



Basic Program Curriculum

The ideal Basic Program recommended by Lama Zopa Rinpoche is comprised of a core curriculum representing the minimum requirement, plus three supplementary studies.

Core Curriculum

Stages of the Path

Tsong Khapa, *Medium Exposition of the Stages of the Path* (Lam rim 'bring)

Heart Sutra

Root Text – Shakyamuni Buddha, *The Heart of Wisdom Sutra* (Skt. Prajnahridayasutra; Shes rab snying po'i mdo)

Commentary – Tendar Lharampa, *Jewel Light Illuminating the Meaning: a Commentary to the Heart of Wisdom* (Shes rab snying po'i grel pa don gsal nor bu'i 'od)

Mahayana Mind Training

Dharmarakshita, *The Wheel of Sharp Weapons* (Blo sbyong mtshon cha kor lo)

Engaging in the Bodhisattva Deeds

Root Text – Shantideva, *Engaging in the Bodhisattva Deeds* (Skt. Bodhicaryavatara; bYang chub sems pa'i spyod pa la 'jug pa)

Commentary – Gyaltsab Je, *Commentary to (Shantideva's) 'Engaging in the Bodhisattva Deeds'* (Spyod 'jug tikka)

Mind and Cognition

part one: Awarenesses and Knowers

Yong Dzin Purbu Chok, *Explanation of the Presentation of Objects and Object-Possessors as well as Mind and Cognition* (Yul yul can dang blo rig gi rnam par bshad pa)

part two: Minds and Mental Factors

Kachen Yeshe Gyaltsen, *Clear Exposition of the Modes of Minds and Mental Factors: a Necklace for those of Clear Mind* (Sems dang sems byung gi tshul gсар bar ston pa blo gsal mgul rgyan)

Tenets

Jetsun Chokyi Gyaltsen, *Presentation of Tenets* (Grub mtha'i rnam bzhag)

Ornament of Clear Realizations - Fourth Chapter: Application in Complete Aspects

Root Text – Maitreya, *Ornament of Clear Realizations* (Skt. Abhisamayalankara; mNgon rtogs rgyan)

Commentary – Jetsun Chokyi Gyaltsen, *General Meaning of the Fourth Chapter* (sKabs bzhi spyi don / Rol mtsho)

Sublime Continuum of the Mahayana - First Chapter: The Tathagata Essence

Root Text – Maitreya, *Sublime Continuum of the Mahayana* (Skt. Mahayana-uttaratantra; Theg pa chen po rgyud bla ma)

Commentary – Gyaltsab Je, *Commentary on (Maitreya's) 'Sublime Continuum of the Mahayana'* (Theg pa chen po rgyud bla ma'i tikka)

Grounds and Paths of Secret Mantra

Kirti Lobsang Trinley, *The Condensed Path of the Vajra Vehicle: The Essence of the Nectar of the Great Secret* (rDo rje theg pa'i lam gyi bsdus don gsang chen bdud rtsi'i snying po)
or:

Ngawang Palden, *The Illumination of the Texts of Tantra: The Principles of the Grounds and Paths of the Four Great Secret Classes of Tantra* (gSang chen rgyud sde bzhi' sa lam gyi rnam bzhag gzhung gsal byed)

Supplements

Seventy Topics (Don mdun cu) by Jetsun Chokyi Gyaltsen

The Lamp Thoroughly Illuminating the Presentation of the Three Basic Bodies (gZhi'i sku gsum gyi rnam gzhag rab gsal sgron me) by Yangchen Gawai Lodro

A highest yoga tantra commentary