

Table of Contents

FOREWARD

.....	3
-------	---

SANGHA TEACHINGS 2020

.....	6
-------	---

SANGHA TEACHING AUGUST 8, 2020 JAMESTOWN, COLORADO

Practice During Corona Virus Pandemic, and other
topics.....7

SANGHA TEACHING SEPTEMBER 12, 2020 JAMESTOWN, COLORADO

Tonglen, and other
topics.....15

SANGHA TEACHING OCTOBER 11TH, 2020 JAMESTOWN, COLORADO

Medicine Buddha Practice, *A Short Practice Medicine Buddha*, and other
topics.....26

SANGHA TEACHING NOVEMBER 14, 2020. BROOMFIELD, COLORADO

The Four Boundless States (The Four Immeasurable Practices), and other topics
.....39

SANGHA TEACHING DECEMBER 12, 2020 BROOMFIELD, COLORADO

Focusing On One Technique And Tradition, and other
topics.....47

SANGHA TEACHINGS 2021

.....	54
-------	----

SANGHA TEACHING JANUARY 2ND, 2021 BROOMFIELD, COLORADO

3 Aspects Of Mahamudra Meditation Of Body Speech And Mind, 6 Steps By Tilopa For
Maintain Practice, Not Going Wrong On The Path, and other
topics.....55

SANGHA TEACHING FEBRUARY 2ND, 2021 BROOMFIELD, COLORADO

Remaining In Natural Mind, and other topics	61
SANGHA TEACHING MARCH 13TH, 2021 BROOMFIELD, COLORADO	
Milarepa Stories And Dohā To Paldarbum, and other topics	68
SANGHA TEACHING APRIL 10TH, 2021 BROOMFIELD, COLORADO	
Awareness Practice And Errors That Can Be Made On The Path, and other topics.....	77
SANGHA TEACHING MAY 8TH, 2021 BROOMFIELD, COLORADO	
Body Posture, Body And Mind In Meditation, and other topics	89
SANGHA TEACHING JUNE 12TH, 2021 BROOMFIELD, COLORADO	
The Four Letters Of Mahāmudrā, and other topics.....	98
SANGHA TEACHING AUGUST 14TH, 2021 BROOMFIELD, COLORADO	
The Three Excellences, Vipaśyanā, and other topics.....	107
SANGHA TEACHING SEPTEMBER 11 2021, 2021 BROOMFIELD, COLORADO	
Three ways to deal with negative afflictions, four wrong views, and other topics.....	115
SANGHA TEACHING NOVEMBER 13, 2021, 2021 BROOMFIELD, COLORADO	
Taking refuge, the Six paramitas, and other topics.....	126
SANGHA TEACHING DECEMBER 12, 2021 BROOMFIELD, COLORADO	
Guided meditation, the nature of attachment.....	134