

19 May 2009, AM, Lama Chopa

What I was going to say is that it is extremely wonderful, so fortunate, to do *Lama Chopa*, most secret highest yoga tantra practice. Guru Buddha Shakyamuni himself and the great yogis, Saraha, Naropa, Tilopa, Naropa and so many in Tibet great holy beings, valid, great meditators, yogis achieved enlightenment in a very short time, in a brief lifetime of degenerate times through doing this guru yoga practice. Panchen Losang Chokyi put together this by checking the four traditions and those composed by the Indian pandits, those who achieved enlightenment, so most precious. It is very special in that it is not only guru yoga but also lam-rim and lojong, all the lam-rim and lojong special practices, so everything is packed in. So it is an extremely special this practice, Highest yoga tantra and also the foundation all together, so when the practice gets done it plants seed for the whole path to enlightenment. Doing this practice even one time is great preparation, it makes you closer to enlightenment. So unbelievably fortunate, most unbelievably fortunate, especially in the West, this new thing, it never happened before, in the East many hundreds or thousands of years ago, so we are very fortunate. That's it. I just got up to the confession part because I was late.

The chanting for the de na je tsun (LC95) did you chose this one? It's okay to chant it, but if you choose to change that is okay but usually same as tog me du ne (LC38).

Reciting quietly is more effective? If it is more effective for the mind. my question comes because of activity of speech, there is virtuous actions of body, speech, mind, I was thinking of it in that way. If reading quietly is better for everybody then good. If recite then there is one more virtuous activity, that of speech.