

## A few excerpts from Tana Dungsey Rinpoche's "Sangha Teachings Volume I, 2020-21"

"In all the dharma we do, there are two purposes or two reasons why we practice dharma. The first one is to calm our mind, and the other is to see things for what they are."

"We should be able to remain in our minds totally jobless, totally doing nothing, totally relaxed."

On discovering the nature of mind:

"In this case, in the Mahāmudrā style, there are also different approaches, but mainly it is introduced through contemplating or meditating on the source of where thoughts are coming from, where they are staying and where they are going. With these three contemplations, in order to know the unavoidable nature of emptiness and clarity essence, the teacher introduces the true nature of mind which is free from all conceptual and dualistic thoughts."

"Practically, we need effort at the beginning, reminding oneself about the importance of practice, about the path, but when it comes to actual practice, then we really need effortlessness."

"All the Buddha's teachings are actually based on his compassion to help all sentient beings to genuinely be free from suffering and to reach ultimate happiness. That was his only intention, his only wish, his only purpose."

"Basically, there are no times that you cannot practice and there is no time that you shouldn't practice."

"It is said that when auspicious coincidence occurs in the body [ie yogic posture], then realization arises in the mind."

"The main thing is just to relax."