



Starting Ngondro

If you'd like to start the preliminary practices, or *ngondro*, as they're known in Tibetan, there are a few things you'll need to get started. First and foremost, you'll need to get the **transmissions for the ngondro practices** from Mingyur Rinpoche, Khenpo Kunga, or another lama. These transmissions include participation in a refuge ceremony, an empowerment (usually Vajrasattva), and the reading transmission for the ngondro liturgy you will use as the basis for your practice. In the Tergar community, these transmissions are usually given at Path of Liberation retreats, including our annual winter and summer retreats.

You will also need **Mingyur Rinpoche's ngondro teachings**. These include Rinpoche's book on ngondro practice and his recorded teachings, which are available in video and audio format.

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

Finally, you will also need the **practice texts**. These include the *Guide to the Preliminary Practices I*, the blue practice binder, the daily chants, and the ngondro liturgy:

- Guide to Preliminary Practices Level I
- [Blue Tergar Practice Binder](#)
- [Daily Chants](#)
- [Chariot for Traveling the Noble Path](#) (the ngondro liturgy)

The resources mentioned above are required. Here are some additional resources you may find helpful:

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

¹ This is the same content that is in the Ngondro DVDs, but in audio format.