

## 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 2, 2024*

Path of Liberation Level 1: Mind Creates Reality

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