

Parinirvana of the 11th Trungpa Tulku

The parinirvana of the Vidyadhara is commemorated on April 4. In general, the intention is for the sangha to do practices we have received from the Vidyadhara. Each session of practice is concluded by reading from works of the Vidyadhara. For a list of possible readings, see below. It would also be good to include readings from new works of the Vidyadhara as they are published.

In planning for the day, try to include as many sangha members as possible at each session. You may make changes in the schedule suggested below to suit the make-up of your local center. If your center has more than one shrine hall, sitting practice could take place in one while vajrayana or Shambhala practice takes place in another. Then both groups could come together for readings at the end.

On this day, all students should practice together *The Sadhana of Mahamudra*, using the feast offering section which was written by His Holiness Khyentse Rinpoche. This feast section is usually performed only by tantrikas. **On this one, very special occasion, the feast may be performed by the entire sangha.** Centers should have copies of this liturgy, along with instructions for the practice.

Possible Schedule for the Day

The Vidyadhara's parinirvana has been recognized as a day of support for the Shambhala Archives, and some fundraising for the Archives is appropriate on this day. The Archives will contact centers about fundraising activities scheduled for this day.

It is not appropriate for fundraising to happen during the *Sadhana of Mahamudra* feast practice itself; discussions of the Archives and opportunities for supporting it could be presented after closing the feast, or at some other time during the day.

Morning session: Shambhala Practice. Opening Shambhala chants and Werma Sadhana practice for Lodge members, Stroke practice for Warrior Assembly graduates, and shamatha-vipashyana practice for shamatha students. These three practices would happen in separate rooms, with all three groups coming together for a selection of readings by the Vidyadhara.

Afternoon session: Shamatha-vipashyana, videos, or readings (Optional)

Evening session: *The Sadhana of Mahamudra* (with feast) for the entire sangha, followed by readings by the Vidyadhara. End by chanting the longevity and rebirth supplications, and the Aspiration chants. Sing the Shambhala Anthem.

Readings

Hinayana

Note: HMT is an abbreviation for *Hinayana-Mahayana Transcripts*.

"The Eightfold Path," *Garuda III*, pp. 12-21.

"The Four Foundations of Mindfulness," *The Heart of the Buddha*, pp. 28-36. Section on the first two foundations.

"The Life and Example of Buddha," *Meditation in Action*, pp. 9-18.

"Taking Refuge," *The Heart of the Buddha*, pp. 85-91 or pp. 91-101.

Excerpted from Section Seven of the
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Vajradhatu Practice Manual

"The Eight States of Consciousness," 1973 HMT, pp. 21-24.

"Art in Everyday Life," 1973 HMT, pp. 122-26.

"The Development of Mindfulness," 1974 HMT, pp. 12-15. This material is the basis for the "Dathün Letter."

"Loneliness," 1974 HMT, pp. 30-33, including the first two questions of the discussion. Highly recommended.

"Becoming a Dharmic Person," 1979 HMT, pp. 10-16. Highly recommended.

"Humbleness is the Dwelling Place of the Forefathers," 1981 HMT, pp. 39-41. Highly recommended.

Mahayana

"The Bodhisattva Path," *Garuda I*, pp. 46-51. An early discussion of the paramitas.

"Shunyata," *Garuda III*, pp. 42-50.

"The Bodhisattva Vow," *The Heart of the Buddha*, pp. 108-115, or to p. 117.

"The Eleventh Bhumi: The Path of No More Learning," 1973 HMT, pp. 254-57.

"Absolute Bodhichitta," 1975 HMT, pp. 87-90. The first introduction of lojong practice.

"Sugatagarbha and the Five Categories of Mind," 1980 HMT, pp. 85-86. Up to "temporary hang-ups."

"Maitri and Karuna," 1984 HMT, pp. 39-40.

Vajrayana

"Visualization," *The Dawn of Tantra*, pp. 47-52.

"Tantra," *Cutting Through Spiritual Materialism*, pp. 217-30.

"Transmission," *Journey without Goal*, pp. 47-55.

"The Vajra Master," *Journey without Goal*, pp. 55-65.

"Abhisheka," *Journey without Goal*, pp. 87-99. Highly recommended.

"Being and Manifesting," *Journey without Goal*, pp. 101-109.

"Maha Ati," *Journey without Goal*, pp. 133-43. The famous "blue pancake" talk.

"HUM: An Approach to Mantra," *Garuda II*, pp. 9-11.

"Working with Negativity," *Garuda II*, pp. 39-43.

Shambhala

Note: All readings are from *Shambhala: The Sacred Path of the Warrior*.

"The Genuine Heart of Sadness," pp. 42-46.

"Fear and Fearlessness," pp. 47-50.

"Letting Go," pp. 77-86.

"Nowness," pp. 91-98.

"Discovering Magic," pp. 99-106.

"How to Rule," pp. 141-48.

"The Universal Monarch," pp. 153-57.

"Authentic Presence," pp. 159-72.

General

"In the Steps of the Tenth Trungpa," *Born in Tibet*, pp. 59-68. Biography of the Tenth Trungpa tulku.

"The Art of Milarepa," *Garuda II*, pp. 13-15. Short commentary on Milarepa's life and poetry.

"Work and Sex," *Garuda II*, pp. 31-34 (work) and pp. 34-37 (sex). Good substitute mahayana readings.

"The Way of the Buddha," *Garuda I*, pp. 12-16. An exposition of the nine yantras. Highly

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recommended.

"Ground, Path, and Fruition," *Collected Vajra Assemblies: Part I*, pp. 45-46. Short story about Jamgön Kongtrül Rinpoche.

"Nowness," *Discovering Magic Sourcebook*, pp. 13-17. Story about the Vidyadhara's mother, and learning about his family name.

Poetry Readings

Note: All readings are from *First Thought, Best Thought*.

- 3. Bhutan, p. 4
- 7. Chögyam's Odyssey, p. 9
- 15. "Cynical Letter," p. 23
- 19. "Letter to Marpa," p. 29
- 21. Prose poem, p. 33
- 23. Haiku, p. 37
- 27. Tibet, p. 42
- 31. "Glorious Bhagavad-Ghetto," p. 47
- 36. H. H. Karmapa, p. 60
- 45. Love poem, p. 75
- 46. "Victory Chatter," p. 79
- 47. "Wait and Think," p. 81
- 49. R.M.D.C., p. 85
- 50. Gesar, p. 87
- 52. Love affair, p. 90
- 59. Chogyie, p. 106
- 61. Love & heartbreak, p. 109
- 62. Pan-American Dharmadhatu III, p. 112
- 66. Nova Scotia, p. 117
- 67. Naropa Institute, p. 119
- 71. International Affairs, p. 120
- 73. Passion, p. 131
- 83. The Sawang, p. 155
- 96. Devotion, p. 175
- 100. The Vajra Regent, 100p. 185
- 101. Epigram # 101, p. 187
- 105. Shibata Sensei, p. 191