



How to Practice Shamatha and Vipashyana after Completion of the Preliminaries

Most people were at the May Retreat in 2019, so they already know how to practice shamatha and vipashyana using the *Treasury of Blessings: A Practice of Shakyamuni Buddha*.

For those not at the retreat, please watch the videos.

Here is how to practice shamatha and vipashyana for your daily practice when you finish the preliminaries:

Usually we practice the outer preliminaries for 20 minutes every day. Once you finish the preliminaries, you don't have to do that anymore. You should still say the outer preliminaries one time (1x) every day, very slowly with visualizations.

Then, for the inner preliminaries, say the refuge prayer 3x, bodhicitta 3x, Vajrasattva 100-syllable mantra 21x, mandala 1x, guru yoga 1x, and the mantra 100x.

Finish the preliminaries like that.

Then, start the *Treasury of Blessings: A Practice of Shakyamuni Buddha* according to what I taught at May Retreat in 2019.

At the end, practice either with an object by focusing on the image of Buddha Shakyamuni or without object by focusing on your mind.

Shamatha and vipashyana (in addition to the preliminaries) need to be practiced for at least 30 minutes every single day.

For these instructions, you must watch the 2019 May Retreat videos, if you don't know how to practice shamatha and vipashyana.

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Practice Resources for Shamatha and Vipashyana

1. *How to Practice Shamatha and Vipashyana* (video series): <https://www.youtube.com/watch?v=FbKG9MSmk0A&list=PLaAW1H5vg2nETqoL-JXZenEn3tMOy3gVP>
2. *Treasury of Blessings: A Practice of Shakyamuni Buddha* (practice text PDF): <https://www.bodhicittasangha.org/wp-content/uploads/2017/04/Treasury-of-Blessings-Ju-Mipham.pdf>
3. Preliminary practices resources on our website: <https://www.bodhicittasangha.org/preliminary-practices/>