

Exploring Common Prayers and Practices

Draft Syllabus

Purpose: To show students how they can make progress on the path by supporting their practice of study, contemplation, and meditation with the practices of accumulation of merit and purification of negative karma. This module covers these subjects:

1. Common Prayers - To teach students how and why to do various kinds of prayers, including the following:

- Taking refuge and generating bodhichitta
- The four immeasurables
- The seven-limb practice
- The mandala offering
- Requesting prayers
- Common dedication prayers
- Food offering prayers.

2. Common Sutra Practices - To teach students how and why to do various kinds of sutra practices, including the following:

- *The Method for Transforming a Suffering Life into Happiness (Including Enlightenment)*, with particular emphasis on how to do the practice of *Blessing the Speech*
- *Lama Tsongkhapa Guru Yoga*
- *King of Prayers*
- *Concise Medicine Buddha Puja*
- *Light Offering Practice*

3. Common Tantra Practices - To teach students how and why to do various kinds of tantra practices, including the following:

- *Lama Chopa*
- *Four Mandala Offering Puja to Tara*

Please note that, while this module does contain general instruction on the above tantric pujas, students are not expected to have received a highest yoga tantra initiation, nor will they be taught the meaning of the pujas in terms of tantric practice.