

## Getting a Daily Practice Started: You Can Do! 😊🙏🌸

Here are some suggestions in order of how they would fit into the practice:

1. The Method to Transform a Suffering Life into Happiness  
[https://shop.fpmt.org/How-to-Make-My-Lives-Wish-Fulfilling-The-Method-to-Transform-a-Suffering-Life-into-Happiness-eBook-PDF\\_p\\_3539.html](https://shop.fpmt.org/How-to-Make-My-Lives-Wish-Fulfilling-The-Method-to-Transform-a-Suffering-Life-into-Happiness-eBook-PDF_p_3539.html)
2. Shakyamuni Buddha Practice Booklet (simplest Guru Yoga practice with additional prayers and practices)  
[https://shop.fpmt.org/A-Daily-Meditation-on-Shakyamuni-Buddha-eBook-PDF\\_p\\_3548.html](https://shop.fpmt.org/A-Daily-Meditation-on-Shakyamuni-Buddha-eBook-PDF_p_3548.html)
3. Lama Tsong Khapa Guru Yoga (medium length Guru Yoga practice)  
[https://shop.fpmt.org/Lama-Tsongkhapa-Guru-Yoga-eBook-PDF\\_p\\_2769.html](https://shop.fpmt.org/Lama-Tsongkhapa-Guru-Yoga-eBook-PDF_p_2769.html)
4. Video Commentary on Lama Tsong Khapa Guru Yoga  
<https://www.youtube.com/watch?v=9wkWpg3u7Ik> (about an hour and 13 minutes)
5. Ani Karin Valham's Lam Rim Outlines  
[https://shop.fpmt.org/Lamrim-Outlines-Extended-Beginners-Meditation-Guide-PDF\\_p\\_1810.html](https://shop.fpmt.org/Lamrim-Outlines-Extended-Beginners-Meditation-Guide-PDF_p_1810.html)

Also, can be very helpful to read some Lam Rim books starting with *The Essential Nectar* ([https://shop.fpmt.org/The-Essential-Nectar-eBook\\_p\\_2855.html](https://shop.fpmt.org/The-Essential-Nectar-eBook_p_2855.html)) or *Essence of Refined Gold* (a good one for making your own outline so you have a deeper understanding of the main points on which to meditate) or *Path to Bliss* (<https://www.amazon.com/Path-Bliss-Practical-Stages-Meditation/dp/1559391901>), a beautiful overview of a commentary by His Holiness the Dalai Lama.

Could also be helpful to listen to some of Ven. Thubten Chodron's Lam Rim meditations occasionally if that is helpful so you understand how to do effective analytical meditation on the Lam Rim. In addition, there is a wonderful new book out by Ven. Sangye Khadro (Kathleen McDonald) called *How to Meditate on the Stages of the Path* <https://wisdomexperience.org/product/how-to-meditate-on-the-stages-of-the-path/> that is enormously helpful for meditating on the Lam Rim.

You can incorporate some Lam Rim meditation in the Guru Yoga session before you dissolve the Buddha or Lama Tsong Khapa...it can be more effective that way. See how it goes. Take it slowly and relax and enjoy!

6. This Life Practice Advice from Lama Zopa Rinpoche is incredibly helpful and important to have a look at and does mention some of what is listed above with additional information:  
<https://fpmt.app.box.com/s/5mkwh6m57lnzx8gae88qbuupu5yif9mw>

7. In addition, please see this link to *Lam Rim Year: Making Life Meaningful Day by Day*, a wonderful guide and study program enriching one's understanding and meditation on the Lam Rim. <https://www.lamayeshe.com/shop/lamrim-year-book>

8. Lastly, here is an audio of my leading a meditation on emptiness:  
<https://archive.org/details/201708251000VAMLOPKadampaCenter>

In addition, there are a variety of courses and programs on my YouTube channel that you may find helpful via my website: AmyMiller.com (where you can keep in touch with my schedule as a lot of the programs are hybrid) and at <https://www.youtube.com/@amyj.miller3092/playlists>.

Try your best. So take each listing one at a time. Spend 2-3 weeks with one of the listings and see how you feel. Slowly go through. Write down questions, etc. Break things down into bit-sized chunks so it is manageable and have patience with yourself that it takes time to build familiarity with a rich consistent meditation/practice experience. It is truly one of the best things you can offer to the planet right now.