

Entering the Vajra World

Student Practice & Study Guide

The purpose of this course is to provide you with a gateway and training for entering into vajrayana as a student of Sakyong Mipham Rinpoche.

Part I: The Three Gates: Body Speech & Mind

1 1/2 day program or 1 tutorial

Readings (All the assigned vajrayana talks are in the Entering the Vajra World sourcebook, available from Vajradhatu Publications (902 421-1550, ext. 1). Students are **NOT** authorized to read these talks directly from the Vajrayana transcripts. They have been edited for pre-vajrayana seminary students.

“Vajra Vision & Vajra Nature”(1979 Vajrayana Seminary Transcript)

“Devotion” (1979)

Practice Introduced

In these talks, Vidyadhara Chögyam Trungpa Rinpoche presents three lojong slogans as a way to contemplate vajra body, vajra speech, and vajra mind. Please make contemplation of these three slogans a part of your daily practice during this course. To support your practice, it is recommended to read commentaries on these slogans as found in *Training the Mind & Developing Loving Kindness* by VCTR, etc. However, the instruction given by the Vidyadhara in the sourcebook is the pith instruction to contemplate.

Part II. Taking Refuge in the Three Roots

3 classes, or 3 tutorials, & a weekend

Class Readings:

Class 1: “Introduction to Vajrayana” (1996)

Class 2: “The Three Kayas” (1996)

Class 3: Vajrayana Culture (1996)

Weekend Program:

During this weekend program, you will receive the lung, or “reading permission,” to practice *The Rain of Blessing, a Guru Yoga Combined with the Seven-Line Supplication*, a guru yoga of Padmasambhava, composed by the first Mipham Rinpoche. Following this weekend, you are encouraged to practice *The Rain of Blessing Guru Yoga* regularly until attending Vajrayana Seminary. In order to understand more about the Padmasambhava principle, it is highly recommended to read *Crazy Wisdom* by Chögyam Trungpa Rinpoche.

Part III. Commitment to the Path

Class or tutorial 1: Ngondro

“Transcending Mental Concepts: Prostrations & Vajrasattva Mantra” (1981)

“Mandala Offering and Guru Yoga,” (1981)

Class or tutorial 2: Abhisheka

“The Four Abhishekas: Joining Shamatha & Vipashyana” (1981)

“Devotion” (1978)

Class or tutorial 3: Samaya

“Samaya” (1978)

Class or tutorial 4: Mahamudra & Ati

“Mahamudra” (1979)

“Ati Yoga” (1978)

Concluding 1-day program or 1 tutorial

Reading:

“Creating Enlightened Society” (1978)

This program will include the opportunity for a “dharma dialogue.” Following are questions that will be discussed. It would be helpful to prepare a short presentation on each question, making use of specific teachings we have studied in each.

1. What is tantra? How does vajrayana relate to hinayana and mahayana? Why does vajrayana come with a warning?
2. What is vajra vision? Discuss the three lojong slogans in relationship to vajra body, vajra speech, and vajra mind.
3. Discuss the role of the vajra master in the vajrayana. What is devotion?
4. What does it mean to take refuge in the three roots? How does Padmasambhava embody the three roots? Why do we visualize him?
5. What is samaya? Discuss the samayas of body, speech and mind.
6. Describe the ngondro practices. How do they prepare the ground for abhisheka? What is abhisheka?
7. Discuss briefly the characteristics of mahamudra and ati.