



# Program for the Practice of Buddhist Philosophy

(Intended primarily for practice rather than study)

Paramita Centre of Tibetan Buddhism of Quebec

## First Level: The Sutras (Mahayana)

### Phase 1: Opening the mind through meditation

Level 1: Calm abiding: Introduction to meditation

Level 2: Calm abiding: Enrichment

### Phase 2: The path and the three types of potential (Lamrim)\*

Level 1: Introduction to the stages of the Path to enlightenment (1 session)

Level 2: Enriched three-year study of the Lamrim (approx. 100 hrs)

#### Complementary training in the Lamrim

- 1- Meditation on special insight
- 2- Explanation of the death process
- 3- Psychology and the Buddhist philosophical vision

#### Suggested reading:

- 1- Three Principal Aspects of the Path
- 2- The Thirty-seven Practices of All the Bodhisattvas (by Tokmé Sangpo)
- 3- The Seven Point Mind Training (by Geshe Chekawa)
- 4- Eight Verses for Training the Mind (by Geshe Langtang)
- 5- Exchanging self for others (*in* A guide to the Bodhisattva Way of Life, by Shantideva)
- 6- The Heart Sutra – an explanation of its meaning

### Phase 3: Preliminary practices for all levels (the Ngondros)\*

- 1- Empowerment, transmission, and explanation
- 2- Retreat on the practice of the four Ngondros (refuge and Bodhichitta; accumulating merit i.e. favorable conditions; purification; and guru yoga)

## Second Level: The Mantras (ultimate Mahayana)

### Phase 1: Unsurpassed Yoga Tantra empowerment of Yamantaka\*

### Phase 2: Explanation of the generation stage

Training in the three bases that are death, the Bardo, and birth in order to obtain the result, namely, the three Buddha bodies

### Phase 3: Major Vajrayana retreat

### Phase 4: Explanation of the completion stage

- 1- Channels, energies (winds), drops
- 2- The six yogas of Naropa (including "tummo" or heat)
- 3- Mahamudra

### Phase 5: Enlightenment or omniscience

**Please note** that subjects marked with an asterisk (\*) are mandatory and are prerequisites for continuing to the following phase.

Updated: January 2017  
1<sup>st</sup> edition: March 2010