

Dharma Practice Check List

X	REQUIRED FOR SOLITARY RETREAT	Date Received	Vajra Brothers & Sisters at Mandala	Received from
	1-Taking Refuge: Certificate, Background, and Vows: Refuge Mantra, the Five Precepts, Devoutly Ponder the Taking Refuge Chant (Sincere Contemplation of the Refuge Chant), Refuge Vows, Refuge resolutions Resolve to Take Refuge), The Three (Governing) Pure Precepts, The Ten kinds of Wholesome Behavior (The Ten Wholesome Courses of Action), The Four Immeasurable (Limitless) States of Mind. The Six Perfections. Definitive Tenets Imparted by Buddha			
2-Four Preliminary Practices—100,000 times.		<i>(*Requires transmission from Master)</i>		
X	*Prostrations & Refuge Vows			
X	*Water Offerings to the Buddhas, Bodhisattvas, & Dharma Protectors			
X	*Mandala Offering			
X	-100 character Bright Mantra of Vajrasattva for Purification (See <i>Supreme & Unsurpassable Mahamudra of Liberation</i>)			
3-Protocols and Rules				
X	Receiving Dharma (in Solitary Retreat Manual)			
4-Main Dharma Practices		<i>(*Requires transmission from Master)</i>		
X	- <i>Supreme & Unsurpassable Mahamudra of Liberation</i> +P02X			
X	-Wish-Fulfilling Mantra & *Mudra (See <i>Supreme & Unsurpassable Mahamudra of Liberation</i>)			
X	*The Eight Auspicious Mantra & Mudra			
X	*Raising the Consciousness of the Dead Mantra & Mudra (Oral Transmission)			
X	-Avalokiteshvara Heart Mantra & *Mudra			
X	*Four Mantras from the <i>Supreme and Unsurpassable Mahamudra of Liberation</i> that enhance other dharmas & protect against accidentally harming others.			
X	*Two Zen Meditation Mantras (Tathagata Zen Dharma) or <i>Prajna Paramita Heart Sutra</i>			

	*Special Zen Meditation Mantra (only available from H.H. Dorje Chang Buddha III) +P10			
5-Yidam Practices				
	-Vajra Yoga Perfection (Four-Arm Kuan Yin) Dharma (<i>Holy Monk Book</i>) +P03X			
	*Long Life Dharma			
	*Green Tara Dharma +P04X			
	*The Ultra Brief Practice of the Amitabha Buddha Dharma			
	*The Advanced Practice of the Amitabha Buddha Dharma			
	*Ritual Procedure Relating to the Remover of Hindrances (Sarvanivarana-Vishkambhin) Bodhisattva Dharma			
	*Ritual of Advanced Practice of the Dharma of Shakyamuni Buddha			
	Other complete yidam practice (List)			
6-Buddha Texts				
	+++ <i>The Dharma of Cultivation Transmitted by H.H. Dorje Chang Buddha III (What Is Cultivation?)</i> DCB12			
	+++ <i>The Monk Sutra (A Monk Expounds the Absolute Truth to a Layperson)</i> ++			
	+++ <i>The Great Dharma of Zen Practice (Tathagata Zen Dharma)</i> . P10			
	- <i>The Sutra on Understanding and Realizing Definitive Truth (The Truth Sutra)</i> ++			
	+++ <i>Learning from Buddha</i> DCB35			
	+++ <i>The Supreme & Unsurpassable Mahamudra of Liberation</i> ++.			
	+++ <i>Expounding the Absolute Truth through the Heart Sutra</i> , English translation dated November 17, 2022			

- + See Learning from Buddha College & Seminary for prerequisites.
- ++ English Translation not yet available for distribution.
- +++ On Kindle at the Holy Vajrasana temple near Sanger, California.

H.H. Dorje Chang Buddha III in the “Explanation by United International World Buddhism Association Headquarters” also states that anyone who wants to be a master with disciples “. . . must at least study in depth some sutras and commentaries as a foundation, such as the *Heart Sutra*, the *Diamond Sutra*, the *Avatamsaka Sutra*, the *Lotus Sutra*, the *Suramgama Sutra*, the *Agama Sutras (Pali Suttas-Nikayas)*, the *Hetu-Vidya Treatise*, the *Madhyamaka Treatise* of Nagarjuna, the *Abhidharma-kosa Treatise* of Vasubandhu, the *Prajna Treatises* of Asanga, the *Precepts and Discipline Treatise*, the *Consciousness-Only Treatise*, the *Lam Rim Chen Mo* of Tsongkhapa, the *Bodhisattvacharyavatara Treatise* of Shantideva, and others. Most of these are included in the Learning from Buddha Seminary Curriculum.

X Required to do the Solitary Retreat.