



## □ □ ‘Ngöndro: The Foundational Practices’

### **New Ligmincha Learning Online Course Starting in March!**

Ligmincha Learning is pleased to offer a NEW online course, “Ngöndro: The Foundational Practices.” This completely new course will begin March 2 and will continue for nine months until December 2, much longer than other online courses, due to the number of meditation practices and the commitment of the practitioners to accumulate 100,000 repetitions of many of the practices. Registration is now open for this course!



The ngöndro teachings are a set of nine practices that offer complete instructions for taming, purifying and perfecting the suffering mind. Although these practices are considered the foundation for entrance into the five-part cycle of Tibetan Bön dzogchen teachings – Bön’s highest teachings on the nature of mind – many practitioners adopt the ngöndro as their main meditation and complete the nine sets of 100,000 repetitions over the course of a lifetime. They are considered to be the foundational practices for the entire tradition.

The ngöndro practices can be divided into three groups.

### **The Three Practices for Taming Oneself:**

- Opening Your Heart with Guru Yoga
- Impermanence
- Admitting Your Misdeeds

### **The Three Practices for Purifying Oneself:**

- Bodhicitta: Generating the Mind Intent on Enlightenment
- Going for Refuge
- Offering the Mandala

### **The Three Practices for Perfecting Oneself:**

- Purification Through Mantra
- Offering Your Illusory Body as a Tsok
- Request for Blessings

Tenzin Wangyal Rinpoche generally teaches the ngöndro only at the beginning of the five-year Experiential Transmission of Zhang Zhung dzogchen cycle. He recommends it for dedicated practitioners who feel a strong connection to the Bön lineage. Within the ngöndro are found practices that are used in many other meditations and practices, such as the guru yoga, bodhicitta and refuge prayers, prostrations and the Three Heart Mantras.



[Learn more/ask for demo](#)