

PREREQUISITES TO ATTEND

The requirements for participation were set in consultation with Mingyur Rinpoche. In turn, we ask that you honor them. Thank you!

May 31 – June 5, 2024

Path of Liberation Levels 1&2: Mind Creates Reality & Mind and Emptiness Retreat

Option 1: To have attended all three Joy of Living levels – Calming the Mind (Level 1), Opening the Heart (Level 2), and Awakening Wisdom (Level 3) – and completed the associated practice requirements

Option 2: To have completed the full preliminary practices (the 4 x 100,000 ngondro)

Option 3: To have had a daily meditation practice for at least five years and attended either group or solitary practice retreats for a total of at least thirty days, with 6+ hours of formal meditation practice per day, under the guidance of a Buddhist teacher