

Required Reading



Crystal Clear: Practical Advice for Mahamudra Meditators
by Khenchen Thrangu Rinpoche

Clarifying the Natural State by Dakpo Tashi Namgyal

As It Is, Vol. II by Tulku Urygen Rinpoche

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

- * Margha Program 2021 Monthly Practice Guide: January-June
- * Margha Program 2021 Monthly Practice Guide: July-November (to come)
- * Required Reading for the 2021 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 Meditation
- * 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*
- * Tilopa's Meditation Instructions
- * Mahamudra Meditation Supports
- * Four Thoughts that Turn the Mind
- * Prayer Book

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