



EIGHT ESSENTIAL POINTS FOR EVERY PRACTICE SESSION

Observe and check for the four obscurations.

Expel the stale breath 9 times.

Perform vajra-recitation with *om*, *ah*, and *hung* 21 times.

Cultivate the four immeasurables, generate bodhicitta and practice *tonglen*.

Recite the Seven-Line prayer, practice Guru Yoga and receive the four empowerments.

Mingle your mind with the Guru, and recognize that the essence of your mind is primordially awakened.

Recite dedications and aspirations.

Aspire to become a sincere Dharma practitioner who practices whole-heartedly, never strays from the path, and understands and practices true Dharma.