

37 Stages of Instructions Curriculum

Seminar 1: Foundation

1. Introduction to the Practice of Meditation
2. Preparing for a Meditation Session—Oral Instructions of Khenchen Padma Tsewang
3. Training the Mind in Love, Compassion, and Equanimity—Instructions of Patrul Rinpoche
4. Cultivating Peace of Mind through the Practice of Mindfulness and Awareness—Instructions of Shantideva

Seminar 2: Outer Preliminaries—*The Chariot of Liberation*

5. Meditation on the Precious Human Life—Key Instructions of Patrul Rinpoche
6. Meditation on the Impermanence of Life—Key Instructions of Patrul Rinpoche
7. Meditation on the Outer and Inner Dependent Arising (Cause and Effect)—Instructions of Patrul Rinpoche
8. Meditation on Renunciation—Oral Instructions of Patrul Rinpoche, Khenchen Padma Tsewang, and Khenchen Chöying Chapdal

Seminar 3: Inner Preliminaries—*The Chariot of Liberation*

9. Meditation on Refuge—Foundation of the Buddhist Path
10. Cultivating Bodhicitta—Root of the Mahayana (Great Vehicle)
11. Meditation on Vajrasattva—Meditation That Purifies Negativities
12. Meditation on Mandala—Meditation That Brings the Two Accumulations of Merit and Wisdom
13. Guru Yoga—Method for Generating the Wisdom of Realization in One's Own Mindstream

Seminar 4: Shamatha

14. Meditation on Shamatha with Object—Key Oral Instructions of Patrul Rinpoche and Adzom Drukpa Rinpoche
15. Introduction to the Five Experiences of Shamatha Meditation—Instructions of Mipham Rinpoche
16. Meditation on Shamatha without Object—Key Instructions of Mipham Rinpoche and Adzom Drukpa Rinpoche
17. Introduction to the Three Experiences of Objectless Shamatha Meditation—Instructions of Mipham Rinpoche
18. Introduction to the Unity of Shamatha and Vipashyana through the View of the Inseparability of Stillness and Movement—Key Instructions of Longchenpa and Mipham Rinpoche

Seminar 5: Vipashyana

19. Meditation on Investigating the Mind—Oral Instructions of Khenchen Padma Tsewang and Adzom Drukpa Rinpoche
20. Meditation on the Absence of the Individual Self and Destructive Emotions—Instructions of Mipham Rinpoche
21. Introduction to Making a Clear Distinction between Mind and Rigpa—Key Oral Instructions of Khenchen Jigmé Phuntsok and Dzogchen Master Tanpé Wangchuk

Seminar 6: Trekchö

22. **Pointing out the Nature of Mind**—According to the Key Oral Instructions of Khenchen Jigmé Phuntsok, Dzogchen Master Tanpé Wangchuk, and Adzom Drukpa Rinpoche
23. Pointing out the Nature of Mind as the Three Kayas—Oral Instructions of Adzom Drukpa Rinpoche and Dzogchen Master Tanpé Wangchuk
24. Introduction to Resting the Mind, Movement of Thoughts, and Clarity of Awareness—Key Instructions of Longchenpa and Mipham Rinpoche

Seminar 7: Trekchö

25. Dzogchen Teaching on *Three Words That Strike the Vital Point*—Key Oral Instructions of Garap Dorjé, Khenchen Jigmé Phuntsok, and Dzogchen Master Tanpé Wangchuk
26. Dzogchen Teaching on *The Lamp That Dispels Darkness*—Key Oral Instructions of Mipham Rinpoche, Khenchen Jigmé Phuntsok, and Dzogchen Master Tanpé Wangchuk
27. Pointing out the Realization of the Threefold Space (Three Skies)—Oral Instructions of Rigdzin Jigmé Lingpa and Adzom Drukpa Rinpoche

Seminar 8: Trekchö

28. Teaching on the Self-Liberation of the Six Senses—Oral Instructions of Rigdzin Jigmé Lingpa and Adzom Drukpa Rinpoche (*accumulate one hundred thousand recitations*)
29. Pointing out the Clear Distinction between Understanding, Experience, and Realization—Key Oral Instructions of Khenchen Jigmé Phuntsok and Khenchen Padma Tsewang
30. Introduction to the Three Mistakes, Three Faults, and Three Losses—Instructions of Longchenpa

Seminar 9: Trekchö

31. Dzogchen Meditation on the Twenty-Five Spheres—According to the Key Instructions of Adzom Drukpa Rinpoche
32. Introduction on the Path to Accomplish the Four Great Modes of Liberation—Instructions of Rigdzin Jigmé Lingpa

Seminar 10: Tögal

33. **Pointing out the Direct Leap (Tögal)**—Key Oral Instructions of Rigdzin Jigmé Lingpa, Adzom Drukpa Rinpoche, and Dzogchen Master Tanpé Wangchuk
34. Introduction to the Three Key Points of Direct Leap (Tögal) Meditation—Oral Instructions of Rigdzin Jigmé Lingpa and Adzom Drukpa Rinpoche
35. Pointing out the Six Lamps of Direct Leap (Tögal) Meditation—Key Oral Instructions of Rigdzin Jigmé Lingpa, Adzom Drukpa Rinpoche, and Dzogchen Master Tanpé Wangchuk
36. Introduction to the Four Ways of Leaving Things in Their Natural Simplicity—Instructions of Mipham Rinpoche and Khenchen Jigmé Phuntsok
37. Introduction to the Path to Accomplish the Four Visions of the Direct Leap (Tögal)—Key Instructions of Rigdzin Jigmé Lingpa