



Starting *Nectar of the Path*

If you would like to begin practicing *Nectar of the Path*, there are a few things you will need to get started. The first step is to take refuge and receive pointing out instructions on the nature of mind from a Buddhist lineage holder. In the Tergar community, these transmissions are typically given at Path of Liberation retreats, including our annual winter and summer retreats.

If you have not attended a Path of Liberation retreat in the Tergar community you may practice the first two levels of *Nectar of the Path*, provided you fulfill these requirements. You will also need to enroll in Vajrayana Online to get access to **Mingyur Rinpoche's video instructions**⁵. These include Mingyur Rinpoche's recorded teachings on *Nectar of the Path* and nature of mind, both of which are included in the *Nectar of the Path* course in Vajrayana Online.

You will also need the **practice texts**. These include the practice guide, the blue practice binder, the daily chants, and the *Nectar of the Path* liturgy. These can be purchased in the [Tergar Online Store](#):⁶

- Practice Guide⁷
- [Blue Tergar Practice Binder](#)
- [Daily Chants](#)
- [Nectar of the Path](#) practice liturgy
- [\(Blue Tergar Practice Binder + Daily Chants + Nectar of the Path liturgy\)](#)

In addition to the *Nectar of the Path* course mentioned above, [Vajrayana Online](#) also includes several other courses, regular webinars with Mingyur Rinpoche and the Tergar Instructors, monthly teachings from Mingyur Rinpoche, individual interviews, and more.

⁵ These instructions are also available as audio and written transcripts.

⁶ [Tergar.org/Resources/Practice resources](http://Tergar.org/Resources/Practice%20resources)

⁷ The practice guide can be accessed in the *Nectar of the Path* course in Vajrayana Online.