes in your meditation. It includes the keys for laying a successful foundation for your practice, the importance of the role of guru devotion in generating realizations, and practical advice for how to structure a daily practice that brings awareness of both emptiness and compassion into every aspect of our lives.

This phenomenal teaching also includes an oral transmission of the Heart Sutra, Lama Tsongkhapa Guru Yoga, the Foundation of All Good Qualities, Confession Prayer to the 35 Buddhas, and the Vajrasattva mantra.

### **Escaping Your Inner Prison**

In this remarkable teaching to a group of female prisoners, Lama Zopa Rinpoche maps out with great clarity the opportunity of prison to develop realizations on the path to enlightenment. Rinpoche describes the real prison of life in samsara and presents the essential elements for a successful daily practice. Particularly precious is Rinpoche's precise summary of the blueprint for enlightenment, making it clear what every practitioner must do to achieve his or her goals. This 66 minute teaching is presented on audio CD along with a transcript of the teaching as a PDF file.

### **Essential Buddhist Prayers Volume 1 Tunes**

The first volume of Essential Buddhist Prayers: An FPMT Prayer Book contains all the basic prayers and practices advised by Lama Zopa Rinpoche. This CD contains many of these prayers chanted by Geshe Thubten Sherab, Ven. Robina Courtin, Kendall Magnussen, and Merry Colony. Using this CD, the listener may learn these tunes and chants used in FPMT centers and at Dharma events all over the world.

### **Gyalings**

Gyalings are long Tibetan horns that are traditionally used as a music offering and to invoke the presence of holy beings. They have a beautiful and lingering sound that moves the mind and creates a special atmosphere for any puja. 46 minutes of continuous gyaling music.

### **Heruka Vajrasattva Tsog**

Lama Yeshe wrote the Tsog offering and the audio CD of Lama Yeshe chanting the Heruka Vajrasattva Tsog was the last time that Lama led this beautiful puja publicly before his passing in 1984.

### **How to Meditate on Emptiness MP3**

In September 2005, Lama Zopa Rinpoche gave extraordinary teachings on emptiness and how to meditate on emptiness. This MP3 disc includes preliminary teachings on happiness, what is mind and how to most effectively use the mind, and then proceeds to detailed commentary on emptiness. Rinpoche defines the "I," addresses issues of the false "I" and our fear of losing the "I." Emptiness is explained relating to external objects and when practicing Guru Yoga. Detailed explanation is given for how to meditate on the emptiness of the "I," the emptiness of others, and the emptiness of time. This extraordinary series of teachings concludes with teachings on refuge, and an explanation and oral transmission of several sutras, including four chapters of Sutra of Golden Light. Rinpoche teaches with his usual mixture of profound insight, compassion, clarity, and humor.

### **Lama Chopa Chanting by Lama Zopa Rinpoche**



In this very clear audio recording Lama Zopa chants the first 16 verses of Lama Chopa only, clearly and slowly as a tool so that we can learn the tunes exactly as Rinpoche does them. In time the remainder of the puja will be available! A must have for puja chant leaders

### **Lama Tsongkhapa Guru Yoga**

In this very clear audio recording Ven. Sarah Thresher chants the entire Ganden Lha Gyama puja, clearly and slowly as a tool so that we can learn the tunes exactly as Rinpoche likes them to be done. A must have for puja chant leaders

### **Mantras of the Great Compassionate One**

On this high quality recording, Lama Zopa Rinpoche beautifully chants OM MANI PADME HUM, followed by the long dharani of Avalokiteshvara, the Great Compassionate One. Sung to a tune with great blessings, the "mani" mantra immediately opens the heart and relaxes the mind. The long mantra carries with it strong purification and blessings. The chants are preceded by a short commentary on the benefits and instructions for recitation of the long mantra by Lama Zopa Rinpoche. Package includes written transcript.

### **Meditations for Children Audio**

This audio CD was created in support of Lama Yeshe's and Lama Zopa Rinpoche's vision of Universal Education. The aim is to give parents and educators some useful, accurate, and practical guidelines for meditating with children. The meditations gathered together here use simple, universal language that children of all ages and backgrounds can easily understand.

### **Meditations on Guru Devotion MP3**

The root of all happiness and all realizations on the path is correct reliance on the guru who reveals the path to liberation and enlightenment. To achieve realizations, we need the blessing of the guru; to receive the blessings of the guru, we need to see the guru as inseparable from all the buddhas. In these exquisite meditations, Ven. Sarah Thresher guides us through the lam-rim outline on guru devotion as taught by Lama Zopa Rinpoche, Ribur Rinpoche and Pabongkha Rinpoche. These recordings of 15 individual meditations can be used as formal guided meditations or listened to more casually while driving or working around the house.

### **Practice of Prostrations to the 35 Buddhas**

This audio CD follows the booklet by the name The Preliminary Practice of Prostrations and is the extensive performance of this purification practice as advised by Lama Zopa Rinpoche. The practice begins with a motivation and visualization and precedes through the recitation of the 35 Buddhas names in English, confession prayers and dedication, all recited by Ven Sarah Thresher. Optional tracks include the names of the 35 Buddhas chanted in Tibetan by Geshe Gelek of Kadampa Center, North Carolina, USA.

### **Praises to the Twenty-One Taras**

Praises to the Twenty One Taras is an especially good prayer to learn in Tibetan. It carries with it the blessing of centuries of constant repetition by those with faith in Tara. This recording by Lama Zopa Rinpoche provides a unique opportunity to chant a powerful prayer with a powerful teacher. It is ripe with blessings!

### **Recitations for Animals**

This CD contains recitations by Lama Zopa Rinpoche of mantras and texts deemed especially suitable for animals to hear throughout their lives – when they are in good health, or when they are sick or dying. Hearing each mantra and text puts an imprint and blessing in the mind that brings the result of good rebirths, liberation from samsara, and ultimately, full enlightenment. Lama Zopa Rinpoche advises that playing this CD for any animal will bring immense benefit.

Tracks include:

1- OM MANI PADME HUM

- 2- Short Namgyalma Mantra
- 3- Medicine Buddha Mantras
- 4- Maitreya Mantras
- 5- Heart Sutra (chanted)
- 6- The Foundation of All Good Qualities (chanted)
- 7- Sutra for Entering the City of Vaishali (recited 5x)

### **Recitations to Alleviate Pain**

A 3 CD Set, pain and disease are karmic ripenings. Often, they are the results of having harmed non-human beings in some way. The Sutra for Entering the City of Vaishali was given by the Buddha to Ananda specifically to pacify harmful spirits. Listening to these powerful words can help bring an end to pain. Blessed recitations by Lama Zopa Rinpoche. Package includes written transcript.

### **Rituals and Realizations MP3**

In August 2005, thirty fortunate people from around the world gathered at Kopan Monastery for the first FPMT Foundation Training in Rituals. This training provided in depth instruction on Lama Zopa Rinpoche's method of leading the practices that he most often recommends for FPMT centers and students. The training was led by Venerable Sarah Thresher, who generously shared her considerable experience leading these practices in retreat with Rinpoche, as well as the private instruction she has received from him. Khen Rinpoche Lama Lhundrup, the abbot of Kopan, gave profound teachings on the need for ritual, as well as advice for FPMT centers on how best to utilize ritual for success. Kendall Magnussen gave instruction in altar set-up and other aspects of ritual practice. Finally, Venerable Thubten Jinpa, an accomplished monk from Kopan's Tantric College and frequent attendant to Lama Zopa Rinpoche, gave several engaging teachings on tantric practice.

This MP3 Audio CD includes rich material presented at the training with teachings on each practice by Lama Zopa Rinpoche. It is a wealth of information for those wishing to learn more about these essential practices.

### **Sanghata Sutra (Tibetan)**

Just by hearing the Sanghata Sutra we accumulate inconceivable amounts of merit. It's that easy. In this way we take care of not only the wishes of this life but also those of future lives and become closer to liberation and finally enlightenment, when we gain the ability to free numberless sentient beings from all their suffering. Recited by Lama Zopa Rinpoche.

### **Shakyamuni Buddha: A Daily Meditation**

This recording of A Daily Meditation on Shakyamuni Buddha is guided by Kendall Magnussen with additional chants by Lama Zopa Rinpoche. It is the perfect practice companion for all those interested in establishing a daily practice and contains all the necessary components for success in meditation. Following closely the practice booklet of the same title, this CD takes your mind on a journey that will lead you closer to enlightenment.

### **Singing the Lam-rim**

This 25 minute audio CD contains a radio broadcast of Lama Zopa Rinpoche speaking to the Mongolian people. Before the broadcast started, Venerable Sarah Thresher asked Rinpoche why Mongolia needed Buddhism. Rinpoche's inimitable response contains the entire path to enlightenment and is certain to lift the spirits of everyone who hears it! 23 minutes. Package includes written transcript.

### **Vajra Cutter Sutra**

This sutra is known as the Vajra Cutter for its ability to cut off the afflicted obstructions and the subtle obstructions to omniscience, which are as difficult to destroy as the vajra. Thus, listening to this blessed sutra recited in Tibetan by Lama Zopa Rinpoche is an opportunity to cut these afflictions that obstruct one's own enlightenment.

The CD includes accompanying music composed and produced by Scott Tusa.

## **Vajrasattva: A Short Practice**

Vajrasattva practice is one of the best ways to purify negative karma, and thus avoid future suffering and clear away obstacles preventing progress in the spiritual path. This audio CD follows the skillful method to purify negative karma contained in A Short Vajrasattva Meditation, written by Lama Zopa Rinpoche. It walks practitioners through the four opponent powers necessary for purification together with Vajrasattva mantra recitation. This CD is an excellent practice companion for anyone wishing to attain enlightenment quickly by purifying the mistakes we have made. Led by Kendall Magnussen.

## **DVDs**

### **Atomic Bomb Against Ignorance**

In this two DVD set, Lama Zopa Rinpoche takes us through the different Buddhist schools' views of what selflessness means and elucidates the subtle and precise distinctions of the Madhyamaka-Prasangika view, the only understanding of selflessness that can forever and completely cut the root of samsara. This correct view is carefully and clearly explained in an experiential way for meditators to apply it directly to their meditation practice, and for practitioners to apply it to their daily life.

These teachings were given during a retreat session at the Lama Tsongkhapa Retreat held in Italy in September 2004. Viewers should be prepared that also on this DVD are a variety of prayers and practices that were performed during the course of the session. This is a two-DVD set.

### **Discovering Buddhism Series DVD**

The Discovering Buddhism Series is designed to be viewed on its own or as supplementary material for anyone following the Discovering Buddhism at Home program. Each of the thirteen 30 minute segments is introduced by Richard Gere or Keanu Reeves.

The series features His Holiness the Dalai Lama, Ribur Rinpoche, Lama Zopa Rinpoche, and other Tibetan Lamas. Western teachers in the Discovering Buddhism video series include, Ven. Robina Courtin, Ven. Sangye Khadro, Ven. Thubten Chodron, and others. The series briefly explores all 13 subjects within the program by means of a Tibetan and a Westerner teaching on the subject followed by an informal conversation with a Western student on the topic. The 13 topics are as follows:

- Mind and Its Potential
- How to Meditate
- Presenting the Path
- The Spiritual Teacher
- Death and Rebirth
- All About Karma
- Refuge in the Three Jewels
- Establishing a Daily Practice
- Samsara and Nirvana
- How to Develop Bodhichitta
- Transforming Problems
- Wisdom of Emptiness
- Introduction to Tantra

The series includes 2 DVDs in a beautifully designed package.

### **Dispelling Superstitions**

How do we determine if what we are thinking about something or someone is valid or is deceived? In this teaching, Lama Zopa Rinpoche identifies clearly just how the process of ignorant projection works. Recognizing the power of relying upon the guru – making offerings, doing purification, and requesting blessings – as keys to dispel the ignorant fantasies of our minds, this DVD concludes with a collection of powerful practices to invoke blessings and dispel obstacles to developing our wisdom. Practices include Calling the Guru from Afar, recitation of migtsema, prayers for the long lives of our teachers, protector prayers, and more. This is a single DVD.

These teachings were given during a retreat session at the Lama Tsongkhapa Retreat held in Italy in September 2004. Viewers should be prepared that also on this DVD are a variety of prayers and practices that were performed during the course of the session.

### **Eight Verses of Thought Transformation**

Set of four DVDs of Lama Zopa Rinpoche teaching this quintessential advice, San Francisco, Nov. 2003 Learn how to transform and transcend the problems you face every day as well how to develop loving kindness and compassion for yourself and inspire it in your community and the world at large.

To explore these challenges in our daily life, Lama Zopa Rinpoche teaches on the classical text, Eight Verses of Thought Transformation. This mind training (lojong) text goes back over 800 years when Geshe Langri Tangpa set down these extremely profound teachings in brief form. Sharing his profound joy and wisdom, Lama Zopa Rinpoche offers us insight into the development of loving kindness, compassion, caring and commitment. From his wealth of experience and understanding, Rinpoche offers practical advice on how to stimulate inner reflection, deepen our wisdom and compassion, understand the true nature of our minds and ultimately achieve a greater degree of inner peace.

### **Emptiness Explained DVD or MP3**

Pointing Out Instructions for Meditation on Emptiness! These 7 DVDs present pith instructions from Lama Zopa Rinpoche on how to meditate on emptiness. Rinpoche provides us with a clear explanation of how to approach this delicate and subtle topic, how the experience of meditating on emptiness should feel, and how to avoid mistakes in your meditation. It includes the keys for laying a successful foundation for your practice, the importance of the role of guru devotion in generating realizations, and practical advice for how to structure a daily practice that brings awareness of both emptiness and compassion into every aspect of our lives. This phenomenal teaching also includes an oral transmission of the Heart Sutra, Lama Tsongkhapa Guru Yoga, the Foundation of All Good Qualities, Confession Prayer to the 35 Buddhas, and the Vajrasattva mantra.

### **Guru Manifests As An Ordinary Being To Subdue Sentient Beings**

In this powerful teaching on guru devotion, Lama Zopa Rinpoche explains clearly the dependent relation between how the guru appears and the level of our mind. We are given practical methods to experience the ordinary appearance of our teachers as a profound kindness that increases our faith and appreciation for the role that they play in our lives. This is a most essential DVD for developing our understanding of how to relate to our teachers in ways that will bring us the greatest benefit. This is a 2-DVD set.

These teachings were given during a retreat session at the Lama Tsongkhapa Retreat held in Italy in September 2004. Viewers should be prepared that also on this DVD are a variety of prayers and practices that were performed during the course of the session.

### **Lama Tsong Khapa Retreat**

In September 2004, Lama Zopa Rinpoche led a three-week Lama Tsong Khapa retreat at Istituto Lama Tsong Khapa, Pomaia, Italy. This 100-hour interactive 2-DVD set features all the teachings of this remarkable retreat. The design enables easier student access to the vast wealth of detailed information presented.

The presentation features regular labeled "bookmarks," enabling swift navigation to particular topics, prayers and so forth. Also, wherever text is referred to during the teachings, a synchronous copy of that text appears on screen, changing page by page as required. This is the first DVD of Lama Zopa's annual retreat to be produced in this way and for all those who could not be there in person it is certainly the next best thing.

### **Lama Zopa DVD Package**

This set of DVDs (11 total) are individual teachings that have been extracted from the full length Lama Tsong Khapa Retreat led by lama Zopa Rinpoche in Italy, Sept 2004. In *An Atomic Bomb Against Ignorance* Lama Zopa Rinpoche takes us through the different Buddhist schools' views of what selflessness means and elucidates the subtle and precise distinctions of the Madhyamika Prasangika view. In *Dispelling Superstitious Thought* Lama Zopa identifies clearly just how the process of ignorant projection works. In *Offering Even a Single Flower to the Buddha* Lama Zopa describes for us the karmic importance of making offerings. In *The Guru Manifests as an Ordinary Being* Lama Zopa explains clearly the dependent relation between how the guru appears and the level of our mind. In *This is the Teaching of the Buddha* Lama Zopa describes to us unmistakably what is true Dharma and what is not. And lastly, in *Why Bear Hardships for the Dharma* Lama Zopa explains clearly how to identify true suffering, what is true happiness, and encourages us to embrace the opportunity to bear hardships for the Dharma.

### **Mahamudra Retreat with Lama Zopa Rinpoche**

In April 2004 Lama Zopa Rinpoche led a 25 day Mahamudra retreat at Buddha House in Australia. This 128-hour interactive 2-DVD set features all the teachings of this remarkable retreat. The design enables easier student access to the vast wealth of detailed information presented. The presentation features regular labeled bookmarks enabling swift navigation to particular topics, prayers and so forth.

The video of Rinpoche chanting is synchronized to relevant text pages from Essential Buddhist Prayers, an FPMT Prayer Book. Clicking on the index marked for the Heart Sutra, for example, shows Rinpoche leading the students in chanting while the text of the Sutra is displayed, enabling the viewer to easily practice chanting. Rinpoche gives much advice on exactly how to pronounce and chant many verses, including protector prayers and daily practice.

These DVDs sprang directly from the clear instructions from Lama Zopa Rinpoche who described how good it would be for students who want, for example, to learn Tibetan chanting to be able to read the text while watching the video.

### **Medicine Buddha Jangwa**

The tantric practice of Jangwa is a skillful tantric practice of purification used when somebody has passed away. Even when a person is in the intermediate state on the way to the lower realms, the practice of Jangwa can change the direction of the person's reincarnation. Due to the power of mantra, the power of concentration, and the power of Buddha's words of truth the Jangwa practice can cause the person to reincarnate in a pure land or in a deva or human realm. Conducted by Geshe Nawang Dakpa at Land of Medicine Buddha, California.

### **Mystic Tibet**

Follow fifty pilgrims as they travel to the roof of the world for the spiritual adventure of a lifetime. In 2002, ordinary people from around the globe were drawn to this mystical land of enlightenment. Guided by renowned Tibetan master Lama Zopa Rinpoche, this was no common tourist trek, but a rare and powerful experience in which the invisible world of great yogis and saints was magically revealed.

This intense journey takes one directly into the culture of Tibet and its arresting, spiritually rich landscape in a way that is not often seen. It explores the deep inner meaning of pilgrimage, which purifies the mind and creates the good heart. These pilgrims discovered more than temples and holy mountains. They touched the extraordinary potential of their minds, their enlightened nature.

One pilgrim stated, "A pilgrimage with Rinpoche is not sightseeing. It's like heart-seeing."

### **Offering Even a Single Flower to the Buddha**

Without the right karma, happiness, liberation, and enlightenment are simply not possible. In this two DVD set, Lama Zopa Rinpoche describes for us the karmic importance of making offerings. Rinpoche clearly presents the power and benefit of making offerings to holy beings and holy objects, the power of doing actions with a bodhichitta motivation, and the importance of developing a mind of compassion as a pre-requisite to actualizing bodhichitta. Rinpoche encourages us to make even the smallest and simplest offerings - outlining the unbelievable results we can expect to experience as illustrated by stories of the past. During this precious heart instruction, we are also trained with great precision in how to most skillfully make offerings for maximum benefit.

These teachings were given during a retreat session at the Lama Tsongkhapa Retreat held in Italy in September 2004. Viewers should be prepared that also on this DVD are a variety of prayers and practices that were performed during the course of the session. This is a two-DVD set.

### **Power of Mantras and Holy Objects**

On this DVD, Lama Zopa Rinpoche beautifully explains the power of holy objects and mantras in great detail. He explains why they are such incredible objects of accumulation and purification for all sentient beings who encounter them — human, animal, or other! Package includes written transcript. You will receive an email with your order containing a link to a downloadable PDF file. DVD is 3 ½ hours in length

### **Tales of a Good Heart Booklet and DVD Package**

A Wonderful learning tool for young readers! The DVD accompaniment to the booklet reads the tales while the text and illustrations appear on the screen. The booklet includes 73 glossy pages and beautiful illustrations. These ancient tales as retold by Anjani O'Connell and illustrated by Claudia Frey, show the importance of thinking and acting out of altruism, and of having regard for others. It is our hope that the tales in this booklet will contribute toward present and future peace in the world, and that children of all ages will enjoy and learn from them.

### **Tales of a Good Heart (DVD only)**

This DVD accompaniment to the booklet reads the tales while the text and illustrations appear on the screen. A wonderful learning tool for young readers. These ancient tales as retold by Anjani O'Connell and illustrated by Claudia Frey, show the importance of thinking and acting out of altruism, and of having regard for others. It is our hope that the tales in this booklet contribute towards promoting present and future peace in the world, and that children of all ages will enjoy and learn from them.

### **This Is the Teaching of the Buddha**

In this explanation, filled with stories and anecdotal illustrations, Lama Zopa Rinpoche describes to us unmistakably what is true Dharma and what is not. With a number of actual life incidents, Rinpoche brings us to the heart of the teachings — cherishing others and renouncing ourselves. This teaching is incredibly personal and leaves us with a deep sense of how to practice in the most skillful way to bring about the realizations of the path quickly in our mind. The benefits of a variety of practices are explained and, in particular, the power of the practice of guru devotion.

These teachings were given during a retreat session at the Lama Tsongkhapa Retreat held in Italy in September 2004. Viewers should be prepared that also on this DVD are a variety of prayers and practices that were performed during the course of the session. This is a 2-DVD set.

### **Transforming Your Mind by Practicing Dharma**

A concise and inspiring teaching on Jetsün Milarepa. In this DVD, Lama Zopa Rinpoche emphasizes the importance of depending on dharma to overcome all problems in life. Depression, suicidal thoughts, personal and business relationship difficulties can be stopped. Highlighting the positive attitude of loving kindness and thinking on impermanence, Lama Zopa Rinpoche presents the essential practices to transform your mind and create the causes of happiness and enlightenment.

### **Tulku Talk: Advice for Young People (and the Not So Young)**

In Tulku Talk: Advice for Young People (and the Not So Young), three young Tibetan Buddhist masters give practical and inspiring advice on dealing with problems, finding true happiness, and making the most of life. In their past lives these lamas were great scholars and meditators as well as teachers of His Holiness the Fourteenth Dalai Lama. The extraordinary clarity and understanding of their past-life wisdom shines through as Ling Rinpoche (21), Serkong Tsenshab Rinpoche (22), and Cherek Lama Rinpoche (14) give practical and profound advice – in English! – on this 50-minute DVD. The commitment and determination of these young lamas to care for others and continue the precious Buddhadharma lineages is inspiring. Here are our teachers of the past and of the future, still working to make a difference in the world.

### **Why Bear Hardships for the Dharma?**

Practicing the path that leads to ultimate happiness is not always easy. In fact, it is most often extremely difficult. It is even said that those who practice most sincerely experience the greatest hardships. In this DVD, Lama Zopa Rinpoche explains clearly how to identify true suffering, what is true happiness, and encourages us to embrace the opportunity to bear hardships for the Dharma. After this teaching, don't be surprised to find yourself wishing for suffering!

These teachings were given during a month-long retreat at Istituto Lama Tzong Khapa in Italy, where students were practicing under Rinpoche's guidance for up to 20 hours a day! Viewers should be prepared that also on this DVD are a variety of prayers and practices that were performed during the course of the session. This is a two-DVD set.

## *Children's Materials*

### **Animal Liberation Tools**

Use these Animal Liberation Tools, one on each hand to catch small insects in so they can be removed from your house without injury. Designed by Lama Zopa Rinpoche these bug catchers are not your ordinary bug catching jar! Covered with mantras that benefit the bugs and quotes which benefit the humans, these unique tools of the Buddhist trade will not to be found in any store!! Tools are provided on flat card stock and required simple assembly.

### **Camp Vajrapani: An FPMT Dharma Family Camp Manual**

This 140 page manual written by Bev Gwyn is drawn from 10 years of experience running dharma camps at Vajrapani Institute in Boulder Creek, Ca. It contains all the information one would need to run such a camp, from "why" have such a camp to annual themes, necessary preparations and schedule of activities as well as extensive appendices of prayers and practices for children, menus, various staff functions etc. The work is a very user-friendly manual for anyone involved in organizing or leading children's camps or weekend retreats. Spiral bound with color cover.

### **Eight Plays for Children**

Before Siddharta became the Buddha, he spent many lives practicing as a bodhisattva. This book of charming and easily produced plays for children contains tales of wisdom and kindness from his past lives as well as his life as Prince Siddharta. Also included is the life story of the great Tibetan meditator Milarepa and that of the search for the His Holiness the Fourteenth Dalai Lama.

This booklet Includes:

- The King and the Tree Spirit
- The Crocodile and the Monkey
- Gotami and the Mustard Seed
- The Search for the 14th Dalai Lama
- Prince Siddhartha and the Swan

- The Life of Milarepa
- Buddha and the Elephant
- The Birth of a Prince

### **Meditations for Children Audio CD**

This audio CD was created in support of Lama Yeshe's and Lama Zopa Rinpoche's vision of Universal Education. The aim is to give parents and educators some useful, accurate, and practical guidelines for meditating with children. The meditations gathered together here use simple, universal language that children of all ages and backgrounds can easily understand.

### **Meditations for Children Spiral Bound Booklet**

This booklet was created in support of Lama Yeshe's and Lama Zopa Rinpoche's vision of Essential Education. The aim is to give parents and educators some useful, accurate, and practical guidelines for meditating with children. The meditations gathered together here use simple, universal language that children of all ages and backgrounds can easily understand.

### **Tales of a Good Heart Book**

These ancient tales as retold by Anjani O'Connell and illustrated by Claudia Frey, show the importance of thinking and acting out of altruism, and of having regard for others. It is our hope that the tales in this booklet contribute towards promoting present and future peace in the world, and that children of all ages will enjoy and learn from them.

8 Jataka tales with color illustrations for young readers. Package includes a 73 glossy page booklet (optional DVD now available)

### **Tales of a Good Heart Booklet and DVD Package**

A wonderful learning tool for young readers! The DVD accompaniment to the booklet reads the tales while the text and illustrations appear on the screen. The booklet includes 73 glossy pages and beautiful illustrations. These ancient tales as retold by Anjani O'Connell and illustrated by Claudia Frey, show the importance of thinking and acting out of altruism, and of having regard for others. It is our hope that the tales in this booklet will contribute toward present and future peace in the world, and that children of all ages will enjoy and learn from them.

### **Tips For Nurturing Spiritual Development In Children: A Teacher's Guide**

This 53 page guide by Sandy Smith (author of Meditations for Children) contains practical advice and tips for developing effective communication, teacher skills, lesson plans and activities as well as practical guidelines for anyone involved in a program for young people ages 5 and up. Spiral bound with color cover.



## *Buddhist Images, Stickers, and Misc.*

### **1000 Arm Chenrezig Card**

5" x 7 ½" laminated card of 1000 Arm Chenrezig. Artist unknown

### **108 Names of Tara**

The 108 names of Tara in Tibetan, beautifully designed by Elena D'Agostino in Tibetan on a beautifully designed 8" x 10" laminated card.

### **21 Tara Laminated Card**

5" x 7" laminated card of Green Tara and the 21 Taras. Artist unknown

### **Bodhisattva's Confession of Moral Downfalls Poster**

This poster print is a perfect meditation tool for visualizing the 35 Buddhas of confession.

### **Door Mantra by Lama Zopa Rinpoche**

This is a copy of a hand written mantra by Lama Zopa Rinpoche. Underneath it says:

"Anyone who goes under this mantra gets one thousand eons of negative karma purified.

May the whole family have long life, health and prosperity.

May all wishes be fulfilled according to the Holy Dharma.

With Love and prayer, Zopa 28/10/2005"

### **Green Tara Card by Lama Zopa Rinpoche**

This painting by Lama Zopa Rinpoche represents Tara, whose name means "star" or "she who ferries across," is a Bodhisattva of compassion who manifests in female form. In Tibetan, Tara is known as "Dölma" (Sgrol-ma), or "She Who Saves." In particular, Green Tara, represents compassion in action, since she's in the process of stepping from her lotus throne in order to help sentient beings.

According to Tibetan Buddhism, Tara was born out of the tears of compassion of the bodhisattva Avalokiteshvara. It is said that he wept as he looked upon the world of suffering beings, and his tears formed a lake in which a lotus sprung up. When the lotus opened, the goddess Tara was revealed.

A similar tradition has White Tara born from the tears of Avalokiteshvara's left eye and the Green Tara born from those of his right. In a third legend, Tara was born from a beam of blue light emanating from one of the eyes of Avalokiteshvara. Green Tara, with her half-open lotus, represents the night, and White Tara, with her lotus in full bloom, symbolizes the day. Green Tara embodies virtuous activity while White Tara displays serenity and grace

### **Guru Shakyamuni Buddha Card**

5" x 7" card of Guru Shakyamuni Buddha painted by Jane Seidlitz

### **His Holiness Poster A**

Glossy poster of His Holiness Dalai Lama photograph by ASHOK DILWALI 24x20 inches cm 62x52

### **His Holiness Poster B**

Glossy poster of His Holiness Dalai Lama photograph by ASHOK DILWALI 20x16 inches cm 52x42

### **His Holiness The Dalai Lama Card**

His Holiness the Dalai Lama Laminated Card. Photo taken by Ueli Minder. Measures 5" x 7".

### **HUM Card By Lama Zopa Rinpoche**

This card is a reproduction of a painting of the Tibetan letter HUM by Lama Zopa Rinpoche.

The inscription reads "With Prayer and Love, Zopa, 7/11/2006"

The card measures 8" x 10.5"

### **Lama Atisha Protection Mantra**

This image is said to have been worn by Lama Atisha as protection from physical harm. At the request of the abbot of Wolka Cholung, the meditation hermitage of Lama Tsongkhapa in central Tibet, this print was brought from Tibet and presented to Lama Zopa Rinpoche. Just touching or seeing this protection liberates beings from the lower realms.

Lama Zopa Rinpoche says the image can be put on the body of a person who is dying and that it's also very good to have it respectfully on display in one's house, where it protects from pollution or disharmony and brings success. One can also fold the protection into a small square and carry or wear it on the body. If wearing, it is best not to sleep with it on so as not to inadvertently lie on top of the mantra.

The image was originally printed on cloth from a woodblock preserved at Wolka Cholung. The FPMT Shop has reproduced it on silky-smooth paper. It comes prefolded in the perfect shape to create your own amulet – simply sheath in cloth or plastic before wearing it.

Proceeds from the sale of this print will go to FPMT's Stupa Fund in order to support the construction of stupas around the world.

Lama Zopa Rinpoche advice on wearing protection items: "When you wear the protection, you can wear it in the shower if it has a plastic cover on it. Then, the shower is not a problem. The worst thing is if you wear a buddha or a picture of His Holiness the Dalai Lama around your neck and then when you go to sleep it goes down under your arm or your body. If you wear it when you lie down, then that is creating negative karma. Therefore, it is good to take it off when you lie down at home or whenever doing activities which are disrespectful to Buddha, including lying down or having the buddha under your body. If you don't pay attention this can happen."

### **Lama Chopa Merit Field Card**

Lama Chopa Merit Field is to be used during the Lama Chopa puja. Artist unknown. Card measures 4 1/2" x 6 3/4"

### **Lama Thubten Zopa Rinpoche Contemplating**

Lama Zopa Rinpoche Laminated Card. 2006 Malaysia . Measures 5" x 7".

### **Lama Thubten Zopa Rinpoche Laughing**

Lama Zopa Rinpoche Laminated Card 2006 Switzerland Measures 5" x 7".

### **Lama Thubten Zopa Rinpoche Praying**

Lama Zopa Rinpoche Laminated Card.2006 Malaysia . Measures 5 1/2" x 7 1/2".

### **Lama Zopa Rinpoche Laminated Card I**

Lama Zopa Rinpoche Laminated Card. Photo by Nick Dawson. Measures 6" x 8 1/2".

### **Lama Zopa Rinpoche Laminated Card II**

5" x 7" laminated card of Lama Zopa Rinpoche painted by Feya Kimchi, photographed by Piero Siriani

## **Lama Zopa Rinpoche Laughing Laminated Card**

Lama Zopa Rinpoche Laminated Card 5" x 7".

## **Lama Tsong Khapa Laminated Card**

6 x 8 laminated card

## **Liberation Card For Dying Person – Chinese**

## **Liberation Card For Dying Person – English**

## **Liberation Card For Dying Person – French**

## **Liberation Card For Dying Person – Spanish**

This beautiful 8" x 10" color laminated card includes images and mantras that merely by seeing help a dying person to purify negative karma and be led to enlightenment. The front pictures 10 mantras and 10 images all especially chosen to benefit someone at the time of death. On the back of the card is a moving letter by Lama Zopa Rinpoche to assist the dying person at this most critical time.

## **Live With Compassion**

These cards were created at the direct request of Lama Zopa Rinpoche.

The card reads:

Live with compassion.  
Work with compassion.  
Die with compassion.  
Enjoy with compassion.  
When problems come, experience them with compassion.  
-Lama Zopa Rinpoche

The cards come in two colors - yellow and green, and two sized - 8" x 10" and 4" x 6" The folding cards come in yellow or green and are 4" x 6" with the "Live with Compassion" artwork on the outside and the message on the inside.

## **Medicine Buddha Card**

5" x 7" laminated card of Medicine Buddha. Artist unknown

## **Namgyalma Mantra Card**

"Namgyalma is a deity for long life and purification. The mantra has infinite benefits; it is so powerful that it is said that for anyone who hears it, that will be the last time that the person is born in the womb. If one recites the mantra in the ears of animals, it will ensure that this is their last animal rebirth. If somebody has a very heavy disease that the doctors cannot diagnose, by doing the practice mentioned above the patient will be liberated from the disease and it will bring an end to all rebirth in the lower realms.

These Namgyalma Mantra cards come in either 5" x 7" or 8" x 10" size. Included with each is a 2" x 2.5" mini mantra card suitable for placing on the body of those who have passed away.

## **Namgyalma Mantra Car Sticker**

According to the practice of Lama Zopa Rinpoche, this clear Namgyalma sticker should be placed on the hood of your car. This way, when insects hit the hood and die as you drive, their negative karma is purified and they receive a good rebirth.

## **NEW! Namgyalma Mantra Decal Sticker**

Easy on easy off decal stickers. Available only on Yellow Background.

## **Namgyalma Mantra Protection Amulet**

This mantra packet contains a mantra wheel designed by Lama Zopa Rinpoche and includes the long and short Namgyalma mantra and prayer. In addition to the benefits taught by Lama Zopa Rinpoche below, keeping this mantra packet on the body or keeping it in a pocket brings the wearer protection from harm.

## **Nyung Nä Poster**

Colorful 17"x11" Nyung Na poster of the Merit Field. Original Thangka painted by Peter Iseli

## **Offering Mantra Card**

This beautiful card contains a mantra to be recited when making offerings on your altar, as well as a short teaching dictated by Lama Zopa Rinpoche on the benefits of this mantra. Covered in flowers, it can be placed on your altar as an offering in and of itself.

## **Om Mani Padme Hum Card**

Written in colored sparkles by Lama Zopa Rinpoche on a background of flowers, this Om Mani Padme Hum image is sure to brighten your day! Laminated Card Measures: 3 1/2" x 7" image of Om Mani Padme Hum.

## **NEW! Padmasambhava Glass Mantra**

This mantra, OM OESA SAHABHI YATA SHA AMOGHA SAMBAHALITU, came from the great tantric master, Padmasambhava (Guru Rinpoche). When this mantra is put in a container of water, your mind and heart are blessed by drinking water that has touched the mantra. These blessings make it easy to achieve realizations and even to attain enlightenment in this lifetime.

Lama Zopa Rinpoche carefully checked which material should be used to put the mantra in water for long periods of time. Rinpoche is interested in putting this mantra into the wells in Bodh Gaya, India, to help purify the karma of the local people. He also used this mantra in water that he gave monkeys at Tushita Mahayana Meditation Center in Delhi.

The mantra can be put into a water container, such as a spring water bottle or jug. However, you should not drink directly from the bottle containing this mantra, as that would be considered disrespectful. Always pour the water from the container holding the mantra into your glass before drinking.

## **Palden Lhamo**

The protector Palden Lhamo was put under oath by Shakyamuni Buddha to protect the Buddha's teachings. Painting by Peter Iseli Card measures 4 1/2" x 6 3/4"

## **Samantabhadra Protection Card**

This Samantabhadra protection card was designed by Lama Zopa Rinpoche. Rinpoche explains: "This Samantabhadra protection eliminates any bad things and creates both outer and inner success. The main deity is the Bodhisattva Samantabhadra. Above are the three types of deities: Chenrezig, Vajrapani, and Manjushri. On one side is Hayagriva and the other side is Lion-Faced Dakini. Below are two kinds of garuda: Multicolored and Black Garuda.

"It is said by Vajradharma, who is the all knowing one, that this instruction can stop any kind of harm. By displaying this protection in the house, those activities which have no meaning will become meaningful, and virtue will be created in the house. In this way, having this protection in the home becomes good feng shui, a way of creating an auspicious environment." Size: 8"x10"

## **Vairochana Mantra Card**

"Just by reciting this mantra one receives success, and one does not get harmed by weapons, fire, water, poisons, substances mixed with poisons, black magic, one cannot be harmed by kings, thieves, robbers, and so forth.

Wherever this mantra is written and left, people do not receive sicknesses, harm and contagious diseases and will achieve the concentration called stainless light."

This Mantra of Vairochana card comes in two sizes - 8" x 10" and 5" x 7"

On the back is the Prostration Prayer to Vairochana, the Mantra of Vairochana in phonetic English and the Benefits of the Vairochana Practice as translated and dictated by Lama Zopa Rinpoche.

### **Vajrasattva with Consort Card**

Vajrasattva with consort: this image can be used to help with ones visualization for any Vajrasattva purification practice. Painted by Robert Beer. Card measures 4 1/2" x 6 3/4"

### **White Tara Card**

5" x 7" laminated card of White Tara. Artist unknown