

The Four Reflections

Workshop by Lama Linda for PST-Richmond February 2024

Materials for further study

The first two books listed below are commentaries by contemporary teachers who work with Western students, the rest are classic texts that are the basis for contemporary commentaries and teachings. They are also explained in many other books, and in teachings available online.

Turning Confusion into Clarity, Yongey Mingyur Rinpoche
Part 2: The Four Common Foundations

Path to Buddhahood, Ringu Tulku Rinpoche
Chapter 2 A Precious Human Life p15
Chapter 4 Comtemplating Impermanence p32
 Contemplating the Misery of Samsara p37
 Understanding Karma p44

The Torch of Certainty, aka *Torch of True Meaning*, Jamgon Kongtrul
The Four Ordinary Foundations / Preliminaries p3

Ornament of Precious Liberation, Gampopa, translated by Ken Holmes
Chapter 2 A Precious Human Existence p25
Chapter 4 The Impermanence of Conditioned Existence p47
 The Suffering of Samsara p 59
 Karma and Its Effects p77

Words of My Perfect Teacher, Patrul Rinpoche
First 4 chapters

A concise introduction from contemporary teacher **Khandro Rinpoche's website**:
<https://www.khandrorinpoche.org/teachings/print/jkr-four-reminders-2008-08-09/>

Very good **short video introductions by Mingyur Rinpoche**:

General introduction to the four reflections, and appreciating the precious human life: https://www.youtube.com/watch?v=YJqvCKymjDc&ab_channel=YongeyMingyurRinpoche

Impermanence:
https://www.youtube.com/watch?v=nyOe1jJbXV0&t=17s&ab_channel=YongeyMingyurRinpoche

Karma:
https://www.youtube.com/watch?v=Qf3NgQmtsw&ab_channel=YongeyMingyurRinpoche

Intro to the suffering of samsara:
https://www.youtube.com/watch?v=XSU6AooM4yk&ab_channel=YongeyMingyurRinpoche