

# Summary (p. 42)

- “Guru yoga” instructions should be understood according to the above explanation
- Don’t do the meditation only once
- Rely on a spiritual teacher who guides you unmistakably for a long time
- The teachings on relying on a spiritual teacher are more important than any others—they’re the root of fulfilling your long-held aspirations
- Confess instances of improper reliance and develop many strong resolutions

# The Stages of Guiding Students

4. The stages by which a student should be guided through the actual instructions (Chapters 4-27)
  - 1) Relying on a Spiritual Teacher, the Root of the Path (Chapters 4-5)
    - a. The somewhat elaborate explanation for generating certainty
    - b. **Condensed presentation of how to practice**
  - 2) The stages of training the mind once you have relied on a teacher (Chapters 6-26)

# Condensed Presentation of How to Practice

1. The actual way to practice
  - a. What to do during the meditation session
    - 1) What to do during preparation
    - 2) What to do during the actual session
    - 3) What to do at the end
  - b. What to do in the periods between sessions
2. The need to employ two kinds of practice

# 1) What to Do During Preparation

The six preparatory practices:

1. Clean the room and arrange an altar
2. Beautifully arrange offerings acquired honestly
3. Sit in a suitable posture, generate motivation, take refuge, and generate bodhicitta
4. Visualize the merit field
5. Perform the seven limbs
6. Offer a mandala and make requests

## 2) What to Do During the Actual Session

### a) How to practice meditation in general

- First determine the number and order of objects
- Resolve to stay focused on them
- Sustain what you have ascertained with mindfulness & vigilance

### b) How to practice this meditation [relying on a teacher] in particular

## 3) What to do at the end of the session