

ATIYOGA BOOK CLUB - COURSE #2

1st & 3rd Mondays of Oct., Nov. & Dec., 2023
 12:00 noon - 1:00 pm ET (NY) time, plus (optional) discussion until 1:30
 Lynn Newdome, Instructor

The Three Paths of Liberation:
An Oral Commentary to the Text *The Precious Lamp:*
A Brief Explanation of the Three Paths of Liberation
 Chögyal Namkhai Norbu

Course Overview - Topics & Readings

<u>Topics:</u>	<u>Suggested Readings</u> (listed by section, title & page number):
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Session 1: Monday, Oct. 2

Overview of the Three Paths & the Nine Yanas	I. The Three Paths of Liberation 9 II. The differences among Three Paths of Renunciation, Transformation, & Self-Liberation 55 II. The Nyingma Tradition 88
Guru Yoga	I. The Practice of Guruyoga 17 I. Three Sacred Principles 29 I. How to Practice the Essence of Guruyoga 53 VI. The Dedication of Merits 183

Session 2: Monday, Oct. 16

Sutra: Hinayana	I. The Four Awarenesses 25 I. The Principle of Refuge 30 II. The Three Sutra Vehicles of Philosophical Characteristics 63 II. The Nyingma Tradition 88 II. The Principle of the Tripitaka 73
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Session 3: Monday, Nov. 6

Sutra: Mahayana	I. The Principle of Bodhicitta 37 I. The Way to Cultivate Relative Bodhicitta 40 I. Training in Bodhicitta of Intention: Four Immeasurables 42 I. Training in Bodhicitta of Action: Six Paramitas 44
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	II. How to Practice the Essential Points of Sutrayana	65
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Session 4: Monday, Nov. 14

Vajrayana	II. The differences between Sutra & Tantra	80
	II. The Meaning of Tantra	82
	I. Transmission: the Root of the Dzogchen Teaching	14
	II. The Sarma Tradition	84
	II. The Nyingma Tradition	88
Outer Tantras	II. The Outer Tantras: View & Meditation	89
	II. The Real Meaning of the Root Guru	109

Session 5: Monday, Dec. 4

Inner Tantras	II. The Inner Tantras: View & Meditation	92
	II. The Origins of Anuyoga	93
	II. Differences between Anuttaratantra & Anuyoga	99
	II. The Essence of the Anuyoga View	104
Dzogchen	II. Direct Introduction & its Importance in the Dzogchen Teaching	113
	II. Guru Padmasambhava's Explanation of Dzogchen in <i>The Garland of Views</i>	121

Session 6: Monday, Dec. 11

Realization of the Fruit	V. Concepts of Enlightenment in Sutra, Tantra & Dzogchen	177
	V. A Note on the Real Meaning of Enlightenment	180
Daily Life Practice	IV. Conduct in Daily Life	165

Additional Resources:

- **The Precious Vase:** Instructions on the Base of Santi Maha Sangha, Chögyal Namkhai Norbu.
 - Footnotes in The Three Paths refer to specific chapters and 'points' in The Precious Vase.
- **Video replays** of each session will be posted the day after each session and be available until the day before the next session.
- **Questions:** You may email Lynn at smslynn@comcast.net, and she'll either email you or respond at the next session.