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The Four Inner Preliminaries of the  
Five-fold Path of Mahamudra  
**Ngondro Teachings**  
March 11 & 12, 2017, from 10 AM to 5 PM  
by Venerable Khenpo Samdup



**Ngondro Practices w/ Senior Practitioners**  
March 25, 2017 from 10 AM to 5 PM

### The Four Ngondro Inner Preliminary Practices

- The Practice of Taking Refuge (prostrations with recitations)
- Practice of Vajrasattva 100-Syllable Mantra Recitation for Purification and Meditation
- Offering the Noble Mandala the Special Method for Perfecting the Two Accumulations
- The Guru Yoga that Brings the Blessings of the Lineage

**Lord Jigten Sumgön has said:**

“The Ngondro teachings and practices are the most profound. This is the root of Dharma, which is like the foundation of a house.”



*Donations gratefully appreciated*

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