



## Starting *Nectar of the Path*

If you'd like to begin practicing *Nectar of the Path*, there are a few things you'll need to get started. The first step is to receive the **transmissions for the Path of Liberation** from Mingyur Rinpoche, Khenpo Kunga, or another Tergar lama. This includes participation in a refuge ceremony, an empowerment (usually Vajrasattva), and the reading transmission for *Nectar of the Path*. These transmissions are typically given at Path of Liberation retreats, including our annual winter and summer retreats.

Once you have received these transmissions, the next step is to purchase **recorded teachings on *Nectar of the Path***. The following are recordings of teachings that Mingyur Rinpoche and Khenpo Kunga have given on *Nectar of the Path*.

- [Essential Dharma: Teachings on \*Nectar of the Path\*](#) with Mingyur Rinpoche
- [Exploring \*Nectar of the Path\*](#) with Khenpo Kunga

Mingyur Rinpoche's ngondro teachings also provide helpful instructions:

- [Turning Confusion into Clarity](#)
- [Ngondro DVD \(Part 1\)](#) and [Ngondro DVD \(Part 2\)](#)
- [Ngondro MP3 CD \(Parts 1 and 2\)](#)<sup>2</sup>

Finally, you will also need the **practice texts**. These include the *Guide for Nectar of the Path Level I*, the blue practice binder, the daily chants, and the *Nectar of the Path* liturgy:

- Guide to *Nectar of the Path* Level I
- [Blue Tergar Practice Binder](#)
- [Daily Chants](#)
- [Nectar of the Path](#) practice liturgy

The resources provided above are essential. Here are some additional resources:

- The most comprehensive set of [resources for the Path of Liberation](#) is found on the Tergar online learning site (TLC).
- You may also sign up for [Vajrayana Online](#), which includes an in-depth *Nectar of the Path* Immersion program, regular webinars with Mingyur Rinpoche and Senior Tergar Instructors, monthly teachings from Mingyur Rinpoche, individual interviews, and more.

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<sup>2</sup> This is the same content that is in the Ngondro DVDs, but in audio format.