

Required Reading for the 2019 Margha Program

**Clarifying the Natural State* by Dakpo Tashi Namgyal

**The Royal Seal of Mahamudra, Volume One: A Guidebook for the Realization of Coemergence* by the Third Khamtrul Rinpoche, Ngawang Kunga Tenzin

**As It Is, Vol. II*, by Tulku Urgyen Rinpoche

Online Documents, Including Meditation Guidance, on Margha Resources Natural Meditation Series Page

- * Margha Program 2019 Monthly Practice Guide: January-November
- * Required Reading for the 2019 Margha Program
- * Suggestions for Further Reading
- * The Meditation of Three Letting Be's
- * Compassionate Presence to Feelings and Thoughts (“Handshake Practice”)
- * Benefactor Practice for *Natural Meditation Series*
- * Earth Body Shamatha Practice
- * The Seven Metaphors for Resting in the Mind's Nature
- * Instructions for Sky Gazing and Open Awareness
- * When Looking at the Nature of Mind Within Stillness—Four Questions
- * Mahamudra Meditation Supports
- * Prayer Book