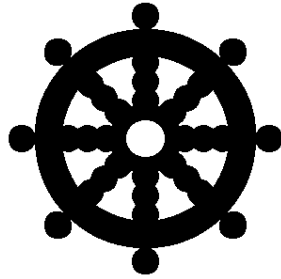


Dharma Works



MP3 and DVD Catalogue

February 2015

**By listening to the excellent and precious Mahayana teachings
Whatever boundless merit I have accrued,
May all sentient beings become precious and stainless vessels
To retain the excellent and precious Mahayana teachings.**



About Dharma Works

Dharma Works recordings are made by Sakya Losal Choe Dzong students on a voluntary basis, and administered by the Rongton Buddhist Training College.

Our Resident Teacher

Lama Choedak Rinpoche

Born in Tibet, Lama Choedak Rinpoche is the founder and Spiritual Director of Sakya Losal Choe Dzong and the Rongton Buddhist Training College. He is a fully qualified Tibetan Lama and meditation master, having completed twelve years of rigorous monastic training, including a three year meditation retreat sponsored by the Dalai Lama. A student of His Eminence Chogyi Trichen Rinpoche - one of Tibet's highest Buddhist masters - Lama Choedak articulates ancient Buddhist wisdom as an applicable tool for the modern age. He has an excellent command of English and his insightful and witty teaching style have made him a popular and highly-regarded teacher.

How to Order - Australia and Overseas

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For legal reasons, we cannot accept cash by mail. To pay by cash, please complete an order form at Evatt, and hand it with your payment to the Dharma Works Coordinator, who will issue you with a receipt.

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Prices (All prices are in Australian dollars and include 10% Goods and Services Tax)

Prices are listed next to each item and vary according to length of teaching/recording.

Postage and handling (in Australian Dollars, includes 10% Goods and Services Tax)

In Australia

1-2 CDs: \$3.00

3-5 CDs: \$9.00

6 or more CDs: the total cost will be emailed to you, as this depends on the weight and postcode.

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The cost of mailing items outside Australia will be estimated and advised by email. The cost changes intermittenly and is weight and country dependent. Seemail is available to some countries and is somewhat cheaper but takes 4-6 week, but items are usually sent airmail.

Rongton Buddhist Training Course

Recordings which form Rongton course units are listed in the second part of the catalogue. These are provided to Rongton distance education study groups as part of the course fee. They are also available for general purchase at the normal price.

Items not in this catalog

Only MP3 and DVD recordings are available. Cassette tape recordings are being digitized and will be shown in the catalogue as they complete.

Recording quality

Dharma Works tapes are recorded by volunteers who attend the teachings. While we try to obtain the best recordings possible, the limitations of the recording equipment and ambient noise at the teaching venue may impact on the quality of the recordings. In particular, many of the recordings prior to 1998 were made with hand-held cassette recorders and background noise on these recordings can be quite significant. The audio quality of older tapes may also be poor due to deterioration of the masters with repeated copying and the passage of time and this is noted on the recordings in the catalogue.

Bodhicitta and Insight Meditation

Lama Choedak Rinpoche teaches on how to cultivate Bodhicitta and insight meditation. The unity of these two is sacred, the two most important Buddhist concepts, compassion and wisdom.

Order Code	Recording type	Price	Contents
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BI13/M1	MP3 CD	\$45.00	Bodhicitta and Insight Meditation MP3 [15/11/2013 - 17/11/2013] Lama Choedak Rinpoche. Teachings and practices on bodhicitta and insight meditation.
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Buddhism in Everyday Life, 2002

Lama Choedak Rinpoche or Lama Rigzin discusses the application of Buddhist philosophy in everyday situations.

Order Code	Recording type	Price	Contents
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BE02/M6	MP3 CD	\$15.00	Loss and Grief [7/04/2002] Lama Choedak Rinpoche. Loss and Gain - 8 worldly Dharmas, acceptance of changes, how Tibetans deal with grief after the death of a loved one.
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Conscious Living

Our lack of mindfulness brings much suffering upon ourselves and others. Through conscious living - living mindfully - we can benefit not only ourselves, but those around us.

Order Code	Recording type	Price	Contents
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CL99/M1	MP3 CD	\$15.00	The Difference a Touch of Awareness Can Make [30/07/1999] Lama Choedak Rinpoche. Lama Choedak discusses how to deal with the conflict and challenges of modern living by adding a touch of awareness in everyday life.
CL99/M2	MP3 CD	\$15.00	The Sign of Rising Indwelling Faith [10/12/1999] Lama Choedak Rinpoche. To live consciously, we need to have faith in ourselves. Such inner faith will allow us to accept ourselves as we are, accept others, accept change, and ultimately to benefit not only ourselves but all those with whom we come into contact.
CL99/M3	MP3 CD	\$15.00	How to Cope with Life [3/03/2000] Lama Choedak Rinpoche. Many people find it hard to cope with the ever changing nature of things in life: relationships, job, health and so on. In this talk, Lama Choedak addresses how to cope with change and uproot the underlying causes of anxiety, depression and dissatisfaction.
CL99/M4	MP3 CD	\$15.00	How to Remedy Depression [16/06/2000] Lama Choedak Rinpoche. Introduction. Praise to the Deeds of the Buddha. Shakyamuni Buddha Mantra. Symptoms of Depression. How does depression arise? Depression can be prevented and overcome through meditation and the cultivation of gratitude. Seven steps to developing gratitude.
CL99/M5	MP3 CD	\$15.00	Forgiveness [20/10/2000] Lama Choedak Rinpoche. Separate the person from their action, karma & defilements; understand actions as symptoms of suffering - leads to compassion. Avoid concepts of "right" & "wrong". Negative consequences of not forgiving. Ignorance - root of suffering. Forgive by stages. Benefits of daily reflection & confession. Self-reliability & confidence. Choose loving kindness & compassion. Apologising. Farewelling the past.
CL99/M6	MP3 CD	\$15.00	Conscious living: the Buddhist Way [14/04/2003] Lama Choedak Rinpoche. A talk given on South Coast, NSW. [This is a 120 minute tape.]
CL99/M7	MP3 CD	\$15.00	Cave in the Snow and Spirituality in the Modern World [17/04/2003] Lama Choedak Rinpoche. Tenzin Palmo's experience as shown in the film Cave in the Snow, and gender issues. [60 min]

Dealling with Negative Emotions

A one-day workshop with Lama Choedak Rinpoche. Human experiences of happiness and suffering are determined by the various states of the mind, not by what people have or do not have.

Order Code	Recording type	Price	Contents
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NE09/M1	MP3 CD	\$35.00	MP3 Recording [29/08/2009] Lama Choedak Rinpoche. What are negative emotions; Root of negative emotions; The Four Noble Truths; Eight-Fold Noble Path; Diamond-cutter Sutra verse; Sutra of the Three Heaps teaching; Q and A.
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Life Matters

A series of talks with Questions and Answers over 4 weeks.

Order Code	Recording type	Price	Contents
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LM12/M1	MP3 CD	\$30.00	Life Matters [7/03/2012 - 28/03/2012] Lama Choedak Rinpoche. Guided Meditations; Integrating practices into everyday life; Six Syllable Mantra teaching.
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Mindfulness of Speech

A public teaching on the importance of speech in everyday life.

Order Code	Recording type	Price	Contents
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PT10/M01	MP3 CD	\$15.00	MP3 [18/11/2010] Lama Choedak Rinpoche. Introduction; Mindfulness of intention; improving mindfulness; Benefits of tolerance; 6 important words; summary.
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Pen of Wisdom to Overcome Sword of Destructive Emotions

It is said that the pen is mightier than the sword, yet we often resort to the sword of violence through physical and verbal violence. In this workshop Lama Choedak Rinpoche presents a refreshing Buddhist outlook to life's problems and offers practical, challenging and rewarding tools to shape the pen of wisdom to overcome the sword of destructive emotions.

Order Code	Recording type	Price	Contents
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PS11/M1	MP3 CD	\$20.00	Pen of wisdom to overcome Sword of Destructive Emotions [5/03/2011] Lama Choedak Rinpoche. General introduction; Preliminary prayers; Introductory discourse; causes, nature of suffering; 8 knowings of destructive emotion; Causes of negative emotions; four seals; Understanding, undoing wrong conception; Recap; 6 Root afflictions; 22 secondary afflictions; 6 analogies of destructive emotions; Questions and Answers; Four Noble Truths; 8-fold Noble Path; 9 similes. [Workshop in three sessions]
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Public Talks, (2011)

Public Talks given by Lama Choedak Rinpoche in 2011.

Order Code	Recording type	Price	Contents
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PT11/M1	MP3 CD	\$15.00	Living with Compassion and Wisdom [12/05/2011] Lama Choedak Rinpoche. Introduction to compassion, wisdom and suffering; Levels of suffering and compassion; Creating merit and practicing compassion; Questions, Answers and conclusion.
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Public Talks, (2012)

Public Talks given by Lama Choedak Rinpoche in 2012.

Order Code	Recording type	Price	Contents
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PT12/M1	MP3 CD	\$15.00	Warning on 'Freedom' and 'Individualism' [25/11/2012] Lama Choedak Rinpoche. The "freedom" that we habitually seek has a way of becoming our prison. How does this happen? Lam Choedak Rinpoche discusses the disadvantages of thinking that one is independent of others, and how to recognise the nature of true freedom - our mutual interdependence. [Poor sound quality. Use DVD]
PT12/D2	DVD	\$15.00	Warning on 'Freedom' and 'Individualism' [25/11/2012] Lama Choedak Rinpoche.
PT12/M3	MP3 CD	\$15.00	Think of Dying and Get a New Life [22/06/2012] Lama Choedak Rinpoche. This talk offers a pragmatic Buddhist advice for thinking wisely about the life and death of ourselves and others, enabling us to reduce anxiety and stress of the present, heal the past, and repay the kindness of others while we can. This kind of knowledge empowers us to approach each day with appreciation, and to recognise and make the most of the opportunities that our precious life presents. [Very poor quality sound. Use DVD]
PT12/D4	DVD	\$15.00	Think of Dying and Get a New Life [22/06/2012] Lama Choedak Rinpoche.

Public Talks, (2013)

Public Talks given in 2013.

Order Code	Recording type	Price	Contents
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PT13/M2	MP3 CD	\$15.00	Public talk in Foster [26/03/2013] Khenpo Jorden. [Poor sound quality]
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PT13/M3	MP3 CD	\$15.00	Religious Tolerance and Buddhism [26/03/2013] Lama Choedak Rinpoche, Khenpo Jorden. Lama Choedak Rinpoche introduction; Prayers before teachings; Khenpo talk on IBA; Quality of Tolerance; Tolerance as a mental factor; Train mind how not to behave; Questions and answers.
PT13/M4	MP3 CD	\$15.00	Dealing with Anger [12/03/2013] Khenpo Jorden. Introduction by Lidija; Introduction by Lama Choedak Rinpoche; Khenpo Ngawang Jorden; Questions and answers.

Public Talks, (2014)

Public Talks given in 2014.

Order Code	Recording type	Price	Contents
PT14/M1	MP3 CD	\$15.00	Dealing with Anxiety and Depression [3/04/2014] Lama Choedak Rinpoche.
PT14/M2	MP3 CD	\$15.00	Anger Management: A Buddhist Approach [7/10/2014] Lama Choedak Rinpoche.

Rongton Unit 51: Guide to a Bodhisattva's Way of Life 5

Lama Choedak continues teaching on Shantideva's text: 'Guide to a Bodhisattva's Way of Life'. Chapter 8.

Order Code	Recording type	Price	Contents
BW11/D1	DVD	\$15.00	Session 1 [8/02/2011] Lama Choedak Rinpoche. Introduction; Chapter 8: Verses 1-8.
BW11/M01	MP3 CD	\$80.00	MP3 Recording [29/04/2012] Lama Choedak Rinpoche. 8 Sessions covering Chapters 8.
BW11/D2	DVD	\$15.00	Session 2 [15/02/2011] Lama Choedak Rinpoche. Chapter 8: Verses 9-20.
BW11/D3	DVD	\$15.00	Session 3 [22/02/2011] Lama Choedak Rinpoche. Chapter 8: Verses 21-37.
BW11/D4	DVD	\$15.00	Session 4 [1/03/2011] Lama Choedak Rinpoche. Chapter 8: Verses 37-57.
BW11/D5	DVD	\$15.00	Session 5 [8/03/2011] Lama Choedak Rinpoche. Chapter 8: Verses 58-79.
BW11/D6	DVD	\$15.00	Session 6 [15/03/2011] Lama Choedak Rinpoche. Chapter 8: Verses 80-90.
BW11/M7	MP3 CD	\$15.00	Session 7. MP3 recording [22/03/2011] Lama Choedak Rinpoche. Chapter 8: Verses 91-102. Use MP3 recording instead of DVD for this session.
BW11/D8	DVD	\$15.00	Session 8 [29/03/2011] Lama Choedak Rinpoche. Chapter 8: Verses 103-113.

Rongton Unit 58: Ngondro Teachings and Practices

Lama Choedak Rinpoche gives detailed teachings on fundamental Tibetan Buddhist meditation practices. These practices known as Ngondro consist of deeply moving symbolism, visualisations, and chanting that work on many levels to deepen consciousness and understanding.

NOTE: Available to initiates only, ie to students who have already received initiation, face to face from a Teacher, into the Ngondro practices

Order Code	Recording type	Price	Contents
NG12/M1	MP3 CD	\$80.00	Rongton Term 4 2012 [16/10/2012 - 4/12/2012] Lama Choedak Rinpoche, Jamyang. Ngondro teachings and Practices; the last two sessions are taught by Venerable Jamyang.

Rongton Unit 59: Sixteen Pure Human Values

This teaching is based on the original decree of '16 Pure Human Values' by Songtsan Gampo, who promulgated these teachings as a gift for his faithful subjects. He was widely respected and seen as manifestation of Avalokiteshvara. The Dalai Lama also promotes the concept of 'secular ethics' a form of teachings that transcends religion and pays attention to the universal and pure human values that are relevant in contemporary society.

Order Code	Recording type	Price	Contents
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PV13/M1	MP3 CD	\$80.00	Rongton Term 1 2013 [5/02/2013 - 26/03/2013] Lama Choedak Rinpoche. Some of the key topics include: respect, gratitude, kindness, service, compassion, tolerance, forgiveness and self discipline. In these eight lectures, Lama Choedak Rinpoche gives a commentary and profound interpretation on these important topics.
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Rongton Unit 60: Brilliant Light: The Law of Interdependent Origination

The Buddha taught that the Law of Dependent Origination is the cause of all animate and inanimate things and the experiences found in Samsara and Nirvana. The 12 Links of Interdependent Origination is central the Buddhist doctrine of causality. Life's challenges and struggles can be viewed in a different light, giving an effective means to transform problems into a cause for liberation.

Order Code	Recording type	Price	Contents
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IO13/M1	MP3 CD	\$80.00	Rongton Term 2 2013 [30/04/2013 - 18/06/2013] Lama Choedak Rinpoche. Eight session of teachings on the Law of Interdependent Origination.
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Rongton Unit 64: Analytical Meditation

Generally two types of Buddhist meditation are taught, simple object meditation, usually calm abiding Meditation, and analytical meditation, where the purpose is to investigate the relationship between the way things actually are, and how one perceives or conceptualizes their apparent reality. In these sessions Lama Choedak Rinpoche teaches on the subject, followed by a guided meditation.

Order Code	Recording type	Price	Contents
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AM14/M1	MP3 CD	\$80.00	MP3 Recording [29/04/2014 - 17/06/2014] Lama Choedak Rinpoche. Analytical meditation teaching session over 8 weeks: 1. Buddha Nautre; Refuge; 2. The Theory of Karma Law: of Cause and Effect; 3. Samsara and existence; 4. This precious human life; 5. Death and impermanence; 6. The six root afflictions, 7. The truth of the origin of suffering; 8. Devotion in Buddhism, Seven Limb Puja.
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Rongton Unit 65: Analytical Meditation on 6 Paramitas

Lama Choedak Rinpoche continues teachings on analytical meditation, using the six Paramitas as the object of meditation.

Order Code	Recording type	Price	Contents
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AP14/M1	MP3 CD	\$80.00	MP3 Recording [29/07/2014 - 9/09/2014] Lama Choedak Rinpoche. Analytical Meditation on: Intention Altruism; Dana Paramita; Shila Paramita; Shanti Paramita; Virya Paramita; Meditation; Prajna Paramita.
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Rongton Unit 66b: The Wonders of Bodhicitta

'Bodhicitta' is the central theme of the Mahayana Buddhist tradition and its ideal of universal compassion to all has inspired countless Buddhist philosophers, writers and practitioners over the centuries. Venerable Jamang teaches on the importance of cultivating bodhicitta from Shantideva's text 'The Bodhisattva's Way of Life' and Khunu Rinpoche's mid-20th century work 'The Jewel Lamp: a Praise of Bodhicitta'

Order Code	Recording type	Price	Contents
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BC14/M1	MP3 CD	\$40.00	MP3 Recording [11/11/2014 - 2/12/2014] Jamyang. Teachings on Bodhicitta, including meditation on Bodhicitta in each session.
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Sleeping Yoga and Calm Abiding Weekend Retreat 2011

Lama Choedak Rinpoche teaches on Calm Abiding Meditation and Sleeping Yoga at a New Year retreat.

Order Code	Recording type	Price	Contents
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SY11/M01	MP3 CD	\$15.00	Jamchen Calm Abiding Retreat 2011 [29/12/2011 - 1/01/2011] Lama Choedak Rinpoche. Complete Calm Abiding Meditation Teachings with guided Meditations over one weekend, including teachings on Sleeping Yoga.
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SY11/M1	MP3 CD	\$15.00	Symbolism of the Wheel of Dharma [14/08/2011] Lama Choedak Rinpoche. Preliminary Prayers; Origin; description of the wheel; general meaning of the wheel; Technical details; Interpretation as 12 links of interdependent origination and their reversal; Function and use of the wheel; Dedication of Merit.
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Sunday Dharma Talks (2011)

Dharma talks given on Sunday at Salya Losal Choe Dzong.

Order Code	Recording type	Price	Contents
SD11/M1	MP3 CD	\$15.00	Symbolism of the Dharma Wheel [14/08/2011] Lama Choedak Rinpoche. Lama Choedak Rinpoche teaches on the many levels of the symbolism of the Dharma wheel.
SD11/M2	MP3 CD	\$15.00	Don't make the Past Present, Q and A [18/12/2011] Lama Choedak Rinpoche. Preliminary Prayers; Dealing with the past; What does it mean to be present? Addictions, unwanted behaviours; Dedication of merit.
SD11/D3	DVD	\$15.00	Don't make the Past Present, Q and A [18/12/2011] Lama Choedak Rinpoche. Preliminary Prayers; Dealing with the past; What does it mean to be present? Addictions, unwanted behaviours; Dedication of merit.

Sunday Dharma Talks (2012)

Talks given at Sunday sessions at Sakya Losal Choe Dzong

Order Code	Recording type	Price	Contents
SD12/M1	MP3 CD	\$15.00	Understanding Buddhist Precepts [28/04/2012] Lama Choedak Rinpoche. Prayers before meditation; Gong and guided mediation; Prayers at end of mediation; Understanding Buddhist Precepts; Dedication of Merit.

Sunday Dharma Talks (2013)

Dharma talks given on Sunday at Salya Losal Choe Dzong.

Order Code	Recording type	Price	Contents
SD13/M1	MP3 CD	\$15.00	Equanimity [3/02/2013] Lama Choedak Rinpoche. What is Equanimity? Creating causes of happiness; Changing relationship to object; Increasing contentment; Questions and Answers; Dedication of merit.
SD13/M2	MP3 CD	\$15.00	Daily Meditation Practice vs Meditation Retreats [17/02/2013] Jaki Lowes.
SD13/M3	MP3 CD	\$15.00	Love and Atachment: A Buddhist Perspective [17/03/2013] Lama Choedak Rinpoche.
SD13/M4	MP3 CD	\$15.00	The Importance of Kindness [20/10/2013] Lama Choedak Rinpoche.

Sunday Dharma Talks (2014)

Dharma talks given on Sunday at Salya Losal Choe Dzong.

Order Code	Recording type	Price	Contents
SD14/M1	MP3 CD	\$15.00	Questions and Answers [5/01/2014] Lama Choedak Rinpoche. Prayer before teachings; Guided Meditation; Prayers before teachings; Questions and Answers; end of teaching; OM MANI PADME HUNG Chanting; Dedication of Merit;
SD14/M2	MP3 CD	\$15.00	Dealing with Anxiety [19/01/2014] Lama Choedak Rinpoche. Introduction; Prayers before Meditation; Guided Meditation; Prayers before Teaching; Questions and answers; Dedication of Merit;
SD14/M3	MP3 CD	\$15.00	Blame and Shame [30/03/2014] Lama Choedak Rinpoche. Introduction; Prayers; 37-minute Guided Meditation; Prayers before teachings; Teaching; Dedication of Merit.
SD14/M4	MP3 CD	\$15.00	Meditation on the Buddha [29/06/2014] Lama Choedak Rinpoche. Praise to Manjushri; Discourse; Chanting Heart Sutra in Sanskrit; Prayers before Meditation; Teaching; Chanting Sakyamuni Mantra; Meditation on the Buddha; Discourse. [Poor sound quality]
SD14/M5	MP3 CD	\$15.00	How to Develop Joy [27/07/2014] Lama Choedak Rinpoche. /after a short discourse on Calm Abiding Meditation, Lama Choedak Rinpoche gives a discourse on the rarely discussed topic, Developing Joy.

SD14/M6	MP3 CD	\$15.00	The Significance of Prostrations [31/08/2014] Lama Choedak Rinpoche. Lama Choedak Rinpoche discusses the importance of prostrations and how to do them,.
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Rongton Five Year Buddhist Training Course

Abhidharma Teachings

Ven. Khenpo Jamyang Tenzin gives teachings on the Abhidharma at the 2009 Calm Abiding Retreat

Order Code	Recording type	Price	Contents
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AD09/M1	MP3 CD	\$60.00	<p>MP3 [2/10/2012 - 9/10/2012] Khenpo Jamyang Tenzin.</p> <p>Ven. Jamyang Tenzin gives teachings on the Abidharma over 12 session at the Annual 10-day Calm Abiding retreat 2009.</p>
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Bodhisattva's Way of Life by Shantideva

Khenpo Ngawang Jorden teaches on Shantideva's Bodhisattvacharya at Virupa Retreat Centre

Order Code	Recording type	Price	Contents
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BC13/M1	MP3 CD	\$80.00	<p>MP3 [29/03/2013 - 1/04/2013] Khenpo Jamyang Tenzin.</p> <p>Historical background; Chapter 1: Verse 1-20; Chapter 1: Verse 21-end; Chapter 2; Chapter 3; Chapter 4: Verses 1-14; Chapter 4 (cont): Verses 15-end; Questions and answers; Chapter 5: Verses 1-39; Questions,Answers; Verses 40-80; Verses 81-end; Questions and answers:Session 8: Chapter 6: Perfection of Patience: (missed beginning 10mins) Verses 1-39Session 9:Verses 40-65; ession 10: Verses 66-end.</p>
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Buddhism in a Nutshell

Lama Choedak Rinpoche shares profound Buddhist teachings that are beneficial to everyone, focussing on practical tools that people can use to help both themselves and others, to overcome difficulties in a sane compassionate way.

Order Code	Recording type	Price	Contents
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BN10/M01	MP3 CD	\$40.00	<p>MP3 [8/11/2010 - 29/11/2010] Lama Choedak Rinpoche.</p> <p>1: Introduction; Four Noble Truths; Summary; 2; Four Seals of Dharma; Summary; 3:Recap; Buddhist insights, purpose; Right effort, right livelihood 1 & 2; 4; Recap; Right Mindfulness; Right Meditation; Mindfulness of feeling; Mindfulness of thought; Changing the mind; Summary , Conclusion; Chanting Four Immeasurables;</p>
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Calm Abiding - Four Postures Retreat

Lama Choedak teaches on four the postures for meditation.

Order Code	Recording type	Price	Contents
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CP10/M01	MP3 CD	\$50.00	<p>MP3 recording [19/03/2010 - 21/03/2010] Lama Choedak Rinpoche.</p>
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Death and Dying Workshop

Lama Choedak Rinpoche explains death and dying according to the Tibetan Buddhist tradition. The bodily processes, the emotional perceptions and the spiritual journey.

Order Code	Recording type	Price	Contents
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DD10/M01	MP3 CD	\$25.00	<p>MP3 recording [31/07/2010] Lama Choedak Rinpoche.</p> <p>Disadvantages of not knowing and Advantages of knowing impermanence and death; How to meditate on impermanence; Q and A; Meditation; What dies and how; Condition that determines death; Actual process of dying;What happens after death; How to help the decease; Rebirth; Dedication of merit.</p>
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Dream in Buddhist Psychology 2014

Order Code	Recording type	Price	Contents
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DP14/M1	MP3 CD	\$15.00	<p>Dream in Buddhist Psychology [4/05/2014] Lama Choedak Rinpoche.</p> <p>Cause of dreams; types of dreams; Dream as a metaphor; Illusive Dreams; Dreams of future, death dreams; Sharing dreams; Session 2: Questions and answers; Dreams from the Sutras; Bardo of Dream.</p>
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Introduction to Lamdre (Series 1)

Lamdre 'the path and its fruit' is a comprehensive vision of Buddhist practice based on the Hevajra Tantra for which the Sakya School of Tibetan Buddhist is renowned. Series 1 gives a discourses on General Buddhist Principles.

Order Code	Recording type	Price	Contents
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LD95/M01	MP3 CD	\$70.00	<p>General Introduction to Lamdre Series 1 [5/03/1995] Lama Choedak Rinpoche.</p>
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LD95/M02	MP3 CD	\$70.00	General Introduction to Lamdre Series 1 [5/03/1995] Lama Choedak Rinpoche.
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Introduction to Lamdre (Series 2)

This series continues from the 1995 Lamdre teachings outlining general Buddhist principles. Series 2 provides more detail on specific aspects of Lamdre.

Order Code	Recording type	Price	Contents
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LD96/M01	MP3 CD	\$90.00	Introduction to Lamdre Series 2 - Subsidiary Practices [25/08/1996] Lama Choedak Rinpoche.
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Overcoming Fear and Anxiety (2002)

Lama Choedak Rinpoche discusses the fundamental fears and importance of mindfulness

Order Code	Recording type	Price	Contents
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AF02/M01	MP3 CD	\$25.00	MP3 [14/12/2002] Lama Choedak Rinpoche. Introduction; Prayers before teaching; Discourse; Miserliness; Doubt; Arrogance; Wrong view; Summary; Questions and answers; Mindfulness of feeling; Joyfulness; Kindness; Aggregate of perception; Dedication of merit; Recap, changing perception; aggregate of Volition, Action; Aggregate of Consciousness; Discourse. [Similar content to Tape Series]
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Parting from the Four Attachments (2012)

Lama Choedak Rinpoche teaches on a 4 line pith instruction by Boddhisattva Manjushri.

Order Code	Recording type	Price	Contents
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PA12/M1	MP3 CD	\$30.00	Teaching given at Taree [14/12/2002] Lama Choedak Rinpoche. Introduction, Fear and the 5 aggregates, 8 fundamental fears, Q & A.
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Rongton Unit 27: The Dhammapada 3

The Dhammapada is probably the one book that contains some of the most essential sayings of the Buddha. It contains 423 verses spoken by the Buddha on 305 occasions. It is arranged in 26 chapters. It was first translated into Tibetan only fifty years ago, by the late Amdo Gedun Choephel. In this unit Lama Choedak Rinpoche provides commentaries and stories that are only preserved in Pali and Sanskrit manuscripts.

Order Code	Recording type	Price	Contents
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DQ04/M1	MP3 CD	\$80.00	MP3 [2/10/2009 - 9/10/2009] Khenpo Jamyang Tenzin. Brief synopsis: Basis of Abhidharma teachings; Classification of phenomena; Source of constituents of phenomena; Classification of Karma; Classification of Buddha's teachings; Philosophical aspects of different schools; five groups of 51 mental factors.
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Rongton Unit 32: Introduction to Buddhism

Lama Choedak Rinpoche gives a series of teachings introducing the major concepts of Buddhism, including all three vehicles.

Order Code	Recording type	Price	Contents
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IB05/D18	DVD	\$15.00	Life of the Buddha 1 [11/10/2005] Lama Choedak Rinpoche. Introduction; Introduction and Blessings; Coming of the Buddha; Twelve Great Deeds of the Buddha; Birth of the Buddha; Early Life of the Buddha; Marriage of the Buddha; The Buddha Leaves.
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IB05/D19	DVD	\$15.00	Life of the Buddha 2 [11/10/2005] Lama Choedak Rinpoche. Life of the Buddha (cont.): Renunciation and Ascetism of the Buddha; The Night Before Enlightenment; Enlightenment of the Buddha; First Teachings of the Buddha; the Middle Path; Prayers and Dedication; Conclusion.
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IB05/D20	DVD	\$15.00	Great Disciples of the Buddha 1 [18/10/2005] Lama Choedak Rinpoche. Explanation of the Refuge Prayer; Explanation of the Four Immeasurable Thoughts; Explanation of "Requesting the Teachings; Explanation of the Shakyamuni Buddha Mantra; Prayers Before Meditation and Teachings; Passing of the Buddha; Shariputra.
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IB05/D21	DVD	\$15.00	Great Disciples of the Buddha 2 [18/10/2005] Lama Choedak Rinpoche. Great Disciples of the Buddha (cont.): Mogalenaputra; Mahakassapa; Ananda; Upali; the Tripitaka and Vinaya; Early Transmission and Development of the Teachings; The Three Higher Trainings; What is a Disciple of the Buddha?; Anathapindika and Angulimala; Devadatta and Mahaprajapati Gautami; Dedication of Meri
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IB05/D22	DVD	\$15.00	The Four Nobel Truths 1 [25/10/2005] Lama Choedak Rinpoche. Prayers; Introduction; The Four Noble Truths: "Noble"; The Four Noble Truths: "Truth"; First Noble Truth: Suffering of Impermanence; Suffering of Suffering; Suffering of Change; All Pervasive Suffering.
IB05/D23	DVD	\$15.00	The Four Nobel Truths 2 [25/10/2005] Lama Choedak Rinpoche. Four Noble Truths (cont.): First Noble Truth: Emptiness, Selflessness; Second Noble Truth: Cause of Suffering - Causes, Origin of Suffering, Strong Production, Conditions; Third Noble Truth: Cessation of Suffering - Cessation, Pacification, Superb, Definite Emergence; Fourth Noble Truth: The Path - Path, Awareness, Achievement, Deliverance; The Four Buddhist Seals; Dedication of Merit.
IB05/D24	DVD	\$15.00	Karma 1 [1/11/2005] Lama Choedak Rinpoche. Prayers; Introduction; Karma (the Word); Karma – A Natural Law; Four Aspects of Karma: Certainty; Four Aspects of Karma: Uncertainty; Four Aspects of Karma: Increasing; Four Aspects of Karma: Cannot go Astray; Secular Understanding of Karma; How Karma Works; Example of Killing a Mouse; Throwing/Projecting and Completing Karma; Experiential Karma; Environmental Result.
IB05/D25	DVD	\$15.00	Karma 2 [1/11/2005] Lama Choedak Rinpoche. Three Types of Karma: Virtuous, Non-virtuous, Neutral; Heaviness of Karma, Means and Method, Frequency; Lack of Opponent; Working with Karma: The Four Opponent Powers: Regret, Refuge, Reliance, Restitution; Question about the importance of Dedication; Dedication of Merit.
IB05/D26	DVD	\$15.00	Going for Refuge 1 [8/11/2005] Lama Choedak Rinpoche. Prayers; Q and A from Previous Lesson (Karma); Introduction: Going for Refuge; Motivation: Fear, Faith: Lucid, Aspirational, Trustworthy, Compassion; Objects of Refuge: The Triple Gem - Why a Gem? The Triple Gem: Buddha, Dharma, Sangha; Buddha: Physician, Dharma: Medicine, Sangha: Carers.
IB05/D27	DVD	\$15.00	Going for Refuge 2 [8/11/2005] Lama Choedak Rinpoche. Going for Refuge (cont.): Manner of Refuge; Benefits of Going for Refuge; The Refuge Ceremony; Instructions on Refuge; Refuge; Refuge Prayer (in Pali); Preamble to Buddhist Cosmology; Dedication of Merit.
IB05/D28	DVD	\$15.00	Buddhist Cosmology 1 [15/11/2005] Lama Choedak Rinpoche. Prayers; Introduction: Time and the Formation of the Universe; Small Universes; Divine Realms; Seven Mountain Rings; Four Continents; Jumbudvika (Our Continent); The North.
IB05/D29	DVD	\$15.00	Buddhist Cosmology 2 [15/11/2005] Lama Choedak Rinpoche. Three Types of Inhabitants of the Worlds; The Life of Gods; Life of Lower Beings Humans vs. Humans & Other Sentient Beings; Reasons for Understanding the Universe; Mental Delusions & Illusions; The Universe, a Creation of our Mind; The 36 Realms; Preciousness of a Human Rebirth; Taking Refuge; Buddha, Dharma and Sangha; Conclusion and Preamble to Buddhist Scriptures; Dedication of Merit.
IB05/D30	DVD	\$15.00	Tripitaka 1 [22/11/2005] Lama Choedak Rinpoche. Prayers; Introduction to Tripitaka; The First Buddhist Council; Sutra Pitaka; Sutra Pitaka: Kisagotomi Sutra; Sutra Pitaka: Ananpanasati Sutra.
IB05/D31	DVD	\$15.00	Tripitaka 2 [22/11/2005] Lama Choedak Rinpoche. Tripitaka (cont): Abidharma Pitaka; Classification of Wholesome Consciousnesses; Vinaya Pitaka; Vows; Vinaya Pitaka Story: Respecting Sangha Elders; Vinaya Pitaka Story: Monks Should Not Accept Food From Nuns; Vinaya Pitaka Story: Monks Should Not Touch Women; Vinaya Pitaka: Transgression of Vows and Confession; Conclusion; Dedication of Merit.
IB05/D32	DVD	\$15.00	World Buddhism 1 [29/11/2005] Lama Choedak Rinpoche. Prayers; Introduction; The Three Yanas: Theravayana, Mahayana and Vajrayana; Renunciation Model: Theravayana; Compassion Model: Mahayana; States of Mind; Selflessness; Buddha as a Sea Captain; The Three Yanas: Vajrayana; Pseudo-spirituality.
IB05/D33	DVD	\$15.00	World Buddhism 2 [29/11/2005] Lama Choedak Rinpoche. World Buddhism (cont): Tibetan Buddhism; Boat Analogy; Vajrayana: Diamond Model; Goal of Theravayana: Arhathood; Goal of Mahayana: Bodhicitta; The Three Kayas; Vajrayana; Modern Buddhism; Dedication of Merit.

IB05/D34	DVD	\$15.00	Introduction to Vajrayana 1 [6/12/2005] Lama Choedak Rinpoche. Prayers; Introduction; Diamond Vehicle; Perfection of Wisdom Teachings; Path of Transformation; Sadhana, Sadhaka and Siddhi; Four Transformations; Preliminary Practises.
IB05/D35	DVD	\$15.00	Introduction to Vajrayana 2 [18/10/2005] Lama Choedak Rinpoche. Intro to Vajrayana (cont.): Devotion: Qualified Teacher; Yantra (Transformation of Perceptions); Kriya Tantra; Charaya Tantra; Yoga Tantra; Highest Yoga Tantra; The Three Kayas; Conclusion; Dedication of Merit.

Rongton Unit 33: Precepts and Practices of Vajrayana Buddhism

Lama Choedak Rinpoche teaches on the Vajrayana Vows from Jetsun Drakpa Gyaltsen's Commentary.

Order Code	Recording type	Price	Contents
PP06/D01	DVD	\$15.00	Session 1 DVD 1 [7/02/2006] Lama Choedak Rinpoche. Prayers; Introduction; Vajrayana Vows; Tantra Texts; Practitioners; Outline of Jetsun Drakpa Gyaltsen's Commentary; Common Attainments.
PP06/D02	DVD	\$15.00	Session 1 DVD 2 [7/02/2006] Lama Choedak Rinpoche. Title of Text; Homage; 14 Root Vows; What Constitutes a Downfall; Heart Sutra.
PP06/D03	DVD	\$15.00	Session 2 DVD 3 [14/02/2006] Lama Choedak Rinpoche. Prayers; Introduction and Recap; Oaths; Mandalas; Land Ritual.
PP06/D04	DVD	\$15.00	Session 2 DVD 4 [14/02/2006 - 21/02/2006] Lama Choedak Rinpoche. Preparatory Empowerment Ceremony; Empowerment Ceremony; Bestowing Empowerment; Significance of Empowerment; Timing of Vows; To Whom Oaths are made; Suitable Candidates; Introduction to Session 3; Prayers.
PP06/D05	DVD	\$15.00	Session 3 DVD 5 [21/02/2006] Lama Choedak Rinpoche. Prayers; Introduction and Recap; Vairocana; Refuge; Refuge in Buddha; Refuge in Dharma; Refuge in Sanga.
PP06/D06	DVD	\$15.00	Session 3 DVD 6 [21/02/2006 - 28/02/2006] Lama Choedak Rinpoche. Akshobya; Vajra; Bell; Deity; Ratnasambhava; Amitabha; Amoghasiddhi; Summary and Preamble to Session 4; Prayers.
PP06/D07	DVD	\$15.00	Session 4 DVD 7 [28/02/2006] Lama Choedak Rinpoche. Prayers; Introduction and Recap; 1.1 Kria Tantra (Refuge); 1.2 Three Mantras; Three Mantras (cont); 1.4 Four Excellent Objects; 1.5 Ill Will; 1.6 Offerings; 1.7 Wrong Doctrine; 1.8 Hospitality; 1.9 Loving Kindness; 1.10 Merits; 1.12 Diligence; 1.13 Disclosure; 1.14 Secrecy and Contemplation; 2.1 Dharma (10 precepts); 2.2 Boddhicitta; 2.3 Miserliness.
PP06/D08	DVD	\$15.00	Session 4 DVD 8 [28/02/2006 - 7/03/2006] Lama Choedak Rinpoche. Oaths to Restrain From; Belittle Vajra Master; Eating; Preamble to Session 5; Prayers.
PP06/D09	DVD	\$15.00	Session 5 DVD 9 [7/03/2006] Lama Choedak Rinpoche. Prayers; Introduction and Recap; Root Downfalls, Vajra Master Type; Intrinsic Nature; Attributes; Why a Downfall; Training to Prevent; Training to Restore; Complete Transgression.
PP06/D10	DVD	\$15.00	Session 5 DVD 10 [7/03/2006 - 14/03/2006] Lama Choedak Rinpoche. Complete Transgression (cont); Degree; Exceptions; Summary and Preamble to Session 6; Prayers.
PP06/D11	DVD	\$15.00	Session 6 DVD 11 [14/03/2006] Lama Choedak Rinpoche. Prayers; Introduction and Recap; Contempt for Precepts; Criticising Vajra Brothers; Renouncing Loving-kindness.
PP06/D12	DVD	\$15.00	Session 6 DVD 12 [14/03/2006] Lama Choedak Rinpoche. Renouncing Loving-kindness (cont.); Giving up Boddhicitta; Summary of First 5 Root Downfalls; Prayers.
PP06/D13	DVD	\$15.00	Session 7 DVD 13 [21/03/2006] Lama Choedak Rinpoche. Prayers; Introduction and Recap; Criticising Religious Doctrine; Revealing Secrets; Abusing Body; Skeptical About Emptiness; Sympathy to "Bad" People; Grasping at Phenomena; Destroying Faith; Sacred Substances.
PP06/D14	DVD	\$15.00	Session 7 DVD 14 [21/03/2006 - 28/03/2006] Lama Choedak Rinpoche. Sacred Substances (cont.); Disparaging Women; Preamble to Session 8; Prayers.

PP06/D15	DVD	\$15.00	Session 8 DVD 15 [28/03/2006] Lama Choedak Rinpoche. Prayers; Introduction and Benefits of Vows; Consequences of Not Observing Precepts; Prevention of Transgressions; Restoring Precepts; Branch Vows; Last Verse Page 9 , and General Summary; Prayers.
PP06/D16	DVD	\$15.00	Session 9 DVD 16 [28/03/2006] Lama Choedak Rinpoche. Prayers; Introduction; Five Misdeeds; Five Habits; Five Killings; Five Objects; Non-Attachment. [Ultimate Vows discussed but NOT Recorded.]

Rongton Unit 34: Heart Treasure of the Enlightened Ones

Lama Choedak Rinpoche teaches on this text by the 19th Century master, Patrul Rinpoche.

Order Code	Recording type	Price	Contents
HT06/D01	DVD	\$15.00	Session 1 DVD 1 [2/05/2006] Lama Choedak Rinpoche. Prayers; Introduction and Welcome; Namolokeshara; Verse 1; Verse 2; Verse 3; Verse 4.
HT06/D02	DVD	\$15.00	Session 1 DVD 2 [2/05/2006] Lama Choedak Rinpoche. Verse 4 (cont.); Verse 5; Verse 6; Verse 7; Verse 8; Summary/Conclusion.
HT06/D03	DVD	\$15.00	Session 2 DVD 3 [9/05/2006] Lama Choedak Rinpoche. Prayers; Explanation of Prayers; Introduction; Verse 9; Verse 10; Verse 11; Verse 12.
HT06/D04	DVD	\$15.00	Session 2 DVD 4 [9/05/2006] Lama Choedak Rinpoche. Verse 12 (cont.); Verse 13; Verse 14; Verse 15;; Summary/Conclusion; Prayers.
HT06/D05	DVD	\$15.00	Session 3 DVD 5 [16/05/2006] Lama Choedak Rinpoche. Prayers; Introduction; Verse 17; Verse 18; Verse 19.
HT06/D06	DVD	\$15.00	Session 3 DVD 6 [16/05/2006] Lama Choedak Rinpoche. Verse 19 (cont.); Verse 20; Verse 21; Verse 22; Verse 23; Verse 24; Prayers.
HT06/D07	DVD	\$15.00	Session 4 DVD 7 [23/05/2006] Lama Choedak Rinpoche. Prayers; Introduction and Recap; Six Syllable Mantra Colours and Refuge; Verse 25; Verse 26; Verse 27.
HT06/D08	DVD	\$15.00	Session 4 DVD 8 [23/05/2006] Lama Choedak Rinpoche. Verse 27 (cont.); Verse 28; Prayers.
HT06/D09	DVD	\$15.00	Session 5 DVD 9 [30/05/2006] Lama Choedak Rinpoche. Prayers; Introduction and Recap; Verse 29; Verse 30; Verse 31; Verse 32.
HT06/D10	DVD	\$15.00	Session 5 DVD 10 [30/05/2006] Lama Choedak Rinpoche. Verse 32 (cont.); Verse 33; Verse 34; Verse 35; Verse 36; Prayers.
HT06/D11	DVD	\$15.00	Session 6 DVD 11 [6/06/2006] Lama Choedak Rinpoche. Introduction; Verse 37; Verse 38; Verse 39; Verse 40; Verse 41; Verse 42; Verse 43; Verse 44; Prayers.
HT06/D12	DVD	\$15.00	Session 7 DVD 12 [13/06/2006] Lama Choedak Rinpoche. Prayers; Introduction; Verse 45; Verse 46; Verse 47; Verse 48; Verse 49.
HT06/D13	DVD	\$15.00	Session 7 DVD 13 [13/06/2006] Lama Choedak Rinpoche. Verse 49 (cont.); Verse 50; Verse 51; Verse 52; Verse 53; Verse 54; Verse 55; Verse 56; Verse 57; Verse 58; Prayers.
HT06/D14	DVD	\$15.00	Session 8 DVD 14 [20/06/2006] Lama Choedak Rinpoche. Introduction; Verse 59; Verse 60; Verse 61; Verse 62; Verse 63; Verse 64; Verse 65; Verse 66; Verse 67; Verse 68; Verse 70; Verse 71; Verse 72.
HT06/D15	DVD	\$15.00	Session 9 DVD 15 [27/06/2006] Lama Choedak Rinpoche. Introduction; Verse 73; Verse 74; Verse 75; Verse 76; Verse 77; Verse 78; Verse 79; Verse 80; Verse 81; Verse 82.

Rongton Unit 43: Pith Instructions: Dezhung Tulku Ajam Rinpoche

Dezhung Tulku Ajam Rinpoche was a prolific author of many doha style spontaneous spiritual songs that have been published recently in his collected works. These most powerful and succinct insights expressed in song are second only to Milarepa's 100,000 songs. Lama Choedak Rinpoche translates and teaches directly from the Tibetan text.

Order Code Recording type Price Contents

PI09/M01	MP3 CD	\$80.00	MP3 recordings [20/10/2009 - 15/12/2009] Lama Choedak Rinpoche. Nine teachings session in MP3 format.
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Rongton Unit 47: Guide to a Bodhisattva's Way of Life 1

Lama Choedak Rinpoche teaches on Shantideva's text, 'Guide to the Bodhisattva's Way of Life'. Chapters 1-4

Order Code Recording type Price Contents

BW10/M01	MP3 CD	\$80.00	MP3 Recording [2/02/2010 - 30/03/2010] Lama Choedak Rinpoche. 9 Sessions covering Chapters 1-3.
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BW10/D1	DVD	\$15.00	Session 1 [2/02/2010] Lama Choedak Rinpoche. Introduction; Chapter 1: Verses 1-8.
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BW10/D2	DVD	\$15.00	Session 2 [9/02/2010] Lama Choedak Rinpoche. Introduction; Chapter 1: Verses 9-15.
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BW10/D3	DVD	\$15.00	Session 3 [16/02/2010] Lama Choedak Rinpoche. Recap; Chapter 1: verses 16-36.
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BW10/D4	DVD	\$15.00	Session 4 [23/02/2010] Lama Choedak Rinpoche. Recap; Chapter 2: Verses 1-22.
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BW10/D5	DVD	\$15.00	Session 5 [2/03/2010] Lama Choedak Rinpoche. Recap; Chapter 2: Verses 23-46.
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BW10/D6	DVD	\$15.00	Session 6 [9/03/2010] Lama Choedak Rinpoche. Recap; Chapter 2: Verses 47-65.
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BW10/D7	DVD	\$15.00	Session 7 [16/03/2010] Lama Choedak Rinpoche. Recap; Chapter 3: Verses 1-17.
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BW10/D8	DVD	\$15.00	Session 8 [23/03/2010] Lama Choedak Rinpoche. Recap; Chapter 3: Verses 18-34.
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BW10/D9	DVD	\$15.00	Session 9 [30/03/2010] Lama Choedak Rinpoche. Chapter 4: Verses 1 to end.
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Rongton Unit 48: Guide to a Bodhisattva's Way of Life 2

Lama Choedak continues teaching on Shantideva's text: 'Guide to a Bodhisattva's Way of Life'. Chapter 5.

Order Code Recording type Price Contents

BX10/M1	MP3 CD	\$80.00	MP3 Recording [11/05/2010 - 30/03/2010] Lama Choedak Rinpoche. 9 Sessions covering Chapter 5.
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BX10/D1	DVD	\$15.00	Session 1 [11/05/2010] Lama Choedak Rinpoche. Introduction; Chapter 5: Verses 1-14.
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BX10/D2	DVD	\$15.00	Session 2 [18/05/2010] Lama Choedak Rinpoche. Chapter 5: Verses 15-27.
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BX10/D3	DVD	\$15.00	Session 3 [25/05/2010] Lama Choedak Rinpoche. Chapter 5: Verses 25-33.
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BX10/D4	DVD	\$15.00	Session 4 [1/06/2010] Lama Choedak Rinpoche. Chapter 5: Verses 34-46.
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BX10/D5	DVD	\$15.00	Session 5 [8/06/2010] Lama Choedak Rinpoche. Chapter 5: Verses 47-59.
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BX10/D6	DVD	\$15.00	Session 6 [16/06/2010] Lama Choedak Rinpoche. Chapter 5: Verses 61-78.
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BX10/D7	DVD	\$15.00	Session 7 [22/06/2010] Lama Choedak Rinpoche. Chapter 5: Verses 75-84.
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BX10/D8	DVD	\$15.00	Session 8 [29/06/2010] Lama Choedak Rinpoche. Chapter 5: Verses 85 to end.
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Rongton Unit 49: Guide to a Bodhisattva's Way of Life 3

Lama Choedak continues teaching on Shantideva's text: 'Guide to a Bodhisattva's Way of Life'. Chapter 6.

Order Code	Recording type	Price	Contents
BY10/M01	MP3 CD	\$80.00	MP3 Recording [20/07/2010 - 21/09/2010] Lama Choedak Rinpoche. Teachings covering Chapter 6 in 10 sessions.
BY10/D01	DVD	\$15.00	Session 1 [20/07/2010] Lama Choedak Rinpoche. Chapter 6: Verses 1-11.
BY10/D02	DVD	\$15.00	Session 2 [27/07/2010] Lama Choedak Rinpoche. Chapter 6: Verses 12-25.
BY10/D03	DVD	\$15.00	Session 3 [3/08/2010] Lama Choedak Rinpoche. Chapter 6: Verses 26-46.
BY10/D04	DVD	\$15.00	Session 4 [10/08/2010] Lama Choedak Rinpoche. Chapter 6: Verses 48-63.
BY10/D05	DVD	\$15.00	Session 5 [17/08/2010] Lama Choedak Rinpoche. Chapter 6: Verses 63-73.
BY10/D06	DVD	\$15.00	Session 6 [24/08/2010] Lama Choedak Rinpoche. Chapter 6: Verses 74-86.
BY10/D07	DVD	\$15.00	Session 7 [31/08/2010] Lama Choedak Rinpoche. Chapter 6: Verses 87-101.
BY10/D08	DVD	\$15.00	Session 8 [7/09/2010] Lama Choedak Rinpoche. Chapter 6: Verses 102-111.
BY10/D09	DVD	\$15.00	Session 9 [14/09/2010] Lama Choedak Rinpoche. Chapter 6: Verses 112-121.
BY10/D10	DVD	\$15.00	Session 10 [14/09/2010] Lama Choedak Rinpoche. Chapter 6: Verses 121-128.

Rongton Unit 50: Guide to a Bodhisattva's Way of Life 4

Lama Choedak continues teaching on Shantideva's text: 'Guide to a Bodhisattva's Way of Life'. Chapter 7.

Order Code	Recording type	Price	Contents
BZ10/D1	DVD	\$15.00	Session 1 [19/10/2010] Lama Choedak Rinpoche. Chapter 7: Verses 1-6.
BZ10/D2	DVD	\$15.00	Session 2 [26/10/2010] Lama Choedak Rinpoche. Chapter 7: Verses 7-24.
BZ10/D3	DVD	\$15.00	Session 3 [2/11/2010] Lama Choedak Rinpoche. Chapter 7: Verses 25-30.
BZ10/D4	DVD	\$15.00	Session 4 [9/11/2010] Lama Choedak Rinpoche. Chapter 7: Verses 31-43.
BZ10/D5	DVD	\$15.00	Session 5 [16/11/2010] Lama Choedak Rinpoche. Chapter 7: Verses 44-59.
BZ10/D6	DVD	\$15.00	Session 6 [23/11/2010] Lama Choedak Rinpoche. Chapter 7: Verses 59-63.
BZ10/D7	DVD	\$15.00	Session 7 [30/11/2010] Lama Choedak Rinpoche. Chapter 7: Verses 64-69.
BZ10/D8	DVD	\$15.00	Session 8 [7/12/2010] Lama Choedak Rinpoche. Chapter 7: Verses 70-76.

Rongton Unit 51: Guide to a Bodhisattva's Way of Life 5

Lama Choedak continues teaching on Shantideva's text: 'Guide to a Bodhisattva's Way of Life'. Chapter 8.

Order Code Recording type Price Contents

BW11/M1	MP3 CD	\$80.00	MP3 Recording [19/10/2010 - 8/12/2010] Lama Choedak Rinpoche. Teachings covering Chapter 7 in 8 sessions.
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Rongton Unit 52: Guide to a Bodhisattva's Way of Life 6

Lama Choedak continues teaching on Shantideva's text: 'Guide to a Bodhisattva's Way of Life'.

NOTE: Chapter 8, continued and Chapter 9 to Verse 39.

Order Code Recording type Price Contents

BX11/M01	MP3 CD	\$80.00	MP3 Recording [3/05/2011 - 21/06/2010] Lama Choedak Rinpoche. Teachings covering Chapter 9 in 8 sessions (continued the next term).
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BX11/D1	DVD	\$15.00	Session 1 [3/05/2011] Lama Choedak Rinpoche. Chapter 8 (Continued): Verses 114-121.
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BX11/D2	DVD	\$15.00	Session 2 [10/05/2011] Lama Choedak Rinpoche. Verses 119-133.
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BX11/D3	DVD	\$15.00	Session 3 [17/05/2011] Lama Choedak Rinpoche. Verses 134-158.
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BX11/D4	DVD	\$15.00	Session 4 [24/05/2011] Lama Choedak Rinpoche. Verses 159-172.
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BX11/D5	DVD	\$15.00	Session 5 [31/05/2011] Lama Choedak Rinpoche. Verses 173 to end of chapter.
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BX11/D6	DVD	\$15.00	Session 6 [7/06/2011] Lama Choedak Rinpoche. Chapter 9; Verses 1-6.
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Rongton Unit 53: Guide to a Bodhisattva's Way of Life 7

Lama Choedak continues teaching on Shantideva's text: 'Guide to a Bodhisattva's Way of Life'.

NOTE: Chapter 9 Verse 40 to the end of Chapter.

Order Code Recording type Price Contents

BY11/D1	DVD	\$15.00	DVD 1 [26/07/2011] Lama Choedak Rinpoche. Recap; Discourse; Chapter 8 continued: Verses 40-48.
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BY11/M1	MP3 CD	\$80.00	MP3 Recording [26/07/2011 - 8/09/2011] Lama Choedak Rinpoche. Teachings continuing Chapter 9 in 8 sessions.
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BY11/D2	DVD	\$15.00	DVD 2 [2/08/2011] Lama Choedak Rinpoche. Discourse; Chapter 8 continued: Verses 49-67.
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BY11/D3	DVD	\$15.00	DVD 3 [9/08/2011] Lama Choedak Rinpoche. Chapter 8 continued: Verses 68-77.
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BY11/D4	DVD	\$15.00	DVD 4 [16/08/2011] Lama Choedak Rinpoche. Chapter 8 continued: Verses 78-92.
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BY11/D5	DVD	\$15.00	DVD 5 [23/08/2011] Lama Choedak Rinpoche. Chapter 8 continued: Verses 92-1205A.
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BY11/D6	DVD	\$15.00	DVD 6 [31/08/2011] Lama Choedak Rinpoche. Chapter 8 continued: Verses 1205B-125.
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BY11/D7	DVD	\$15.00	DVD 7 [6/09/2011] Lama Choedak Rinpoche. Chapter 8 continued: Verses 126-144.
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BY11/D8	DVD	\$15.00	DVD 8 [13/09/2011] Lama Choedak Rinpoche. Chapter 8 continued: Verses 145-167.
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Rongton Unit 54A: Guide to a Bodhisattva's Way of Life 8

Lama Choedak continues teaching on Shantideva's text: 'Guide to a Bodhisattva's Way of Life'.

NOTE: Chapter 10.

Order Code	Recording type	Price	Contents
BZ11/M1	MP3 CD	\$80.00	MP3 Recording [26/07/2011 - 8/09/2011] Lama Choedak Rinpoche. Teachings on Chapter 10 in 5 sessions.
BZ11/D1	DVD	\$15.00	DVD 1 [18/10/2011] Lama Choedak Rinpoche. Chapter 10: Verses 1-6.
BZ11/D2	DVD	\$15.00	DVD 2 [25/10/2011] Lama Choedak Rinpoche. Chapter 10: Verses 7-17.
BZ11/D3	DVD	\$15.00	DVD 3 [1/11/2011] Lama Choedak Rinpoche. Chapter 10: Verses 18-33.
BZ11/D4	DVD	\$15.00	DVD 4 [8/11/2011] Lama Choedak Rinpoche. Chapter 10: Verses 34-47.
BZ11/D5	DVD	\$15.00	DVD 5 [15/11/2011] Lama Choedak Rinpoche. Chapter 10: Verses 47-58.

Rongton Unit 54B: Maitreya's King of Prayers

Order Code	Recording type	Price	Contents
MP11/D1	DVD	\$15.00	DVD Recording [22/11/2011] Lama Choedak Rinpoche. History; Verses 1-3.
MP11/M1	MP3 CD	\$30.00	MP3 Recording [22/11/2011 - 13/12/2011] Lama Choedak Rinpoche. Teachings on the verses of this prayer in 4 classes.
MP11/D2	DVD	\$15.00	DVD Recording [29/11/2011] Lama Choedak Rinpoche. Recap; Verses 1-9
MP11/D3	DVD	\$15.00	DVD Recording [6/12/2011] Lama Choedak Rinpoche. History; Verses 10-15.
MP11/D4	DVD	\$15.00	DVD Recording [15/12/2011] Lama Choedak Rinpoche. History; Verses 16-end.

Rongton Unit 55: Phadampa Sangye's One Hundred Verses

Order Code	Recording type	Price	Contents
PS12/M1	MP3 CD	\$80.00	MP3: Phadampa Sangye's One Hundred Verses [7/02/2012 - 27/03/2012] Lama Choedak Rinpoche. Session 1: Historical background; Preface; Verses 1-5; Session 2: Verses 6-18; Session 3: Verses 19-33; Session 4: Verses 34-56; Session 5: Verses 57-76; Session 6: Verses 77-85; Session 7: Verses 86-end.

Rongton Unit 56: Buddhist Psychology 1

Lama Choedak Rinpoche translates and interpret a modern book on Tibetan Buddhist Psychology "Semkham Rigpa". This contribution to western psychology will appeal to all those who are interested in the functioning of the mind.

Order Code	Recording type	Price	Contents
BP12/M1	MP3 CD	\$80.00	Mind in Tibetan Buddhist Psychology 1 - MP3 [1/05/2012 - 19/06/2012] Lama Choedak Rinpoche. 8 sessions; 1\Background; Nature of mind viewed through familiarity; 2 types basis of all consciousness; 3 types of Buddhas; 7 mental cognitions; 51 types of mental events;6 groups of mental factors; 6 root afflictions; secondary afflictions; 4 variable factors; Continued following term.

Rongton Unit 57: Buddhist Psychology 2

Lama Choedak Rinpoche continues translating and interpreting a modern book on Tibetan Buddhist Psychology "Semkham Rigpa"

Order Code	Recording type	Price	Contents
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BQ12/M1	MP3 CD	\$80.00	Mind in Tibetan Buddhist Psychology 2 - MP3 [7/08/2012 - 10/09/2012] Lama Choedak Rinpoche.
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Rongton Unit 63: Nagarjuna's Letter of a Friend

"The Letter of a Friend", by Arya Nagarjuna, provides a concise and comprehensive manual of instruction on Buddhist philosophy and practice. It has been held in high esteem by Tibetans throughout the centuries as a fundamental text for those embarking on the path of Dharma.

Order Code	Recording type	Price	Contents
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LF14/M1	MP3 CD	\$15.00	[11/02/2014 - 1/04/2014] Lama Choedak Rinpoche. Lama Choedak Rinpoche Teaches these 123 verses over eight weeks.
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Rongton's Commentary

Lama Choedak Rinpoche teaches from Rongton's Commentary on Kamalishila's 'The Stages of Meditation II'. These teachings were given at the 2008 Calm Abiding Retreat at SIBA.

Order Code	Recording type	Price	Contents
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RM08/M01	MP3 CD	\$90.00	MP3 [6/10/2008] Lama Choedak Rinpoche. Similar contents to CDs.
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Sleeping and Dream Yoga

Sleeping and Dream Yoga. A One Day Workshop.

Order Code	Recording type	Price	Contents
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DY01/M1	MP3 CD	\$35.00	MP3 [2/10/2009 - 9/10/2009] Khenpo Jamyang Tenzin. Brief synopsis: Basis of Abhidharma teachings; Classification of phenomena; Source of constituents of phenomena; Classification of Karma; Classification of Buddha's teachings; Philosophical aspects of different schools; five groups of 51 mental factors.
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Sunday Dharma Talks (2010)

Dharma talks given on Sunday at Salya Losal Choe Dzong.

Order Code	Recording type	Price	Contents
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SD10/M1	MP3 CD	\$15.00	MP3 [30/09/2011 - 9/10/2011] Lama Choedak Rinpoche. Eight teachings.
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The Four Immeasurables

Khenpo Jamyang Tenzin teaches on loving kindness, compassion, joyfulness and equanimity, some of the highest spiritual qualities which when practiced in everyday life can bring many riches of benefit that can heal and restore human dignity. These prayers are the foundational meditations and the essence of the teachings that are recited as the motivation before every Buddhist meditation.

Order Code	Recording type	Price	Contents
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FI09/M01	MP3 CD	\$30.00	MP3 recording [20/11/2009] Khenpo Jamyang Tenzin. Four Immeasurable Thoughts; Four defining characteristics; Practice of compassion; Equanimity; Division of immeasurables; Definition of immeasurable; Causes of suffering; How to ripen self and others; Result of unmindfulness; stabilised states.
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Uttaratantra Teachings

Khenpo Jamyang Tenzin teaches on Uttaratantra at SIBA during the Calm Abiding Meditation Retreat.

Order Code	Recording type	Price	Contents
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UT09/M01	MP3 CD	\$60.00	Uttaratantra Teachings [10/10/2009 - 17/10/2009] Khenpo Jamyang Tenzin. All nine sessions are available in MP3 format on one CD.
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Workshop on Anger

Lama Choedak Rinpoche teaches on dealing with anger. Anger is a misunderstood emotion. It is destructive and many do not know how to deal with it calmly. At the time, angry people feel justified, but most mistakes are done when a person resorts to this negative emotion. Learn how to understand, diffuse and deal with anger to prevent suffering and pain caused by selfishness; how to heal and reconcile with past mistakes and become transformed.

Order Code	Recording type	Price	Contents
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AW08/D01	DVD	\$15.00	DVD 1 [15/11/2008] Lama Choedak Rinpoche.
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AW08/D02	DVD	\$10.00	DVD 2 [15/11/2008] Lama Choedak Rinpoche.
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