

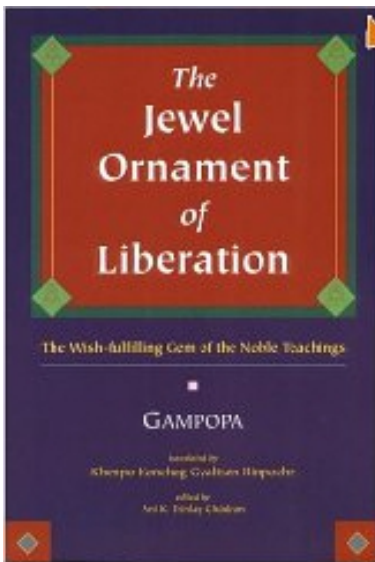


Curriculum of the text „The Jewel Ornament of Liberation“

Original Tibetan title:

Dam Chos Yid bZhin Nor bu Thar pa Rin po Che'i ryGan

The wishes accomplishing Jewel of the authentic Dharma, an excellent precious adornment of liberation



Englisch: **The Jewel Ornament of Liberation**

Deutsch: Kostbarer Schmuck der Befreiung

Französisch: Le Précieux Ornement de la Libération

Spanisch: El Precioso Ornamento de la Liberación

Dänisch: Befrielsens Juvel - en Grundbog i Tibetansk Buddhisme

Polnisch: Klejnotowa Ozdoba Wyzwolenia

Study time line:

1,5 - 2 years for a local course with weekly sessions

Length:

21 chapters, 270 Pages

Other translations and publications:

- The Jewel Ornament of Liberation/Herbert V. Guenther, Shambhala

Commentaries:

- Jewel Ornament of Liberation/Khenchen Trangu Rinpoche, Zhyisil Chokyi Ghatsal Trust;
- Path to Buddhahood: Teachings on Gampopa's Jewel Ornament of Liberation/Ringu Tulku Rinpoche, Shambhala

Related literature:

- The Words of my Perfect Teacher/Patrul Rinpoche
- 37 Practices of the Bodhisattvas/ Thogme SangpoJe

Classification of the text:

The Jewel Ornament of Liberation as a lam-rim is a classic in Buddhist literature. It describes the stages on the path in the Mahayana tradition, including the initial stages common to all vehicles.

Author:**Gampopa Sonam Rinchen (1079-1153 C.E.)**

Gampopa as a young man lived a family life with wife and children and was a well trained physician. As his family died due to an epidemic, he felt the strong urge to dedicate himself to a spiritual life. He became a monk and studied extensively the Dharma under masters of the Kadampa order established in Tibet by the great Indian master Dipamkara Atisha. As a very accomplished scholar and lineage holder of the Kadampa order, he finally met the Yogi Milarepa who instructed him in the Vajrayana practices. Gampopa united the two streams of Kadampa and Mahamudra teachings.

Content of the book:

The text serves as a manual which guides the student through the most fundamental teachings of Buddhism up to the most profound realization of Buddhahood. At the same time, this text covers the whole of the Buddhist teaching in general and provides those spiritually inclined with essential features of Buddhist training. The six main topics of this book in a sequential order constitute the body of the Buddhist teaching: The primary cause for the realization of Buddhahood is the Buddha potential within (1), embracing and permeating all beings. The working base is related to a precious human existence (2). The meeting with a spiritual friend serves as a contributing cause (3) for the spiritual development. Gampopa lucidly and extensively emphasizes that those who concern themselves with the instructions of spiritual friends (4) and take them to heart will overcome the obstacles which prevent the realization of Buddhahood. The fully perfected state of a Buddha (5) similar to the blazing sun provides light, wisdom energy and ease for all beings. As the fruition, the effortless and uninterrupted activity (6) of a Buddha's pure bodies, speech and wisdom opens the mind of an infinite variety of beings.

Prerequisites:

Since the Jewel Ornament of Liberation is a lam-rim, it provides with basic knowledge for all further Dharma studies. The 37 practices of a Bodhisattva by Thogme Sangpo, a concise exposition of the Mahayana in 37 verses, will serve as an introduction to this text.

Available formats of study material:

Audio files from the MARPA digital library; the Table of Content in Metric „dom.zig“; the Condensed Version „dü-dön“ by Khenpo Rinpoche.

Experts in this field and contacts:

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