



Path of Liberation: Nectar of the Path

NEEDED TO BEGIN LEVEL 1

- Take refuge with a Tergar Lama or in another Buddhist lineage*
- Receive pointing out instructions on the nature of mind from a Buddhist lineage holder*
- Watch Mingyur Rinpoche's teachings on this level in Vajrayana Online

1 The Four Thoughts and the Nature of Mind

PRACTICE NEEDED TO COMPLETE THIS LEVEL

- 100 hours of Nectar of the Path Level 1 practice
- Four days of retreat

NEEDED TO BEGIN LEVEL 2

- Complete the practice for Nectar of the Path Level 1
- Watch Mingyur Rinpoche's teachings on this level in Vajrayana Online

2 Refuge and Emptiness

PRACTICE NEEDED TO COMPLETE THIS LEVEL

- 100 hours of Nectar of the Path Level 2 practice
- Four days of retreat

NEEDED TO BEGIN LEVEL 3

- Complete the practice for Nectar of the Path Level 2
- Watch Mingyur Rinpoche's teachings on this level in Vajrayana Online
- Attend two Path of Liberation retreats, and receive the transmissions for levels 1 & 2 and 3 & 4, respectively

3 Bodhichitta & Spontaneous Presence

PRACTICE NEEDED TO COMPLETE THIS LEVEL

- 100 hours of Nectar of the Path Level 3 practice
- Seven days of retreat

NEEDED TO BEGIN LEVEL 4

- Complete the practice for Nectar of the Path Level 3
- Watch Mingyur Rinpoche's teachings on this level in Vajrayana Online

4 Guru Yoga and Self-Liberation

PRACTICE NEEDED TO COMPLETE THIS LEVEL

- 100 hours of Nectar of the Path Level 4 practice
- Seven days of retreat

NEEDED TO BEGIN LEVEL 5

- Complete the practice for levels 1-4 of the Path of Liberation
- Attend a Path of Liberation White Tara retreat to receive the necessary transmissions

5 White Tara

PRACTICE NEEDED TO COMPLETE THIS LEVEL

- 100 hours of White Tara practice
- Seven days of retreat

please also visit Vajrayana Online at learning.tergar.org/vajrayana