



FPMT Education Services

Education is the very heart of FPMT. Through comprehensive study programs, practice materials, training programs and scholarships, FPMT Education Services nourishes the development of compassion and wisdom in students worldwide. These programs and materials are available through the FPMT Foundation Store, the FPMT Online Learning Center and FPMT centers worldwide.

This statue of Lama Atisha was found inside the stupa of Lama Tsongkhapa in Gaden Monastery in Tibet when it was destroyed during the Cultural Revolution. Lama Zopa Rinpoche keeps this statue on his altar at Kopan Monastery in Nepal. Photo by Ven. Roger Kunsang.

Lam-rim Resource Guide By FPMT Education Services

Yearly Lam-rim Meditation Cycle

Lama Zopa Rinpoche has suggested that students follow a lam-rim outline and meditate on each subject for two weeks or one month until all subjects have been studied (see page ___). Rinpoche advised, “[The] meditation time is up to the individual person. Some people are very busy with family, many things to do; some have more time, so the time is up to individual decision, but this is my general advice: to finish meditation in one year. If you want, you can add tantra – generation stage and completion stage – in the one year, but I just say lam-rim.”

To help students fulfill this request, FPMT Education Services has put together a list of lam-rim resources. All are available on the FPMT Foundation Store (shop.fpmt.org) unless indicated with an asterisk.

Extensive Lam-rim Texts

- *Liberation in the Palm of Your Hand* by Pabongka Rinpoche
- *Lam-rim Chenmo: The Great Treatise on the Stages of the Path to Enlightenment, Volumes 1-3* by Je Tsongkhapa
- *Steps on the Path to Enlightenment: A Commentary on the Lamrim Chenmo, Volumes 1-3* by Geshe Lhundub Sopa
- *Practicing the Path* by Yangsi Rinpoche
- *Meditations on the Path to Enlightenment* by Geshe Acharya Thubten Lodan* (Available through Tushita Publications)

Middle-Length Lam-rim Texts

- *The Path to Enlightenment* by His Holiness the 14th Dalai Lama
- *The Three Principal Aspects of The Path* by Je Tsongkhapa, Geshe Sonam Rinchen
- *The Essential Nectar* by Geshe Rabten* (Out of print – available through used book stores)

- *Lamp for the Path to Enlightenment* by Atisha Dipamkara
- *The Essence of Nectar* by Yeshe Tsondru
- *Lam-Rim Outlines: Extended Beginners' Meditation Guide* by Ven. Karin Valham

Brief Lam-rim Texts

- *Three Principal Aspects of the Path* by Je Tsongkhapa
- *Schedule for Three-Day Lam-Rim Retreat* by Lama Zopa Rinpoche
- *Glance Meditation on All the Important Points of the Lam-Rim* by Losang Jinpa
- *The Foundation of All Good Qualities* by Je Tsongkhapa
- *Abbreviated Points of the Graded Path* by Je Tsongkhapa
- *Calling the Guru From Afar* by Pabongka Rinpoche

Lam-rim Audio Programs

- *Singing the Lamrim* by Lama Zopa Rinpoche
- *Guided Meditations on the Stages of the Path* by Ven. Thubten Chodron
- *The Complete Lam-rim* by Ven. Karin Valham

FPMT Education Study Programs

- *Discovering Buddhism*: This is a two-year, fourteen-module series that provides a solid foundation in the lam-rim.
- *Living in the Path*: This lam-rim program is based on Lama Zopa Rinpoche's teachings on Atisha's *Lamp for the Path to Enlightenment*.

Please let us know if we can assist you any further as you engage in your lam-rim studies and practices!

education@fpmt.org
www.fpmt.org/education