



FIVE WAYS OF PRACTICING GURU YOGA

Outer Guru Yoga

Requesting Blessings through Supplication

Inner Guru Yoga

Recitation and Receiving the Four Empowerments

Secret Guru Yoga

Meditating on the Guru and Yourself as Indivisible

Innermost Secret Guru Yoga

Resting in Uncontrived Equipoise

Unexcelled Innermost Secret Guru Yoga

Primordial Purity and Spontaneous Presence