



Starting Ngondro

If you would like to begin ngondro, there are a few things you will need to get started. First and foremost, you will 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. You will also need to receive pointing out instructions on the nature of mind from a Buddhist lineage holder. In the Tergar community, these transmissions are usually 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 ngondro, provided you fulfill these requirements. You will also need to enroll in Vajrayana Online to get access to **Mingyur Rinpoche's video instructions**¹. These include Mingyur Rinpoche's recorded teachings on ngondro² and nature of mind.

You will also need the **practice texts**. These include the practice guide, the blue practice binder, the daily chants, and the ngondro liturgy. These can be purchased in the [Tergar Online Store](#):³

- Practice Guide⁴
- [Blue Tergar Practice Binder](#)
- [Daily Chants](#)
- [Chariot for Traveling the Noble Path](#) (the ngondro liturgy)

In addition to the Ngondro 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.

¹ These instructions are also available as audio and written transcripts.

² The ngondro teachings are also available in video and audio format in the [Tergar Online Store](#) (Tergar.org/Resources/Practice resources)

³ Tergar.org/Resources/Practice resources

⁴ The practice guide can be accessed in the Ngondro course in Vajrayana Online.