

Dakini Heart Essence Syllabus

A. Mahayoga

Mahayoga Level 1: Foundational Practices, Concise Dakini Sadhanas, Severance

Foundational Practices, pages 541-550

Instructions for the Foundational Practices, pages 319-342

Lineage Supplication, page 83

Concise Sadhana of Yeshe Tsogyal, pages 101-102

Inner Sadhana of Kurukulle, pages 27-28

Secret Sadhana of Lion-Face Dakini, page 29

Innermost Secret Sadhana of Thröma, pages 31-32

Varahi Sadhana, pages 33-37

Severance (chöd), pages 515-516

Abbreviated Feast Offering Liturgies, pages 105-107

Prayer of Aspiration, pages 531-530

Mahayoga Level 2 - Yeshe Tsogyal Yidam Practice

Receive Yeshe Tsogyal Empowerment, pages 301-314

Receive Yeshe Tsogyal Longevity Empowerment, pages 239-252

May also receive Kurukulle, Lion-Face, and Throma Empowerments

May Receive Lion-Face Dakini Torma empowerment, pages 523-524

Lineage Supplication, page 83

(Yeshe Tsogyal) Yidam Sadhana, pages 85-99

(Yeshe Tsogyal) Longevity Sadhana, pages 39-40

Abbreviated Feast Offering Liturgies, pages 105-107

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Prayer of Aspiration, pages 531-530

Instructions on Yidam Practice, pages 343-369

Instruction Manual on the Two Phases of Meditation, pages 371-401

Abbreviated Request (Dharmapala) pages 109-115

Mantra Guardian (Ekajati Torma Offering) pages 117-119

Transference, pages 517-518

Self-empowerment, pages 531-539

Confession-Amendment, pages 121-132

Fire Offerings, pages 133-139

Burnt Generosity, pages 285-289

Lion-Face Dakini Feast Offering Practice, pages 519-522

Lion-Face Dakini Burnt Generosity Practice, pages 525-528

Mahayoga Level 3- supplementary practices:

Liturgy for Removing Contamination, pages 133-139

Liturgy for Ablution/Purification, pages 147-158

Liturgy for Turning Back the Escorts, pages 159-165

Liturgy for Consecration, pages 203-28

Liturgy for Guiding the Deceased, pages 219-228

Liturgy for Redeeming Life Spirits, pages 253-259

Liturgy for Deceiving Death, pages 261-270

Liturgy for the Request to Remain, pages 271-284

Mahayoga Level 4: Other texts:

Instructions for Making Treasure Vases, pages 167-189

Liturgy for Appeasing Disturbances, pages 291-299

Mahayoga Texts NOT INCLUDED:

Mantra Guardian Ekajati Sadhana, pages 81-82

Collected Activity Practices, pages 41-59

Peaceful Activity Practices, pages 61-65

Expanding Activity Practices, pages 73-79

Instructions for Making the Medicine of Accomplishment, pages 229-237

Instructions for Cultivating Crops, pages 191-202

B. Anu Yoga - Mantra Yoga (chandali, illusory body, dream yoga, luminosity yoga, transference, yoga for the in-between state):

Instructions for Yogic Exercises, pages 501-509

Instruction Manual on the Two Phases of Meditation, pages 401-429

Anuyoga texts that are NOT INCLUDED:

Pith Instructions Concealed Elsewhere for the Phase of Completion's Mudra Practice,
pages 463-500

C. Ati Yoga - trek chöd and tögal:

Instruction Manual on the Two Phases of Meditation, pages 429-461