

Milestones of Practice By Kyabgön Phakchok Rinpoche

Measuring the Progress of the Preliminary Practices



Outer Preliminaries

Precious Human Birth

1. Feeling Fortunate, Appreciation, Appreciating the Preciousness
2. Seeing the value of current conditions, feeling blessed and wanting to practice

Impermanence

1. Believing in uncertainty and acceptance of death
2. Automatically wanting to practice. Feeling that time is short

Karma - Cause & Effect

1. Memorised the 10 virtues and non-virtues and notice our behaviour
2. Becoming conscientious - Easily aware when we commit a non-virtue and are able to stop.

Faults of Samsara

1. Know our own attachments and can step back from them
2. Not taking our experience so solidly - going beyond experience

Inner Preliminaries

Refuge

1. Knowing the qualities of the three jewels, three roots and three kayas
2. Feeling the presence of the three jewels. Knowing they are truly there and not a projection

Bodhicitta

1. Basic kindness. Just be kind!
2. Believing that enlightenment is 100% possible and wanting it for all beings

Vajrasattva

1. Complete confidence in purification
2. Realising that Vajrasattva is never separate from my own true nature

Mandala Offering

1. Willingness to offer everything you see or imagine - everything you are attached to
2. Seeing that subject, object and recipient is the same nature and pure

Guru Yoga

1. Supplication. Feeling the presence with clarity.
2. Maintaining supplication regardless of conditions