**The Way of the Gomchen**

**The Profound Path of the Simple Meditator**

**Membership Content**

Videos -

1. Daily practices:

* Core
  + Concise Seven line prayer
  + Four thoughts that turn the mind to dharma
  + Refuge & Bodhichitta
  + Meditation
    - Dudjom R instructions
    - <https://www.lotsawahouse.org/tibetan-masters/mipham/stillness-movement-awareness>
    - <https://www.lotsawahouse.org/tibetan-masters/mipham/how-to-cultivate-concentration>
    - <https://www.lotsawahouse.org/tibetan-masters/mipham/essence-of-84000>
    - <https://www.lotsawahouse.org/tibetan-masters/mipham/vajra-mirror-self-awareness>
    - <https://www.lotsawahouse.org/tibetan-masters/mipham/instruction-on-three-crucial-points>
    - <https://www.lotsawahouse.org/tibetan-masters/mipham/essence-of-mind>
    - <https://www.lotsawahouse.org/tibetan-masters/mipham/essence-of-wisdom>
    - <https://www.lotsawahouse.org/tibetan-masters/mipham/nature-of-mind>
    - <https://www.lotsawahouse.org/tibetan-masters/dudjom-rinpoche/summary-hitting-essence-three-words>
    - [https://www.lotsawahouse.org/tibetan-masters/mipham/lamp-to-dispel-darkness](https://www.lotsawahouse.org/tibetan-masters/mipham/lamp-to-dispel-darkness#fnref:1)
  + Dedication of Merit
    - https://www.lotsawahouse.org/tibetan-masters/mipham/four-activities-aspiration

* Enhancements
  + Prayers
    - <https://www.lotsawahouse.org/tibetan-masters/dudjom-rinpoche/dzogchen-aspiration-prayer>
    - Full seven line prayer
    - Full Du Sum Sangye
    - Kunzang Monlam
    - 8 Auspicious Ones
    - Wangdu
    - Waking from the Sleep of Ignorance + Dream Yoga
    - Prayer to Dudjom Lingpa
    - <https://www.lotsawahouse.org/tibetan-masters/mipham/brief-summoning-prosperity>
    - <https://www.lotsawahouse.org/tibetan-masters/mipham/ngagyur-nyingma-aspiration-words-to-delight-sovereigns-of-dharma>
  + Deity Yoga - videos of line by line sadhanas with chanting and corresponding images for help with visualizations  
    - Tathagata
      * KTR Shakyamuni “Cloudbanks of Merit”
    - Ratna
      * Dudjom Khandro Norlha
    - Padma
      * Amitabha
      * TTG Avalokiteshvara
      * TTG Hayagriva Guru Yoga
      * Apang Red Tara
    - Vajra
      * Vajrasattva
      * Dudjom Vajrakilaya
    - Karma
      * Dudjom Green Tara
  + Offerings
    - Water offerings
    - Light offering
    - Local protectors
    - Vajrakilaya protectors
    - Troma protectors
  + Tsok
    - Concise tsok
    - Medium
    - Long
    - Shower of Blessings
    - 10th day videos
      * Stupa offering Dudjom Rinpoche
      * Great stupa offering (me)
  + Long life prayer series:

⁃ Ngakchang Rinpoche

⁃ HHDL

⁃ KTR

⁃ Prayer for swift rebirth of Dudjom R IV

⁃ HHK17

Playlists:

Concise Daily Practice = core + offerings + 1-2 prayers + long life prayer to all lamas

Short Enhanced Daily Practice = +1 short length deity

Medium Enhanced Daily Practice = all prayers, +long sadhana or more deities

Long Enhanced Daily Practice = everything

Series:

Practice intensives with philosophical deep dives and activities to bond with the series content

* Daily practice playlists for each series
* Philosophical background + how to learn more
  + Symbolism involved
  + Concepts involved
* Historical background
* Sutra references (ie, basket display sutra reading and commentary)
* Tantra references (ie, vajrakilaya references from tantra of practice cycle)

1. *Amitabha series:*

◦ Dewachen prayers

◦ Deity Yoga

◦ Sutra

1. *Shakyamuni series \*free\**

◦ Four noble truths

◦ Eightfold path

◦ Mantra

◦ Meditation

◦ Cloudbanks of Merit(?)

1. *Avalokitesvara series*

◦ Avalokitesvara prayers

◦ Deity yoga

* TTG
* Ngakchang Rinpoche

◦ Sutra (basket display etc)

1. *Prajnamita series*

◦ Heart sutra

◦ Vipassana

◦ Prajnaparamita sutra

***The Way of the Gomchen***

***Profound Path of the Simple Meditator (Series)***

1. *Refuge, Bodhichitta, and Dedication of Merit (free)*

* Four thoughts
* Four noble truths
* Eightfold path
* Refuge
  + Refuge vows (conduct)
  + Bodhichitta
    - Four immeasurables
    - Bodhisattva vows (conduct)
    - Tonglen (practice)
    - Dedication of Merit

1. *Five Elements (members)*

* Outer, inner, secret five elements videos
* Commentary on text

1. *Distilling the Quintessential Nectar of Rigpa series (members)*

◦ Interview and stories w Ngakchang Rinpoche about his masters

◦ Distilling the Quintessential Nectar of Rigpa text and commentary by Rinpoche

◦ Guided meditation by Rinpoche

Lamey Naljor

1. *The Aspiring Ngakpa or Ngakmo’s Guide to Conduct*

* Vows
* Commentary
* Volunteer opportunities to help Lama-la/DND

1. DND Sangha prayers
   1. Long life prayers
   2. Aspiration
   3. Lineage Supplication