

BMSP overview

Detailed List

Bodhichitta, module 1: Introduction to Bodhichitta

M1 Session 1, Introduction to the teachings and to Nyingjé:

- 1.1 Motivation** (3 min), Doorn, 26 May 2007,
IBC1_1_20070526DON1555SR_E.mov [BMSP cd1.01]
- 1.2 Introduction** (8 min), New York, 21 October 2007,
IBC1_2_20071021NY1115SR_E.mov [BMSP cd1.04]
- 1.3 Nyingjé** (25 min), Lerab Ling, 13 August 2007 / Haileybury, 7 April / London, 20 November 2004, IBC1_3_20041120LN1230SR_et_al_E.mov [BMSP cd1.05]

M1 Session 2, The Logic of Compassion, and Great Compassion:

- 2.1 The Logic of Compassion** (12 min), Kirchheim, 3 January 2006,
IBC2_1_20060103KH1030PG_E.mov [BMSP cd1.06]
- 2.2 How to receive love from the teachings** (7 min), Amsterdam, 13 November 2004, IBC2_2_20041113AM1130SR_E.mov [BMSP no track]
- 2.3 Great Compassion** (14 min), Lerab Ling, 13 August 2007 / Haileybury, 7 April / New York, 21 October 2007, IBC2_3_20070407HY1140SR&PG_et_al_E.mov [BMSP cd1.07]

M1 Session 3, Great Compassion and the Definition of Bodhichitta:

- 3.1 Defining Bodhichitta** (12 min), Lerab Ling, 14 August 2007 / Lerab Ling, 13 August 2007 / Haileybury, 7 April 2007 / Clear Lake, 26 November 2006,
IBC3_1_20061126CLE1430PG_et_al_E.mov [BMSP cd1.08]
- 3.2 The Quote by the Buddha Maitreya/The Twin Aspects of Bodhichitta, Part One** (14 min), Haileybury, 8 April 2007 / Sydney, 12 March 2007,
IBC3_2_20070312SY1645SR_et_al_E.mov [BMSP cd1.10]

M1 Session 4, The Twin Aspects of Bodhichitta & Good Heart and the Power of Intention:

- 4.1 The Quote by the Buddha Maitreya/The Twin Aspects of bodhichitta, Part Two** (20 min), Haileybury, 8 April 2007 / Sydney, 12 March 2007 / Berlin, 2 May 2008 / Bhutan, 31 March 2007, IBC4_1_20070312SY1645SR_et_al_E.mov [BMSP cd1.11]
- 4.2 Good Heart and the Power of Intention** (14 min), London, 26 November 2006 / Haileybury, 8 April 2007 / Lerab Ling, 13 August 2007,
IBC4_2_20061126LN1130SR_et_al_E.mov [BMSP cd1.12]

M1 Session 5, 'O sublime and precious bodhichitta...':

- 5.1 'O Sublime and Precious Bodhichitta...': the Four Line Verse** (21 min), Amsterdam, 17 May 2008 / Haileybury, 9 April 2007 / Bhutan, 31 March 2007 / Lerab Ling, 14 August 2007 / Kirchheim, 30 December 2004,
IBC5_1_20041230KH1030PG_et_al_E.mov [BMSP cd1.13]

Bodhichitta, module 2: Training the Mind in the Four Immeasurables (10 sessions)

M2 Session One: Introduction to the Four Immeasurables

1.1 Motivation (3 min)

Patrick Gaffney, Lerab Ling 20 October 2006,
BCFIM_1_1_20061126CLE1430PG_E.mov [BMSP cd1.14]

1.2 Love, Compassion, Joy and Equanimity (10 min)

Sogyal Rinpoche & Patrick Gaffney, Haileybury 10 April 2007, Patrick Gaffney, Clear Lake, 26 November 2006, Sogyal Rinpoche, Lerab Ling, 14 August 2007,
BCFIM_1_2_20061126CLE1430PG_et_al_E.mov [BMSP cd1.15]

1.3 The Immeasurables—Why are they called Immeasurable? (3 min)

Sogyal Rinpoche, Lerab Ling 14 August 2007,
BCFIM_1_3_20070814LL1115SR&PG_E.mov [BMSP cd1.16]

1.4 The Immeasurables Defined (5 min)

Sogyal Rinpoche, Lerab Ling 14 August 2007, Haileybury, 10 April 2007,
BCFIM_1_4_20070410HY1125SR&PG_et_al_E.mov [BMSP cd1.17]

1.5 Immeasurables with an Object: Matching the Object and the Attitude (13 min)

Sogyal Rinpoche and Patrick Gaffney, Lerab Ling 14 August 2007, Clear Lake 1 December 2004, Haileybury 10 April 2007,
BCFIM_1_5_20041201CLE1030SR_et_al_E.mov [BMSP cd1.18]

M2 Session Two: The Practice of the Four Immeasurables & Introduction to the Meditation on Equanimity

2.1 Immeasurables without a conceptual object (17 min)

Sogyal Rinpoche and Patrick Gaffney, Lerab Ling, 14 August 2007; Clear Lake, 1 December 2004; Haileybury, 10 April 2007,
BCFIM_2_1_20041201CLE1030SR_et_al_E.mov [BMSP cd1.19]

2.2 Analytical and Resting Meditation (9 min)

Sogyal Rinpoche and Patrick Gaffney, Lerab Ling, 14 August 2007; Clear Lake, 1 Dec 2004; Haileybury, 10 April 2007,
BCFIM_2_2_20041201CLE1030SR_et_al_E.mov [BMSP cd1.21]

2.3 Meditation on Immeasurable Equanimity (16 min)

Sogyal Rinpoche and Patrick Gaffney, Lerab Ling, 14 August 2007; Clear Lake, 30 November 2004; Patrick Gaffney, Clear Lake 26 November 2007,
BCFIM_2_3_20041130CLE1030SR_et_al_E.mov [BMSP cd1.22]

M2 Session Three: The Meditation on Equanimity & Contemplation on Friends and Enemies

3.1: Equanimity with an Object (3 min)

Sogyal Rinpoche, Lerab Ling 14 August 2007,
BCFIM_3_1_20070814LL1115SR&PG_E.mov [BMSP cd1.26]

3.2 The Contemplation on Friends and Enemies (18 min)

Sogyal Rinpoche, Lerab Ling, 14 August 2007; Haileybury, 11 April 2007; Patrick Gaffney, Clear Lake, 26 November 2006,
BCFIM_3_2_20061126CLE1430PG_E.mov [BMSP cd1.27]

3.3 Guided Meditation on Friends and Enemies (28 minutes)

Patrick Gaffney, Lerab Ling 20 October 2006,
BCFIM_3_3_20061020LL1515PG_E.mov [no track in BMSP]

M2 Session Four: The Meditation on Equanimity

4.1 Recognizing Beings as our Mothers (20 min)

Sogyal Rinpoche, Lerab Ling, 14 August 2007; Haileybury, 11 April 2007; Clear Lake, 1 December 2004, BCFIM_4_1_20041201CLE1030SR_et_al_E.mov [BMSP cd1.28]

4.2 Remembering and Wishing to Repay their Kindness, Universalizing the Practice (6 min)

Sogyal Rinpoche, Lerab Ling 14 August 2007, Clear Lake, 1 December 2004; Patrick Gaffney, Lerab Ling, 21 October 2006, BCFIM_4_2_20041201CLE1030SR_et_al_E.mov [BMSP cd1.29]

4.3 The Samadhi of Equanimity (2 min)

Sogyal Rinpoche, Haileybury, 11 April 2007; Clear Lake, 1 December 2004, BCFIM_4_3_20041201CLE1030SR_et_al_E_I_S.mov [BMSP cd1.31]

4.4 Equanimity without Concept (4 min)

Sogyal Rinpoche, Lerab Ling, 14 August 2007; Haileybury, 11 April 2007, BCFIM_4_4_20070411HY1105SR&PG_et_al_E.mov [BMSP cd1.32]

4.5 Conclusion (4 min)

Sogyal Rinpoche, Haileybury, 11 April 2007, BCFIM_4_5_20070411HY1105SR&PG_E.mov (audio only) [BMSP cd1.33]

4.6 Integration: Equanimity in Everyday Life (11 min)

Sogyal Rinpoche, Haileybury 11 April 2007, Lerab Ling, 14 August 2007, BCFIM_4_6_20070411HY1105SR&PG_et_al_E.mov [BMSP cd1.34]

M2 Session Five: The Complete Meditation on Equanimity

5.1 Guided Meditation on Immeasurable Equanimity (48 min)

Patrick Gaffney, Haileybury 11 April 2007, BCFIM_5_1_20070411HY1705PG_E.mov [BMSP cd1.36]

M2 Session Six: The Meditation on Love

6.1 Remembering the Love of the Masters (5 min)

Patrick Gaffney, Clear Lake, 27 November 2007, BCFIM_6_1_20061127CLE0930SR&PG_E.mov [BMSP cd1.37]

6.2 Meditation on Immeasurable Love (3 min)

Sogyal Rinpoche, Lerab Ling, 15 August 2007, BCFIM_6_2_20070815LL1125SR&PG_E.mov [BMSP cd1.38]

6.3 The Preliminary (2 min)

Sogyal Rinpoche, Lerab Ling, 15 August 2008, BCFIM_6_3_20070815LL1125SR&PG_E.mov [BMSP cd1.39]

6.4 Love with and without an object (15 min)

Sogyal Rinpoche and Patrick Gaffney, Haileybury, 12 April 2007; Lerab Ling, 15 August 2007; Clear Lake, 27 November 2006, BCFIM_6_4_20061127CLE0930SR&PG_et_al_E.mov [BMSP cd1.41]

6.5 Conclusion, Integration & The Image for Immeasurable Love (17 min)

Sogyal Rinpoche and Patrick Gaffney, Haileybury 12 April 2007; Lerab Ling, 15 August 2007; Clear Lake, 27 November 2006; Lerab Ling, 21 October 2006, BCFIM_6_5_20041202CLE1100SR_et_al_E.mov [BMSP cd1.42]

M2 Session Seven: The Meditation on Immeasurable Love & Introduction to the Meditation on Immeasurable Compassion

7.1 A Guided Meditation on Immeasurable Love (37 min)

Patrick Gaffney, Haileybury 12 April 2007,
BCFIM_7_1_20070412HY1700PG_E.mov [BMSP cd1.43]

7.2 Meditation on Immeasurable Compassion (4 min)

Sogyal Rinpoche, Lerab Ling, 15 August 2007,
BCFIM_7_2_20070815LL1125SR&PG_E.mov [BMSP cd1.45]

M2 Session Eight: The Meditation on Immeasurable Compassion

8.1 The Approach of Atisha and Patrul Rinpoche (13 min approx.)

Sogyal Rinpoche and Patrick Gaffney, Lerab Ling 15 August 2007; Haileybury, 12 April 2007; Clear Lake 3 December 2004,
BCFIM_8_1_20041203CLE1130SR_E.mov [BMSP cd1.46]

8.2 The Approach of Rigzdin Jikmé Lingpa (6 min)

Sogyal Rinpoche and Patrick Gaffney, Lerab Ling, 15 August 2007; Haileybury, 12 April 2007; Clear Lake, 27 November 2006,
BCFIM_8_2_20061127CLE0930SR&PG_et_al_E.mov [BMSP cd1.47]

8.3 Guided Practice on Immeasurable Compassion (29 min)

Patrick Gaffney, Clear Lake, 28 November 2006,
BCFIM_8_3_20061128CLE1140PG_E.mov [BMSP cd1.50]

8.4 Integration Compassion in Everyday Life The Image for Immeasurable Compassion (6 min)

Sogyal Rinpoche and Patrick Gaffney, Haileybury, 12 April 2007; Clear Lake, 27 November 2006, BCFIM_8_4_20061127CLE0930SR&PG_et_al_E.mov [BMSP cd1.48]

M2 Session Nine: The Meditation on Joy

9.1 Guided Meditation on Immeasurable Joy (21 min)

Patrick Gaffney, Clear Lake, 29 November 2006,
BCFIM_9_1_20061129CLE1145PG_E.mov [BMSP cd1.54]

9.2 Conclusion, Integration & The Image for Immeasurable Joy (17 min)

Sogyal Rinpoche and Patrick Gaffney, Lerab Ling 27 October 2006, Clear Lake 4 December 2004, Haileybury 12 April 2007,
BCFIM_9_2_20041204CLE1000SR_et_al_E.mov [BMSP cd1.53]

M2 Session Ten: Summary of the Four Immeasurables and Conclusion

10.1 Summary (27 min), Haileybury, 12 April 2007; Clear Lake, 4 December 2004; Lerab Ling, 15 August 2007 and 23 October 2006,
BCFIM_10_1_20041204CLE1000SR_et_al_E.mov [BMSP cd1.55]

Bodhichitta, module 3: Arousing Bodhichitta (3 sessions)

M3 Session One: The Essence or Definition of Bodhichitta

1.1 Motivation, (5 min), Berlin, 7 October 2007, ABC_1_1_20071007BE1130SR ABC_1_1_20071007BE1130SR_E.mov [BMSP, cd2.01]

1.2 The Essence or Definition of Bodhichitta, Part I, (13 min), Lerab Ling, 16 August 2007, ABC_1_2_20070816LL1110SR&PG [BMSP cd2.02]

1.3 The Essence or Definition of Bodhichitta, Part II, 13 min, Lerab Ling, 16 August 2007; Myall Lakes, 21, January 2008; Sydney, 9 March 2008, ABC_1_3_20070816LL1110SR&PG_et_al [BMSP cd2.03]

1.4 The Essence or Definition of Bodhichitta, Part III, (9 min), Lerab Ling, 16 August 2007; Lerab Ling, 2 June 2008, ABC_1_4_20070816LL1110SR&PG_et_al [BMSP cd2.04]

M3 Session Two: The Different Classifications of Bodhichitta

2.1 The Classification of Bodhichitta according to the Three Degrees of Courage, (4 min), Lerab Ling 17 August 2007, ABC_2_1_20070817LL1115SR&PG [BMSP cd2.05]

2.2 The Classification of Bodhichitta according to the Bodhisattva levels, (10 min), Lerab Ling 17 August 2007, ABC_2_2_20070817LL1115SR&PG [BMSP cd2.06]

2.3 The Classification of Bodhichitta according to the Nature of Bodhichitta, Part One, 5 min, Lerab Ling 17 August 2007, Haileybury 8 April 2007; Kirchheim, 30 December 2006, London, 20 November 2004, 4 October 2007, ABC_2_3_20041120LN1730SR_et_al [BMSP cd2.07 (first 5 min)]

2.4 The Classification of Bodhichitta according to the Nature of Bodhichitta, Part Two, 10 min, Lerab Ling 17 August 2007, Clear Lake, 27 November 2007, ABC_2_4_20070817LL1115SR&PG_et_al [BMSP cd2.08]

M3 Session Three: The Methods for Arousing Absolute and Relative Bodhichitta

3.1 The Method for Arousing Bodhichitta: Absolute Bodhichitta (5 min), Lerab Ling 17 August 2007, ABC_3_1_20070817LL1115SR&PG_E.mov [BMSP cd2.09]

3.2 The Bodhisattva Vow: The Main Part (8 min)

Lerab Ling, 17 August 2007; Haileybury, 13 April 2007; Lerab Ling, 17 May 2007 ABC_3_2_20070413HY1710PG_et_al_E.mov [BMSP cd2.11]

3.3 The Benefits of Bodhichitta (11 min)

Lerab Ling, 17 August 2007; Haileybury, 13 April 2007; Lerab Ling, 30 April 2007, ABC_2_3_20041120LN1730SR_et_al_E.mov Clear Lake, 29 November 2006, ABC_3_3_20070430LL1100SR&PG&AP_et_al_E.mov [BMSP cd2.14]

Bodhichitta, module 4: Equalizing Ourselves and Others (6 sessions)

M4 Session One: Bodhisattva Vow & How Does Bodhichitta Decline?

1.1 Summary of Section II, Arousing Bodhichitta 13 min, Kirchheim, 4 January 2005, BASP_1_1_20050104KH1 045SR [BMSP cd2.15]

1.2 How Does Bodhichitta Decline? 23 min, Lerab Ling, 18 August 2007; Berlin, 4 May 2006; Haileybury, 13 April 2007 BASP_1_2_20060504BE1 715SR_et_al [BMSP cd2.17]

M4 Session Two: The Dangers of Self-Centredness

2.1 Examining the Dangers of Self-Centeredness 16 min, Kirchheim, 4 January 2005; Lerab Ling, 18 August 2007; Myall Lakes, 23 January 2008, BASP_2_1_20050104KH1 045SR_et_al [BMSP cd2.18]

2.2 Self-Grasping and Self- Cherishing 25 min, Lerab Ling, 18 August 2007; Myall Lakes, 23 January & 5 June 2008, BASP_2_2_20070818LL1 655SR&PG_et_al [BMSP cd2.19]

M4 Session Three: Equalizing Ourselves and Others

3.1 A Caution (10 min), Lerab Ling, 18 August 2007; Kirchheim, 3 & 4 January 2005; Amsterdam, 23 April 2005; Lerab Ling, 2 August 2007; Hombroich, 18 May 2001, BASP_3_1_20010518HO M1730SR_et_al [BMSP cd2.20]

3.2 Equalizing Ourselves and Others (22 min), Lerab Ling, 18 August 2007; Haileybury, 13 April 2007; Kirchheim, 4 January 2005; Haileybury, 3 April 2008, BASP_3_2_20050104KH1 045SR_et_al [BMSP cd2.21]

M4 Session Four: Equalizing Ourselves and Others (continued)

4.1 Isn't Compassion a Burden? (12 min), Lerab Ling, 2 & 18 August 2007; Berlin, 7 October 2007; Basel, 7 October 2005, BASP_4_1_20051007BZ1 930SR_et_al [BMSP cd2.22]

4.2 Meditation on Self and Others as the Sam (7 min), Lerab Ling, 2 & 18 August 2007, BASP_4_2_20070818LL1 655SR&PG [BMSP cd2.23]

M4 Session Five: Practising Equalizing Ourselves and Others

5.1 Motivation (3 min), London, 9 December 2007, BASP_5_1_20071209LN1555SR [no matching track in BMSP, use tracks 26 & 27]

M4 Session Six: Integration, Summary and Benefits of Equalizing Self and Other

6.1 Integration, Summary and Benefits 13 min, Lerab Ling 18 August 2007, Kirchheim 4 January 2005, BASP_6_1_20050104KH1 020SR&PG_et_al [BMSP cd2.24]

Bodhichitta, module 5: Exchanging Ourselves with Others (8 sessions)

M5 Session One: Introduction to the Practice of Exchanging

1.1 Extract One: Introduction (9 min)

Patrick Gaffney, Clear Lake, 1 December 2009, BTON_1_1_20061201CLE1530PG [BMSP cd2.28]

1.2 Extract Two: The Stages and Preliminaries of Tonglen Practice (8 min)

Sogyal Rinpoche, Clear Lake, 28 November 2007, BTON_1_2_20071128CLE1130SR [BMSP cd2.30]

1.3 Extract Three: Self-Tonglen (17 min)

Patrick Gaffney, Clear Lake, 1 December 2006, Sogyal Rinpoche, Canberra 29 January 1997, BTON_1_3_19970129CN1900SR_et_al [BMSP cd2.31]

1.4 Extract Four: The Main Practice, Part One (16 min)

Sogyal Rinpoche & Patrick Gaffney, Lerab Ling, 19 August 2007, Sogyal Rinpoche, San Francisco, 6 June 2001, BTON_1_4_20010610SF1200SR_et_al [BMSP cd2.32]

M5 Session Two: The Practice of Tonglen

2.1 Extract One: The Main Practice of Tonglen, Part Two: Taking with Great

Compassion (15 min) Sogyal Rinpoche & Patrick Gaffney, Lerab Ling, 19 August 2007; Sogyal Rinpoche, Clear Lake, 28 November 2007, BTON_2_1_20070819LL1105SR&PG_et_al [BMSP cd2.33]

2.2 Extract Two: The Main Practice of Tonglen, Part Three: Giving with Great Love (14 min)

Sogyal Rinpoche & Patrick Gaffney, Lerab Ling, 19 August 2007; Sogyal Rinpoche, Clear Lake, 28 November 2007, BTON_2_2_20070819LL1105SR&PG_et_al [BMSP cd2.34]

M5 Session Three: Universalizing the Practice of Tonglen & Meditating on Absolute Bodhichitta

3.1 Extract One: The Main Practice, Part Four: Universalizing the Practice (16 min)

Sogyal Rinpoche & Patrick Gaffney, Lerab Ling, 19 August 2007, BTON_3_1_20070819LL1105SR&PG [BMSP cd2.35]

3.2 Extract Two: The Main Practice, Part Five: Meditating on Absolute Bodhichitta

(24 min) Sogyal Rinpoche & Patrick Gaffney, Lerab Ling, 19 August 2007; Sogyal Rinpoche, Sydney, 12 March 2007; Sogyal Rinpoche, Lerab Ling, 10 May 1998; Sogyal Rinpoche, Clear Lake, 27 November 2007, BTON_3_2_19980510LL1645SR&PG_et_al [BMSP cd2.36]

M5 Session Four: A Classic Teaching on Tonglen

4.1 Extract One, Part One: Tonglen (37 min) (PAUSE at approx 33 min)

Sogyal Rinpoche and Patrick Gaffney, Kirchheim 4 January 2005

CONTINUE Extract One, Part Two: Tonglen (approx. 12 min)

BTON_4_1_20050104KH1015SR [BMSP-no audio]

M5 Session Five: Deepening the Understanding of Tonglen

5.1 Extract One: Ways of Deepening and Enhancing the Practice (5 min)

Sogyal Rinpoche & Patrick Gaffney, Lerab Ling, 19 August 2007, BTON_5_1_20070819LL1105SR&PG [BMSP cd2.37]

5.2 Extract Two: The Effects of Tonglen (15 min)

Sogyal Rinpoche & Patrick Gaffney, Lerab Ling, 19 August 2007, BTON_5_2_20070819LL1105SR&PG [BMSP cd2.38]

5.3 Extract Three: Hesitations about Practising Tonglen (6 min)

Sogyal Rinpoche & Patrick Gaffney, Lerab Ling, 19 August 2007; Sogyal Rinpoche, Myall Lakes, 31 January 2008, BTON_5_3_20070819LL1105SR&PG_et_al [BMSP cd2.39]

M5 Session Six: The Principles of Exchanging Oneself and Others

6.1 Extract One: Giving and Taking in Everyday Life (6 min)

Sogyal Rinpoche & Patrick Gaffney, Lerab Ling, 19 August 2007; Patrick Gaffney, Clear Lake, 28 November 2006; Sogyal Rinpoche, Clear Lake, 28 November 2007, BTON_6_1_20070819LL1105SR&PG_et_al [BMSP cd2.40]

6.2 Extract Two: The Principles of Exchanging Oneself and Others (8 min)

Sogyal Rinpoche & Patrick Gaffney, Lerab Ling, 19 August 2007; Haileybury, 14 April 2007, BTON_6_2_20070414HY1110SR&PG_et_al [BMSP cd2.41]

M5 Session Seven: The Principles of Lojong

7.1 Extract One: The Principles of Lojong, Part One (10 min)

Sogyal Rinpoche & Patrick Gaffney, Lerab Ling, 19 August 2007; Sogyal Rinpoche, Clear Lake, 28 November 2007; Sogyal Rinpoche & Patrick Gaffney, Kirchheim 2 January 2007, BTON_7_1_20070819LL1105SR&PG_et_al [BMSP cd2.43]

7.2 Extract Two: The Principles of Lojong, Part Two (9 min)

Sogyal Rinpoche & Patrick Gaffney, Lerab Ling, 19 August 2007; Sogyal Rinpoche, Clear Lake, 29 November 2007, BTON_7_2_20070819LL1105SR&PG_et_al [BMSP cd2.44]

7.3 Extract Three: Giving and Taking with the Eight Wordly Concerns (6 min)

Patrick Gaffney, Clear Lake, 1 December 2006, BTON_7_3_20061201CLE1530PG [BMSP cd2.45]

M5 Session Eight: Making Suffering Worthwhile & Overcoming Discouragement

8.1 Extract One: Making Suffering and Its Causes Worthwhile (14 min)

Sogyal Rinpoche & Patrick Gaffney, Lerab Ling, 19 August 2007; Patrick Gaffney, Clear Lake, 1 December 2006; Sogyal Rinpoche, Sydney, 7 March 2008, BTON_8_1_20061201CLE1530PG_et_al [BMSP cd2.46]

8.2 Extract Two: Praying for Meaningful Connections (8 min)

Sogyal Rinpoche & Patrick Gaffney, Lerab Ling, 19 August 2007; Patrick Gaffney, Clear Lake, 1 December 2006, BTON_8_2_20061201CLE1530PG_et_al [BMSP cd2.47]

8.3 Extract Three: Overcoming Discouragement (4 min)

Sogyal Rinpoche & Patrick Gaffney, Lerab Ling, 19 August 2007; Patrick Gaffney, Clear Lake, 1 December 2006, BTON_8_3_20061201CLE1530PG_et_al [BMSP cd2.48]

Bodhichitta, module 6: Considering Others as More Important than Ourselves (2 sessions)

M6 Session One: Introduction

1.1: Introduction to considering others as more important than ourselves, (18 minutes) Kirchheim 4 January 2005 and Lerab Ling 20 August 2007, BOMI_1_1_20050104KH1015SR_et_al, [BMSP cd2.55]

1.2: Cutting Through Ego with Skilful Means and Wisdom (4 minutes), Lerab Ling 20 August 2007, BOMI_1_2_20070820LL1720SR&PG [BMSP cd2.56]

M6 Session Two: The Practice & Conclusion on the Precepts of Aspiration

2.1 The Practice for a Lifetime & Keeping Your Own Discipline (9 min)

Sogyal Rinpoche & Patrick Gaffney, Lerab Ling, 20 August 2007, BOMI_2_1_20070820LL1720SR&PG_E.mov [BMSP cd2.57]

2.2 Meditating on Cherishing Others as More Important than Oneself (8 min)

Sogyal Rinpoche & Patrick Gaffney, Lerab Ling, 20 August 2007, BOMI_2_2_20070820LL1720SR&PG_E.mov [BMSP cd2.58]

2.3 Conclusion (7 min)

Sogyal Rinpoche & Patrick Gaffney, Lerab Ling, 20 August 2007, BOMI_2_3_20070820LL1720SR&PG_E.mov [BMSP cd2.59]

Seven Points of Mind Training, Part 1 (8 sessions)

Seven Points of Mind Training, Part 2 (9 sessions)

Bodhichitta, Module 7 Training in the Precepts of Bodhichitta in Action (part 1) (9 sessions)

M7 Session One: Introduction to the Paramitas

1.1. Motivation (5 minutes), Dzogchen Beara, 29 June 2009, BACT1_1_1_20090629DB1100SR_et_al_E.mov [BMSP cd3.01]

1.2. Introduction to the Paramitas (10 minutes), Lerab Ling, 21 August 2007, 11.20 & Dzogchen Beara, 25 June 2005, 12.20 & Hombroich, 5 May 2005, 18.00, BACT1_1_2_20050505HOM1800SR_et_al_E.mov [BMSP cd3.02]

1.3. The Definition of Paramita (11 minutes), Hombroich 5 May 2005, 18.00, BACT1_1_3_20050505HOM1800SR_et_al_E.mov [BMSP cd3.03]

1.4. The Three Activities (5 minutes), Lerab Ling 21 August 2007, 11.20, BACT1_1_4_20070821LL1120SR&PG_E.mov [BMSP cd3.04]

1.5. How to Meditate on the Paramitas (1 minutes), Kirchheim 5 January 2005, 10.30, BACT1_1_5_20050105KH1030SR_et_al_E.mov [BMSP cd3.05]

M7 Session Two: Intro to Transcendent Generosity & the Actual Meditation

2.1. The Definition of Generosity (3 min), Hombroich 6 May 2005 and Lerab Ling 21 August 2007m BACT1_2_1_20050506HOM1830SR_et_al_E.mov [BMSP cd3.06]

2.2. A Progressive Training in Attitude (22 min), Hombroich 6 May 2005, BACT1_2_2_20050506HOM1830SR_et_al_E.mov [BMSP cd3.07]

2.3. The Actual Meditation on Generosity (4 min), Kirchheim 5 January 2005, Dzogchen Beara 26 June 2005 and Lerab Ling 21 August 2007, BACT1_2_3_20050105KH1030SR_et_al_E.mov [BMSP cd3.08]

M7 Session Three: Integration–Generosity in Everyday Life

3.1. Integration (12 min), Dzogchen Beara 26 June 2005 and Lerab Ling 21 August 2007, BACT1_3_1_20050626DB0940SR_et_al, [BMSP cd3.09]

M7 Session Four: The Paramita of Discipline–Introduction to and Definition

4.1 The Definition or Essence of Discipline (14 min), Dzogchen Beara 27 June 2005 & Lerab Ling 22 August 2007, BACT1_4_1_20050627DB1130SR_et_al [BMSP cd3.10]

4.2 Introduction to the Three Categories of Discipline (4 min), Dzogchen Beara 27 June 2005 & Lerab Ling 22 August 2007, BACT1_4_2_20050627DB1130SR_et_al [BMSP cd3.12]

4.3 The Three Categories of Discipline: Avoiding Negative Actions (4 min), Dzogchen Beara 27 June 2005 & Lerab Ling 22 August 2007, BACT1_4_3_20050627DB1130SR_et_al [BMSP cd3.13]

M7 Session Five: The Paramita of Discipline–Categories and Actual Meditation

5.1: The Actual Meditation on Refraining from the Ten Negative Actions (5 min), Dzogchen Beara 27 June 2005, Lerab Ling 22 August 2007, BACT1_5_1_20050627DB1130SR_et_al [BMSP cd3.14]

5.2: Summaries of the Discipline of the Three Yanas (2 min), Dzogchen Beara 27 June 2005 & Lerab Ling 22 August 2007, BACT1_5_2_20050627DB1130SR_et_al [BMSP cd3.15]

5.3: The Three Categories of Discipline: Undertaking Positive Actions (2 min), Lerab Ling 22 August 2007, 11.25, BACT1_5_3_20070822LL1125SR&PG [BMSP cd3.16]

5.4: Bringing Benefit to Others (1 min), Lerab Ling 22 August 2007, BACT1_5_4_20070822LL1125SR&PG [BMSP cd3.17]

5.5: Conclusion (1 min), Lerab Ling 22 August 2007, BACT1_5_5_20070822LL1125SR&PG [BMSP cd3.18]

M7 Session Six: The Paramita of Patience–Definition and Actual Meditation

6.1: The Definition or Essence of Patience (12 min), Lerab Ling 22 August 2007, 11.25 & Lerab Ling 11 July 2007, BACT1_6_1_20070711LL1145SR&PG_E.mov [BMSP cd3.20]

6.2: The Actual Meditation on Patience (12 min), Lerab Ling 22 August 2007 & Lerab Ling 12 July 2007, BACT1_6_2_20070712LL1115SR&PG_E.mov [BMSP cd3.21]

M7 Session Seven: Categories of Patience and Integration

7.1: Integration (14 min), Lerab Ling 22 August 2007, BACT1_7_1_20070822LL1125SR&PG_E.mov [BMSP cd3.22]

M7 Session Eight: The Paramita of Diligence–Definition & Overcoming Laziness

8.1: The Definition of Diligence (10 min), Lerab Ling 22 August 2007, Dzogchen Beara 15 September 2007, Berlin 1 October 2005, Lerab Ling 30 July 2007, Lerab Ling 24 August 2007 [BMSP cd3.25]

8.2: Overcoming Laziness (12 min), Lerab Ling 22 August 2007, Lerab Ling 24 August 2007, Paris 21 May 2005, BACT1_8_2_20050521PA1210SR_et_al_E_I.mov [BMSP cd3.26]

M7 Session Nine: The Paramita of Diligence–Cultivating What is Favourable

9.1: Cultivating What is Favourable (9 min), Lerab Ling 22 August 2007, Lerab Ling 24 August 2007, Lerab Ling 30 July 2007, BACT1_9_1_20070730LL1135SR&PG&AP_et_al [BMSP cd3.27]

9.2: Conclusion (1 min), Lerab Ling 22 August 2007, Lerab Ling 24 August 2007, BACT1_9_2_20070824LL1255SR&PG [BMSP cd3.28]

Bodhichitta Module 8 Training in the Precepts of Bodhichitta in Action (Part 2) (7 sessions):

M8 Session One: Introduction to the Paramita of Concentration or Meditation

1.1: The Definition of Concentration (2 min), Lerab Ling 25 August 2007, BACT2_1_1_20070825LL1140SR&PG [BMSP cd3.29]

1.2: Preparation for Meditation (15 min), Lerab Ling 25 August 2007, Lerab Ling 1 August 2007, Dzogchen Beara, 29 June 2005, BACT2_1_2_20050629DB1150SR_et_al [BMSP cd3.30]

1.3: Concentration or Meditation Itself, Lerab Ling 25 August 2007, Dzogchen Beara, 29 June 2005, BACT2_1_3_20050629DB1150SR_et_al, 36 minutes [BMSP cd3.32]

M8 Session Two: The Categories of Meditation and Summary

2.1: The Three Categories of Meditation (10 min), Lerab Ling 25 August 2007, BACT2_2_1_20070825LL1140SR&PG, 10 minutes [BMSP cd3.33]

2.2: Summary (11 min), Lerab Ling 25 August 2007, BACT2_2_2_20070825LL1140SR&PG [BMSP cd3.34]

M8 Session Three: The Paramita of Wisdom–Definition, Categories and Classification

3.1: The Definition of Wisdom (4 min), Lerab Ling 2 November 2006, 11.00, Patrick Gaffney, BACT2_3_1_20061102LL1100SR&PG [BMSP cd3.35]

3.2: The Three Categories of Wisdom (1 min), Lerab Ling 25 August 2007, BACT2_3_2_20070825LL1140SR&PG [BMSP cd3.36]

3.3: The Three Wisdom Tools (14 min), Lerab Ling 11 July 2005 and Lerab Ling 2 November 2006, BACT2_3_3_20050711LL1030SR_et_al [BMSP cd3.37]

3.4: The Classification According to the Two Truths (8 min), Myall Lakes 25 January 2008 and Lerab Ling 25 August 2007, BACT2_3_4_20080126ML1700SR_et_al [BMSP cd3.38]

M8 Session Four: The Actual Meditation on Selflessness–Investigating the Personal Self

4.1: The Actual Meditation: Introduction (5 min), Lerab Ling 25 August 2007 and Myall Lake 28 January 2005, BACT2_4_1_20050128ML1200SR_et_al [BMSP cd3.39]

4.2: Investigating the Personal Self (16 min), Lerab Ling 2 November 2006 Patrick Gaffney, BACT2_4_2_20050711LL1030SR_et_al, 16 minutes [BMSP cd3.40]

M8 Session Five: The Paramita of Wisdom–Analysing External and Internal Phenomena

5.1: Analyzing External Phenomena (8 min), Dzogchen Beara, 30 June 2005, BACT2_5_1_20050630DB1200SR_E [BMSP cd3.41]

5.2: Analyzing the Internal Phenomena of Our Own Aggregates(11 min), Lerab Ling 25 August 2007 and Lerab Ling 18 August 2007, BACT2_5_2_20070818LL1655SR&PG_et_al_E [BMSP cd3.42]

M8 Session Six: The Paramita of Wisdom–Examining the Mind itself

6.1: Examining the Mind Itself, Part One (10 min), Lerab Ling 25 August 2007 and Lerab Ling 3 November 2007, BACT2_6_1_20061103LL1100PG_et_al [BMSP cd3.44]

6.2: Examining the Mind Itself, Part Two (11 min), Lerab Ling 25 August 2007, BACT2_6_2_20070825LL1140SR&PG [BMSP cd3.46]

M8 Session Seven: Bodhichitta–The Conclusion

7.1: Conclusion Bodhichitta (22 min), Lerab Ling 25 August 2007 & Dzogchen Beara, 2 July 2005, BACT2_7_1_20050702DB1115SR_et_al [BMSP cd3.49]

Bodhichitta, Module 9 The Crucial Points of Bodhichitta (6 sessions) [no BMSP audio tracks]:

M9 Session One: Introduction to the Essential Practice of Bodhichitta

1.1: An Essential Practice of Bodhichitta: How to Begin the Practice (12 min), Paris 13 January 2008, 20080113PA1230SR_20080517HR_EX1_4

M9 Session Two: Awakening the Four Immeasurables and Deepening our Understanding of Equanimity

2.1: An Essential Practice of Bodhichitta: An Essential Practice of Bodhichitta: Awakening the Four Immeasurables (18 min), Paris 13 January 2008, 20080113PA1230SR_20080517HR_EX2_4

2.2: An Essential Practice of Bodhichitta: An Essential Practice of Bodhichitta: Deepening our Understanding of Equanimity (6 min), Myall Lakes 23 January 2008, 20080123ML1230SR_20080517HR_EX1_7

M9 Session Three: Arousing Bodhichitta & Bodhisattva Vow

3.1: An Essential Practice of Bodhichitta: The Twin Aspects of Bodhichitta (14 min), Paris 13 January 2008, 20080113PA1230SR_20080517HR_EX3_4

3.2: An Essential Practice of Bodhichitta: Pledging to Bodhichitta in Aspiration and Action (4 min), Paris 13 January 2008, 20080113PA1230SR_20080517HR_EX4_4

3.3: An Essential Practice of Bodhichitta: Relative and Absolute Bodhichitta (3 min), Myall Lakes 23 January 2008, 20080123ML1230SR_20080517HR_EX2_7

3.4: Refuge and Bodhisattva Vow (10 min), Sogyal Rinpoche, Amsterdam, 8 May 2010, 20100508AM1150SR_20100918HR

M9 Session Four: The Essential Practice of Equalizing Ourselves and Others

4.1: An Essential Practice of Bodhichitta: The Dangers of Self-Centredness and Benefits of Altruism (18 min), Paris 13 January 2008, 20080123ML1230SR_20080517HR_EX3_7

4.2: An Essential Practice of Bodhichitta: Equalizing Self and Others (9 min), Paris 13 January 2008, 20080123ML1230SR_20080517HR_EX4_7

M9 Session Five: The Essential Practice of Exchanging Ourselves and Others

5.1: An Essential Practice of Bodhichitta: Exchanging Self and Others (28 min), Myall Lakes 23 January 2008, 20080123ML1230SR_20080517HR_EX5_7

M9 Session Six: Conclusion and Bodhichitta in Everyday Life

6.1: An Essential Practice of Bodhichitta: The Conclusion (4 min), Paris 13 January 2008, 20080123ML1230SR_20080517HR_EX6_7_E_I_S_C.mov

6.2: An Essential Practice of Bodhichitta: An Essential Practice of Bodhichitta: Bodhichitta in Everyday Life (6 min), Paris 13 January 2008, 20080123ML1230SR_20080517HR_EX7_7