

MSB STUDY & PRACTICE MANUAL

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INTRODUCTION

THE MANUAL

The Mangala Shri Bhuti Study & Practice Manual was created to support students' understanding of the MSB spiritual path at each phase of practice. The manual is divided into the following sections:

Phase I: Shamatha Meditation

Phase II: Sessions

Phase III: Post-Sessions

Phase IV: Lojong

Phase V: Ngondro

Phase VI: Sadhana

Phase VII: Dzogchen

Each of these sections is available for download on the Study & Practice Website at <http://www.mangalashribhuti.org/studypractice/>. General and restricted supplementary materials are also available on the website for download. Please download only those sections that are applicable to your current practice phase. We suggest that you keep your printed material in a three-ringed binder. At the bottom of the Study and Practice Manual webpage there are links to additional online resources.

PRACTICE PHASES

Although the practice phases follow a sequence, they are also complete paths in and of themselves. If one is strongly inclined to do so, it is perfectly acceptable to remain at a particular phase for an extended length of time, or for an entire lifetime. There is no pressure from Rinpoche or the Sangha to move through the phases; this choice is entirely in the hands of the student.

DZOGCHEN PRACTICE

The nature of mind practice introduced in the Sessions Phase is taken from the Dzogchen cycle of practices. However, the full set of Dzogchen practices is only introduced in the Dzogchen Phase, which is the final and highest phase of practice in our tradition. Rinpoche decides who will enter this phase, based on his assessment of the student's spiritual readiness and inner development. There is

no guarantee that one will enter the Dzogchen Phase in this lifetime simply based on how long one has been a practitioner.

There are two ways to enter this phase. The first is to complete Phases I – III, and then practice the lojong (Phase IV) until Rinpoche assesses one to be ready. In this case one will bypass Phases V and VI. More information on this route is provided in the Lojong section of the manual.

The other way is to complete Phases I – V, and then continually do the sadhana practice (Phase VI) until one is ready to enter the Dzogchen Phase.

MSB PRACTICE PHASES

