

# Contents

Introduction 1

1. The Quintessence: The Mentor Worship 47
  2. Seeing the Buddha 61
  3. Meeting the Buddha in the Mentor 95
  4. Practicing Transcendent Renunciation 115
  5. Practicing the Loving Spirit of Enlightenment 135
  6. Practicing the Liberating Wisdom 169
  7. Practicing the Creation Stage 213
  8. Practicing the Perfection and Great Perfection Stages 249
  9. Various Treasures of Tibetan Spiritual Culture 265
- Notes 291