



Namgyal Yangzab Buddhist Community of Canada

Essential Points of Buddhadharma

Key Points for Unfolding the Dharma in an Orderly and Unified Way

- ❖ Make **bodhicitta** the main and highest purpose of all life activities.
- ❖ Expand bodhicitta's intent by **listening, reading, studying, contemplating, and meditating.**
- ❖ Seek, find, and stay close to **living masters** of the Dharma.
- ❖ Associate, receive personal guidance and listen to **wise and compassionate beings.**
- ❖ When possible, avoid being mentally and socially infected by **deluded and harmful beings.**
- ❖ Sincerely take up **refuge, ethical precepts, and the bodhisattva vow.**
- ❖ Receive **ripening empowerments, pith instructions, and practice instructions** from Gurus that you have a heart connection with.
- ❖ Develop good skills in a body-breath-mind awareness/mindfulness discipline (*Skt. sati*) to open and refine the **prana, nadi, and bindu.** Keep them supple, open, and pure.
- ❖ Keep unfolding, expanding, and spreading **loving-kindness and relative compassion** for all beings.
- ❖ Persist in developing both **presence-attentiveness/mindfulness** and **recollective awareness/mindfulness** of all states and activities—awareness of **cause and effect** (*Skt. karma*).
- ❖ Continue to learn through recollectedness (*Skt. sati*), **what to discard, and what to adopt** in all aspects of life.

- ❖ Learn and practice the art of retreats, short and long, with and without the Lama. Seek out the most **supportive environments** in which to unfold—first peaceful, then challenging.
- ❖ **Recite the bodhisattva vow** every morning and evening.
- ❖ Strive to keep unfolding and perfecting the **relative Parami** into **transcendent Parami**, especially through generosity and wisdom.
- ❖ Gather and share the two accumulations of **merit** (*Skt. punya*) and **wisdom** (*Skt. prajñā/jñāna*).
- ❖ Practice and take to heart **The Preliminary Liberating Instructions** or **Non-dro** from one’s Lama and their lineage; **seal all practices**, including those without support with these prayers and contemplations.
- ❖ Seek and receive many **introductions into mind’s nature**; the **view, meditation, and conduct**, by living qualified Lamas. Gain certainty of the **essence continuum**.
- ❖ With the **view** always foremost, practice the **generation and completion** stages to gather blessings, remove obstacles, and bring about supreme abilities in compassion-emptiness.
- ❖ **Integrate the Mahamudra and Dzogchen view** into all phases of practice, times, and life situations.
- ❖ **Abide continuously**, effortlessly, and spontaneously in the **essence continuum**.
- ❖ No matter what appears, keep refining the experience of **appearance-emptiness**.
- ❖ **Allow** all states, including doubt, to **self-liberate**, without clinging to tranquility.
- ❖ **Don’t succumb** to hope and fear—bring forth great confidence and lucid faith.
- ❖ Let all stories, fixations, constructions, and fabrications of mind to **naturally unbind**.
- ❖ Effortlessly **release any act of unbinding**, naturally expressing primordial wisdom.
- ❖ Keep **training deeply in Dharma** for a whole life. Listen, study, reflect, contemplate, and meditate—as if refining gold from raw ore.