

LAMA CHO.PA COMMENTARY OUTLINE

**AN OUTLINE OF THE GURU YOGA
PRACTICE OF LAMA JE TSONG.KHAPA
CALLED LAMA CHO.PA**

**THIS OUTLINE IS BASED ON AN ORAL
COMMENTARY GIVEN BY ZASEP TULKU
RINPOCHE IN TORONTO, CANADA, 2002,
AS WELL AS THE OUTLINE CONTAINED IN
GREAT TREASURY OF MERIT BY GESHE
KELSANG GYATSO**

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- 2. PRELIMINARY PRACTICES**
- 3. MAIN PRACTICES**
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1. INTRODUCTION

- 1.1 THE AUTHOR OF THIS PRACTICE: The 1st Pan.chen Lama
- 1.2 THE ORIGIN OF THIS PRACTICE: Kadam Emanation Scripture
- 1.3 THE PURE AND UNBROKEN LINEAGE OF THIS PRACTICE
- 1.4 9 SPIRITUAL BENEFITS OF THIS PRACTICE
- 1.5 WHERE TO PRACTISE: Quiet places
- 1.6 WHEN TO PRACTISE : Quiet times

2. THE 2 TYPES OF PRELIMINARY PRACTICES

1. PREPARATIONS BEFORE BEGINNING THE SADHANA

2. FOUNDATION PRACTICES FROM START OF SADHANA

1. 7 PREPARATIONS BEFORE BEGINNING THE SADHANA

- 1 CLEAN THE MEDITATION PLACE
- 2 ARRANGE ALTAR
- 3 ARRANGE OFFERINGS
- 4 ARRANGE ONE'S TABLE WITH TEXT, IMPLEMENTS
- 5 ARRANGE COMFORTABLE SEAT
- 6 ADOPT 7-POINT POSTURE OF BUDDHA VAIROCHANA
- 7 PRACTICE BREATH AWARENESS [E.G. COUNT TO 21]

2. 5 FOUNDATION PRACTICES FROM START OF SADHANA

- 1 [pg. 1, verse 1a] INSTANT SELF-GENERATION
- 2 [p 1, v 1b] PURIFYING UNIVERSE AND ALL BEINGS
- 3 [p 1, v 2-3] TAKING REFUGE
- 4 [p 2, v 4-6] DEVELOPING BODHICHITTA
- 5 [p 2, v 7-8] CONSECRATING OFFERINGS

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- 1. INVITING THE FIELD OF MERIT**
- 2. OFFERING THE 7 – LIMBED PRACTICE**
- 3. MAKING REQUESTS**
- 4. RECEIVING BLESSINGS AND INSPIRATIONS**
- 5. ABSORBING THE MERIT FIELD**

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[CAN DO MAHAMUDRA PRACTICE HERE]

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