

August – December 2019 Practice Summary

Focus: ***The Four Thoughts That Turn the Mind***

Also reference: *Long Four Reminders* by Lama Liz

Formal Practice 3x per week: Lonchen Nyintik Ngondro (LNN) *Lineage Prayer*,
Insert *Yeshe Tsogyal* and/or *Guru Rinpoche* after *Lineage Prayer*
Four Thoughts that Turn the Mind - Complete session with Dedication (p. 37).

August

Core Theme: Precious Human Body within the View

Readings:

Longchenpa, *Finding Rest in the Nature of Mind: Trilogy of Rest Volume I*,
pp xix-11.

September

Core Theme: Impermanence within the View

Readings:

Longchenpa, *Finding Rest in the Nature of Mind: Trilogy of Rest Volume I*,
pp 11-16

October

Core Theme: Samsara within the View

Readings:

Longchenpa, *Finding Rest in the Nature of Mind: Trilogy of Rest Volume I*,
pp 17-34

November

Core Theme: Karma within the View

Readings:

Longchenpa, *Finding Rest in the Nature of Mind: Trilogy of Rest Volume I*,
pp 35-50

December

Core Theme: Refuge within the View

Readings:

Longchenpa, *Finding Rest in the Nature of Mind: Trilogy of Rest Volume I*,
pp 51-73