

**REFLECTIONS  
ON A  
MOUNTAIN LAKE**

*Teachings on Practical Buddhism*

Venerable Tenzin Palmo

SNOW LION PUBLICATIONS  
Ithaca, New York  
Boulder, Colorado

## ***Contents***

### Preface

1. A Western Yogini
2. Motivation and Practice
3. Ethics and the Three Trainings
4. The Six Realms
5. Women and the Pats
6. Shamatha, or Calm Abiding
7. Vipashyana, or Insight
8. Awareness
9. Difficult Points for Westerners
10. Tonglen
11. Nature of Mind
12. The Role of the Spiritual Master
13. Vajrayana
14. Visualizing the Deity

### Glossary of Technical Terms