



Program for the Practice of Buddhist Philosophy

(Intended primarily for practice rather than study)

Paramita Centre of Tibetan Buddhism of Quebec

First Level: The Sutras (Mahayana)

Phase 1: Opening the mind through meditation

Level 1: Calm abiding: Introduction to meditation

Level 2: Calm abiding: Enrichment

Phase 2: The path and the three types of potential (Lamrim)*

Level 1: Introduction to the stages of the Path to enlightenment (1 session)

Level 2: Enriched three-year study of the Lamrim (approx. 100 hrs)

Complementary training in the Lamrim

- 1- Meditation on special insight
- 2- Explanation of the death process
- 3- Psychology and the Buddhist philosophical vision

Suggested reading:

- 1- The three principal aspects of the path
- 2- The thirty-seven practices of Bodhisattvas (by Tokme Sangpo)
- 3- The seven-limbed practice for training the mind (by Geshe Chekawa)
- 4- The eight verses on mind-training (by Geshe Langtang)
- 5- Exchanging self with others (Guide to the Bodhisattva's Way of Life by Shantideva)
- 6- The Heart Sutra – an explanation of its meaning

Phase 3: Preliminary practices for all levels (the Ngondros)*

- 1- Empowerment, oral transmission, and explanation
- 2- Retreat practicing the 4 Ngondros: 1- refuge and Bodhichitta;
2- accumulating favorable conditions [merit]; 3- purification;
4- Guru yoga

Second Level: The Mantras (Ultimate Mahayana)

Phase 1: Unsurpassed Yoga Tantra empowerment (Yamantaka)*

Phase 2: Explanation of the Generation stage*

Training in the three bases that are death, the Bardo, and rebirth so as to obtain the result: namely, the three bodies of a Buddha

Phase 3: Major Vajrayana retreat*

Phase 4: Explanation of the completion stage*

- 1- Channels, energies (winds), drops
- 2- The 4 yogas: yoga of mantra, commitment yoga, yoga of shape and yoga of sublime wisdom (these 4 yogas include tummo or heat, vase meditation, vajra recitation, mahamudra, actualizing the result)

Phase 5: Enlightenment or omniscience

Please note that subjects marked with an asterisk (*) are mandatory and are prerequisites for continuing to the following phase.

Updated: August 2019
1st edition: March 2010