

Chöd in the Ganden Tradition

The Oral Instructions of Kyabje Zong Rinpoche

by Kyabje Zong Rinpoche
edited by David Molk

SNOW LION PUBLICATIONS
ITHACA, NEW YORK • BOULDER, COLORADO

Table of Contents

Kyabje Zong Rinpoche: A Biographical Profile	13
Introduction: The “Sacred Cutting” of Chöd	27
<i>Taking Vast Scriptural Learning as Personal Advice</i>	28
<i>Kyabje Zong Rinpoche and His Previous Lives</i>	29
<i>Transcending Partisanship</i>	38
<i>Dialectical Debate and the Middle Way</i>	41
<i>Putting Study to Use in Practice</i>	45
<i>Maintaining Pure View of the Guru</i>	48
<i>Practicing with the Wisdom of Compassion</i>	50
CHÖD IN THE GANDEN TRADITION: THE ORAL INSTRUCTIONS	
An Overview of the Practice of Chöd	55
<i>Lineage of the Practice</i>	55
<i>Place of Practice</i>	59
<i>Basis for Practice</i>	62
<i>Advice on Practice</i>	67
Preliminary Practices of Chöd	
<i>Going for Refuge and Generating Bodhicitta</i>	71
<i>Guru Yoga: Gateway to Empowering Blessings</i>	74
<i>Accumulating Merit through Seven-limb Prayer and Mandala Offering</i>	77

<i>Purifying Obstructions and Nonvirtue through the Descent of Nectar from AH</i>	85
Actual Practice of Chöd: Gathering the Two Accumulations	95
<i>Gathering the Accumulation of Merit by Offering the Illusory Body</i>	95
The White Distribution	95
The Red Distribution	104
The Manifold Distribution	108
Giving Dharma and Meditating on Taking and Giving	111
<i>Gathering the Accumulation of Wisdom through Meditation on Emptiness</i>	119
The Three Spheres of Giving	120
The Logical Reasons	123
Three Methods for Meditation on Emptiness in Chöd Practice	131
<i>Mara Hindrances in Chöd Practice</i>	133
<i>Dedicating the Accumulations to Unsurpassed Great Enlightenment</i>	138
Concluding Advice	141
<i>Use of the Ritual Damaru and Thighbone Trumpet</i>	141
<i>The Qualities of Buddha and Je Tsongkhapa</i>	142
Colophon	145
APPENDICES	
Appendix I:	151
Dedicating the Illusory Body as Ganachakra: Promoting the Experience of Means and Wisdom, Wealth of the Ganden Practice Lineage <i>by Kyabje Phabongka Dechen Nyingpo</i>	
Appendix II:	167
Offering Ganachakra in Connection with the Yoga of the Profound Path of Chöd <i>written and compiled by Kyabje Zong Rinpoche Losang Tsöndru</i>	

Appendix III: Umapa Pawo Dorje's Commentary on Chöd as Taught by Venerable Manjushri	193
Appendix IV: Prayer for the Flourishing of Je Tsongkhapa's Teachings <i>by Gungthang Tenpai Dronme</i>	201
Appendix V: The Sages' Melodious Song of Truth: Nonpartisan Prayer for the Flourishing of Buddha's Teachings <i>by His Holiness the Fourteenth Dalai Lama</i>	203
Notes	209