

A A SHA SA MA HA

FOREHEAD



OM

TOP OF HEAD



A
(God Realm)

THROAT



AH

THROAT



SU
(Deer) God Realm)

HEART



HUM

HEART



NRI
(Human Realm)

NAVEL



TRI
(Animal Realm)

SECRET



PRE
(Hungry Ghost Realm)

DU
(Hell Realm)

Soles of Feet

RECOMMENDED READINGS

Talks by the Vidyādhara on Ati

The Collected Works of Chögyam Trungpa, vol. 1, "The Way of Maha Ati," pp. 461-465. This essay gives pith instructions on ati meditation.

The Collected Works of Chögyam Trungpa, vol. 6, "The Bardo," pp. 551-561. This essay contains a brief discussion of trekchö, thögal (here spelled "törge"), and bardo retreat.

1973 *Vajrayana Seminary Transcript*, Talk 27, pp. 181-200

1974 *Vajrayana Seminary Transcript*, Talk 29, pp. 127-142, 159-160

1975 *Vajrayana Seminary Transcript*, "Ati," pp. 69-76

1978 *Vajrayana Seminary Transcript*, Talk 27, pp. 62-64

1979 *Vajrayana Seminary Transcript*, Talk 24, pp. 54-57

1980 *Vajrayana Seminary Transcript*, Talk 25, pp. 81-85; presents the four visions

1983 *Vajrayana Seminary Transcript*, Talk 16, 43-45; presents the four visions

Overview and Divisions of Ati

Dudjom Rinpoche, Jikdrel Yeshe Dorje. *The Nyingma School of Tibetan Buddhism, Its Fundamentals and History*. Boston: Wisdom Publications, 1991. For an authoritative overview of ati, see chapters 9 and 10, pp. 311-345.

Gyamtsö Rinpoche, Khenpo Tsültrim. *The Practice of Thögal*, Karmê Chöling, Summer 1996. Halifax: Vajravairochana Translation Committee, 1997. For a commentary on the ati section of Jamgön Kongtrül's *The Treasury of Knowledge*, see pp. 75-97.

Kongtrül Lodrö Tayé, Jamgön. *Buddhist Ethics*. Ithaca, NY: Snow Lion Publications, 1998. For the samayas of atiyoga, see pp. 292-294.

Ibid. *Myrial Worlds: Buddhist Cosmology in Abhidharma, Kālacakra and Dzog-chen*. Ithaca, NY: Snow Lion Publications, 1995. For a discussion of the primordially pure ground and how appearances arise from it, see Chapter V, pp. 203-227.

Ibid. *The Treasury of Knowledge: Systems of Buddhist Tantra*. Ithaca, NY: Snow Lion Publications, 2005. For a summary of the path of ati, see pp. 337-347.

Thondup Rinpoche, Tulku. *Buddha Mind: An Anthology of Longchen Rabjam's Writings of Dzogpa Chenpo*. Ithaca, NY: Snow Lion Publications, 1989. For a definition of ati and its three division, see pp. 41-88.

The Practice of Ati

Trekchö and Thögal

Padmasambhava and Jamgön Kongtrül, *The Light of Wisdom*, Vol. IV. Boudhanath: Rangjung Yeshe Publications, 2001. A commentary on the practices of trekchö and thögal.

Rangdrol, Tsele Natsok. *The Circle of the Sun*. Hong Kong: Rangjung Yeshe Publications, 1990. This includes concise instruction on trekchö and thögal and helpful commentary on the four lamps and four visions.

Trekchö

Gyamtso Rinpoche, Khenpo Tsültrim. *The Gradual Path of The Heart of Wisdom*, Karmê Chöling, Summer 1995. Halifax: Vajravairochana Translation Committee, 1996. Talks 4-13 on trekchö, pp. 26-159.

Khyentse Rinpoche, His Holiness Dilgo. *Primordial Purity: Oral Instructions on The Three Words That Strike the Vital Point*. Halifax: Vajravairochana Translation Committee, 1999. This commentary on the view, meditation, and action of ati is based on Patrül Rinpoche's commentary to Garap Dorje's *The Three Words That Strike the Vital Point*.

Kunsang, Erik Pema, translator. *The Flight of the Garuda*. Kathmandu: Rangjung Yeshe Publications, 1986. Contains Lama Shabkar's songs on the view of trekchö, Paltrül Rinpoche's "Self-Liberated Mind," and other titles.

Mingyur Rinpoche, Ven. Yongey. *Three Words That Strike the Vital Point*. Halifax, NS: Vajravairochana Translation Committee, 2004.

Thögal

Gyamtso Rinpoche, Khenpo Tsültrim. *The Practice of Thögal*, Karmê Chöling, Summer 1996. Halifax: Vajravairochana Translation Committee, 1997, pp. 1-36, 51-74, 105-114.

Ibid. *The Practice of Spontaneous Presence*, Kagyu Thubten Chöling, July 1996. Halifax: Vajravairochana Translation Committee, 1997. This contains "The Naked Seeing of Awareness" (pp. 102-113), a concise presentation of the ati view by Padmakara, together with commentary by Khenpo Tsültrim Gyamtso. This is a partial translation of a text that is part of the Karling shidro terma. A full translation by Gyurme Dorje is found in *The Tibetan Book of the Dead* (NY: Penguin Books, 2006), pp. 38-57.

Mahāmudrā and Ati

Chagme, Karma. *Naked Awareness: Practical Instructions on the Union of Mahāmudrā and Dzokchen*, with commentary by Gyatrul Rinpoche. Ithaca, NY: Snow Lion Publications, 2000.

Chagme, Karma. *A Spacious Path to Freedom: Practical Instructions on the Union of Mahāmudrā and Atiyoga*, with commentary by Gyatrul Rinpoche. Ithaca, NY: Snow Lion Publications, 1998.

Padmasambhava, *Natural Liberation: Padmasambhava's Teachings on the Six Bardos*, with commentary by Gyatrul Rinpoche. Boston: Wisdom Publications, 1998.

The Ati Tradition in Bön

Wangyal Rinpoche, Tenzin. *Healing with Form, Energy and Light: The Five Elements in Tibetan Shamanism, Tantra, and Dzogchen*. Ithaca, NY: Snow Lion Publications, 2002.

Ibid. *Wonders of the Natural Mind: The Essence of Dzogchen in the Native Bon Tradition of Tibet*. Ithaca, NY: Snow Lion Publications, 2000.

Avalokiteshvara

Bokar Rinpoche. *Chenrezig, Lord of Love: Principles and Methods of Deity Meditation*. San Francisco: ClearPoint Press, 1991; especially see pp. 11-42.

Dewar, Tyler. *Trainings in Compassion: Manuals on the Meditation of Avalokiteshvara*. Ithaca, NY: Snow Lion Publications, 2004. Translation of a widely used Avalokiteshvara sādhana by Thangtong Gyalpo, along with its commentaries; also contains a praise to Avalokiteshvara by Chandrakirti and *The Thirty-Seven Practices of Bodhisattvas* by Ngulchu Thogme.

Khyentse, Dilgo. *The Heart Treasure of the Enlightened Ones*. Boston: Shambhala Publications, 1992. Commentary on a root text by Patrül Rinpoche.