



# FPMT BASIC PROGRAM

## Standard Texts and Commentaries

*The ideal Basic Program recommended by Lama Zopa Rinpoche is comprised of a core curriculum representing the minimum requirement, plus three supplementary studies.*

*The subjects of the curriculum have been chosen by Lama Zopa Rinpoche; the standard texts and commentaries were decided upon by the FPMT geshe, at Rinpoche's request.*

### 1. Stages of the Path

Je Tsongkhapa, *Middling Exposition of the Stages of the Path* (Lam rim 'bring)

### 2. Heart Sutra

*Root Text:* Shakyamuni Buddha, *The Heart of Wisdom Sutra* (Skt. Prajñāhṛdayasūtra; Shes rab snying po'i mdo)

*Commentary:* Tendar Lharampa, *Jewel Light Illuminating the Meaning: a Commentary to the Heart of Wisdom* (Shes rab snying po'i grel pa don gsal nor bu'i 'od)

### 3. Mahayana Mind Training

Dharmarakshita, *The Wheel of Sharp Weapons* (Blo sbyong mtshon cha kor lo)

### 4. Engaging in the Bodhisattva Deeds

*Root Text:* Shantideva, *Engaging in the Bodhisattva Deeds* (Skt. Bodhicaryavatara; bYang chub sems pa'i spyod pa la 'jug pa)

*Commentary:* Gyaltsab Je, *Commentary to (Shantideva's) 'Engaging in the Bodhisattva Deeds'* (Spyod 'jug tikka) or:

*Commentary:* Dragpa Gyaltsen, *A Precious Garland, A Commentary on (Shantideva's) Engaging in the Deeds of a Bodhisattva* (bYang chub sems pa'i spyod pa la 'jug pa'i tikka rin po che'i phreng ba)

### 5. Mind and Cognition

#### part 1: Awarenesses and Knowers

Yongdzin Purbuchok, *Explanation of the Presentation of Objects and Object-Possessors as well as Mind and Cognition* (Yul yul can dang blo rig gi rnam par bshad pa)

#### part 2: Minds and Mental Factors

Kachen Yeshe Gyaltsen, *Clear Exposition of the Modes of Minds and Mental Factors: a Necklace for those of Clear Mind* (Sems dang sems byung gi tshul gсар bar ston pa blo gsal mgul rgyan)

### 6. Tenets

Jetsun Chokyi Gyaltsen, *Presentation of Tenets* (Grub mtha'i rnam bzhag)

### 7. Ornament for Clear Realization - Fourth Chapter

*Root Text:* Maitreya, *Ornament for Clear Realization* (Skt. Abhisamayalankara; mNgon rtogs rgyan) *Commentary:* Jetsun Chokyi Gyaltsen, *General Meaning of the Fourth Chapter* (sKabs bzhi spyi don / Rol mtsho)

### 8. The Tathagata Essence

*Root Text:* Maitreya, *Sublime Continuum of the Mahayana* (Skt. Mahayana-uttaratantra; Theg pa chen po rgyud bla ma)

*Commentary:* Gyaltsab Je, *Commentary on (Maitreya's) 'Sublime Continuum of the Mahayana'* (Theg pa chen po rgyud bla ma'i tikka)

### 9. Grounds and Paths of Secret Mantra

Kirti Lobsang Trinley, *The Condensed Path of the Vajra Vehicle: The Essence of the Nectar of the Great Secret* (rDo rje theg pa'i lam gyi bsdu don gsang chen bdud rtsi'i snying po)

or:

Ngawang Palden, *Illumination of the Tantric Tradition: The Principles of the Grounds and Paths of the Four Great Secret Classes of Tantra* (gSang chen rgyud sde bzhi' sa lam gyi rnam bzhag gzhung gsal byed)

## Supplementary

- *Seventy Topics* (Don mdun cu) by Jetsun Chokyi Gyaltsen
- *The Lamp Thoroughly Illuminating the Presentation of the Three Basic Bodies* (gZhi'i sku gsum gyi rnam gzhag rab gsal sgron me) by Yangchen Gawai Lodro
- A highest yoga tantra commentary