

Mirror of Wisdom Video Catalogue

Please note, some of the video material listed in this catalogue is restricted; empowerment/transmission and/or permission of the lama are required to purchase. Please include information necessary to verify your qualification to receive restricted videos. Refer to the *MoW Video Price List* for video prices and shipping charges. All video material is provided on digital video disc (DVD, NTSC format); VHS tapes are available upon request. For questions/comments, contact us:

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H.H. Dudjom Rinpoche

We have a quantity of rare video material of H.H. Dudjom Rinpoche that was taped during his 1980 visit to Pacific Region Yeshe Nyingpo in California, and Orgyen Chö Dzong in Greenville, New York. The translator in all of this material is Tulku Pema Wangyal. Due to the technology available when taped, and due to its age, the quality of some of this video material is poor; nonetheless, this rare footage is priceless.

The Black Crown Ceremony (VDR1)

H.H. XVI Gyalwa Karmapa, H.H. Dudjom Rinpoche, and Gyatrul Rinpoche together at the Bay Area Yeshe Nyingpo Center, July 14, 1980. Footage begins with the arrival of H.H. Karmapa, accompanied by the late H.E. Jamgon Kongtrul Rinpoche. Includes informal shots of the lamas at lunch. Also includes most of the stages of *The Black Crown Ceremony*.

The Bodhisattva Vow Ceremony (VDR2)

His Holiness Dudjom Rinpoche confers the bodhisattva vows and gives a teaching on bodhichitta and the practice of the bodhisattvas. To conclude, he leads the assembly in the practice of the short *Dudjom Tersar Ngöndro*. Bay Area Yeshe Nyingpo, June 17, 1980.

The Empowerment of One Thousand Buddhas (VDR3)

Oakland Auditorium. July 6, 1980.

Tara Empowerment (VDR4)

Fort Mason, San Francisco, CA. May 31, 1980.

Dzogchen Seminar (VDR5)

His Holiness Dudjom Rinpoche teaches on the view and practice. He gives meditation instruction, and then sits in meditation with the assembly. Bay Area Yeshe Nyingpo, July 5, 1980.

Death, Dying, and Meditation (VDR6)

His Holiness gives a Padmasambhava empowerment and instruction on the phowa practice to be done at the time of death. This video also includes footage of Gyatrul Rinpoche and Chagdud Rinpoche. Eugene, OR, November 1980.

The Fundamentals: An Explanation of the Nine Vehicles (VDR7)

Orgyen Chö Dzong, Greenville, NY, Autumn 1980.

Vajrasattva Empowerment (VDR8)

His Holiness performs the preparatory puja for of the empowerment, chanting and playing the cymbals, accompanied by his son, Shenphen Dawa Rinpoche. His Holiness then gives the refuge vows, the Vajrasattva empowerment, and confers blessings. Scott Hall, San Anselmo, CA, 1980.

Yeshe Tsogyal Puja (VDR9)

His Holiness leads the Yeshe Tsogyal sadhana, and then gives a brief commentary. Greenville, New York, 1980.

Visit to Bay Area (VDR10)

Autumn, 1984. This is, essentially, a “home movie.” There were no microphones used, so the sound quality is poor, and in some places, inaudible. His Holiness arrives with his family, and then blesses a long line of Western disciples (this was the last time H.H. performed such a public blessing in the U.S.). The tape concludes with His Holiness giving a brief long-life blessing at the home of Professor Lin.

Practice Tersar Ngöndro with His Holiness (VDR11)

His Holiness leads the short Tersar Ngöndro (excerpted from *The Bodhisattva Vow Ceremony*). This video is edited specifically as a support for practice: practice the ngöndro with His Holiness!

Gyatrul Rinpoche

Shiney (Peaceful Abiding) (VGR1)

An introductory teaching on the training in shamatha (peaceful abiding) meditation, from a text of H.H. Dudjom Rinpoche. Sangye Khandro translates. Ashland, OR, 1990.

Dream Yoga (VGR2)

Teaching on the practice of dream yoga, from *The Mind Treasure of Vajrasattva: Releasing Oneself from the Essential Delusion*. Mindröling tradition. Sangye Khandro translates. Ashland, OR 1990.

Chimed Sog Thig (VGR3)

Teaching on the *Practice of the Immortal Life Essence*. Sangye Khandro translates. Unitarian Church, Ashland, OR, August 1991. (Requires empowerment/permission.)

Manjushri Empowerment (VGR4)

Empowerment for the *Jampal Shidrub* of H.H. Jigmed Phuntsog, with a brief teaching. Sangye Khandro translates. Boston, MA, August 1993.

A Prose Introduction to the Nature of the Mind (VGR5)

From Karma Chagmed Rinpoche’s *Union of Mahamudra and Atiyoga*. Orgyen Dorje Den, San Francisco, CA, April 1995. B. Allan Wallace translates.

Introduction to Vajrayana Buddhism (VGR6)

An introduction to Buddhism, in general, and specifically, to the Vajrayana. Sangye Khandro translates. Ashland, OR, May 1993.

Bardo Teachings (VGR7)

Teaching on the six transitional stages as well as teachings on Buddhist practice in general. Sangye Khandro translates. Ashland, OR, June 1996.

Dudjom Tersar Ngöndro (VGR8)

Gyatrul Rinpoche gives teaching on the short *Dudjom Tersar Ngöndro*. Sangye Khandro translates. Tashi Chöling, summer 1996.

Spontaneous Teaching (VGR9)

At the 1997 annual Vajrasattva retreat at Tashi Chöling, , Gyatrul Rinpoche gives an inspiring, spontaneous instruction on pith points of practice. Sangye Khandro translates.

H.H. Penor Rinpoche/Palyul Monks

Lama Dances (VPR1)

Dakini Dance of Peace, Deer Dance of Subjugation, Nam Chö tradition *Black Hat Offering Dance of the Remains, Snow Lion Dance*, Dorje Drak tradition *Offering Dance of the Remains to Befriend the Yogins and Yoginis of the Secret Mandala*. Performed by the Palyul Namdröling monks. Tashi Chöling, Ashland OR, Spring 1988.

Lama Dance Mosaic (VPR2)

This video opens with the *Dance of the Golden Drink* performed by the Palyul monks at Tashi Chöling (1988). Then, H.H. Penor Rinpoche performs part of the *Dance of the Golden Drink* during the Gutor ceremony at his monastery in Byalakuppe, India (1986). The video concludes with the *Cymbal Dance* led by Tara Lama.

Torma Making (VPR4, VPR5)

Torma making for the Nam Chö tradition. Tashi Chöling, 1988.

VPR4: Sangye Khandro first demonstrates the 37-heap mandala offering and other methods of mandala practice. Budzin Lama makes lama, khandro, and medicine tormas. Footage shows finished, fully-ornamented lama, yidam, khandro, medicine, and protector tormas. **VPR5:** Budzin Lama makes the necessary tormas for (Nam Chö) sadhana practice: shalsey, kartor, gegtor, cheddo, tenma, and protector.

Long-life Blessing and Empowerment (VPR6)

In a public event, H.H. Penor Rinpoche gives the long-life empowerment of Jatson Nyingpo and a brief teaching on practices and methods for healing and life-extension. Khenpo Namdröl gives a brief history of the Nyingmapa which was recorded for broadcast on the Voice of America. The event concludes with a short lama dance. Washington, D.C. June 1995.

Guru Yoga Teaching (VPR7)

His Holiness Penor Rinpoche gives an inspirational teaching on the practice of Guru Yoga, primarily in the context of the Nam Chö of Migyur Dorje. His teaching is punctuated by personal stories. Chökyi Nyima (Richard Barron) translates. Berkeley CA, 1997.

Amitabha Teaching and Empowerment (VPR8)

His Holiness gives empowerment and teaching on the Amitabha practice of the Nam Chö. Chökyi Nyima (Richard Barron) translates. Berkeley CA, 1997.

Chenrezig Teaching and Empowerment (VPR9)

His Holiness gives empowerment and teaching on the Red Chenrezig (Gyalwa Gyatso) practice of the Nam Chö. Chökyi Nyima (Richard Barron) translates. Berkeley CA, 1997.

Bodhisattva Vow and Training (VPR10)

His Holiness bestows the bodhisattva vows, and gives instruction on the training in maintaining the vows. Translated by Sangye Khandro. Berkeley CA, 1997.

Phowa Teaching and Practice (VPR11)

His Holiness teaches the Nam Chö phowa practice in the two-part style common to the Nam Chö tradition: first the teaching on the theory and background of the practice, and then the practical instructions on how to do the practice. To engage in the phowa practice requires direct instruction from a qualified teacher. This video is not meant to take the place of such direct instruction. It is meant for those who have had phowa instruction, but can be purchased by others as a blessing and in preparation for future practice. Translated by Sangye Khandro. Namdröling, Bozeman, Montana, 1998.

Tröma Teaching (VPR12)

Brief, pith teaching on Troma practice. Translated by Sangye Khandro. Namdröling, Bozeman, Montana, 1998. (Requires empowerment/permission.)

How to Practice Pure Dharma (VPR13)

Pith instructions by H.H. Penor Rinpoche on the essence of all Dharma practice, given spontaneously on an occasion during the bestowal of the Nam Chö empowerments in Austin, Texas, June 2002. Sangye Khandro translates.

H.H. Dalai Lama

The Four Mindfulnesses (VDL1)

His Holiness teaches on the well-known root text of the Seventh Dalai Lama. Boulder Creek, CA, October 1989.

Yangthang Rinpoche

Questions & Answers (VYR1)

In a question and answer session, Yangthang Rinpoche teaches on the four thoughts, mind nature practice, phowa, generation stage practice, and the benefits of reciting the mani mantra. Gyatrul Rinpoche occasionally adds his “two cents.” Sangye Khandro translates. Ashland, OR., January 1991.

Words of Advice (VYR2)

Yangthang Rinpoche gives parting words of advice in his last public teaching of his 1990-91 tour of the U.S. Orgyen Dorje Den, San Francisco, CA, January 1991.

Spontaneous Teaching (VYR3)

Yangthang Rinpoche teaches on the nature of the teacher-student relationship, the necessary qualities of both the lama and the disciple, samaya, the four levels of faith, the three essential parts of practice (generation of the bodhichitta, maintenance of wisdom awareness, and dedication of merit), and the inconceivable benefits of guru devotion. Sangye Khandro translates. Austin, Texas, June 2002.

Kha Kyab Rang Dröl (VYR4)

Yangthang Rinpoche teaches on the sadhana of the Supreme Noble Tamer of Beings, Avalokiteshvara, *Kha Kyab Rang Dröl*, “*All Encompassing Self Liberation*,” terma of his predecessor, Dhomang Terchen, Dorje Dechen Lingpa. While specific to the *Kha Kyab Rang Dröl*, this teaching provides general instruction and insights into generation stage practice. Translated by Gyalpo. Orgyen Dorje Den, Alameda, CA, July, 2002

Flight of the Garuda (VYR5)

Yangthang Rinpoche teaches on the well-known text of Shabkar Tsokdrug Rangdröl. Jeremy Morelli translates. Ojai, California, December 2006. (This material is restricted to students who have received pointing out instructions from a qualified lama.)

Lama Gongdu: Introduction (VYR6)

Yangthang Rinpoche gives an introductory teaching on the occasion of his bestowal of the Lama Gongdu empowerments. The teaching includes the history of the Gongdu revelations, Buddhist practice, and the practice of guru yoga. Sangye Khandro translates. Orgyen Dorje Den, Alameda, California, December 2006.

Gochen Tulku Sangngag Rinpoche

Introduction to Buddhism (EWAM1)

Explanation of the foundational essence of the Buddhist path, including an introduction to the nature of the mind. Erik Drew translates. Mount Shasta, CA, 2002.

Mindröling Vajrasattva (VGTS1)

Commentary on *The Heart Practice of Vajrasattva*, revealed by the Mindröling terchen, Terdak Lingpa. Includes general instructions and detailed instructions on kye rim practice. Chökyi Nyima (Richard Barron) translates. Orgyen Dorje Den, San Francisco, CA, 1997.

Laughter of the Dakinis (VGTS2)

Commentary to the *Longchen Nyingthig Heart Essence of the Great Expanse; the Practice of Cutting Objects called the “Laughter of the Dakinis”*. Chökyi Nyima (Richard Barron) translates. Berkeley, CA, 1997.

Dodrubchen Rinpoche

Initiation of the Three Roots (VDD1)

Empowerment and teaching by H.H. Dodrub Chen Rinpoche. Includes visit to and blessing of Tashi Chöling. Sangye Khandro translates. Ashland, OR, July 1991.

Advice and Life-enhancement Ceremony (VDD2)

H.H. Dodrubchen Rinpoche gives pith advice on dharma practice, and then performs a brief *tse gng*, “hooking the life force.” Sangye Khandro translates. Orgyen Dorje Den, San Francisco, CA, July 1991.

H.H. Jigmed Phuntsog Rinpoche/ Khenpo Namdröl

Chetsun Nying Thig (VJP1)

H.H. Jigmed Phuntsog gives instruction on the practice and insights into the practice. Chö Kyi Nyima (Richard Barron) translates. Napa Valley, CA, July, 1993. (Requires empowerment/permission.)

Peaceful Manjushri Empowerment and Insights to Sangye Lagter (VJP2)

H.H. Jigmed Phuntsog gives empowerment to the *Jampal Shidrub*, and insights. Chö Kyi Nyima translates. Napa Valley, July 1993. (Requires empowerment/permission.)

Inner Secret Peaceful Manjushri (VJP3)

H.H. Jigmed Phuntsog gives inner secret teaching to the *Jampal Shidrub*. Chö Kyi Nyima translates. Napa Valley, July 1993. (Requires empowerment/permission.)

Peaceful Manjushri & Vajrakilaya (VJP4)

H.H. Jigmed Phuntsog gives insights and commentary to the *Jampal Shidrub* and the *Vajrakilaya Gurkbukma*. Also: Khenpo Namdröl teaches the *Jampal Shidrub* sadhana, without tsog, and recites the liturgy. Chö Kyi Nyima translates. Napa Valley, CA, July 1993. (Requires empowerment/permission.)

Vajrakilaya Empowerment and Gyalsay Laglen Transmission (VJP5)

H.H. Jigmed Phuntsog gives *Vajrakilaya Gurkbukma* empowerment, spontaneous advice, and then the scriptural transmission of the *Gyalsay Laglen*. Chö Kyi Nyima translates. Napa Valley, July 1993. (Requires empowerment/permission.)

Phowa (VJP6)

H. H. Jigmed Phuntsog gives a long-life blessing and a concise phowa transmission. Sangye Khandro translates. Ashland, OR, July 1993.

Vajrakilaya Ghurkbukma (VKN1)

Khenpo Namdröl teaches on the Vajrakilaya terma of H.H. Jigmed Phuntsog, and recites the liturgy. Chö Kyi Nyima translates. Napa Valley, July 1993. (Requires empowerment/permission.)

Peaceful Manjushri (VKN2)

Khenpo Namdröl gives detailed commentary to the *Jampal Shidrub* of H.H. Jigmed Phuntsog, including tsog, and recites the liturgy. Chö Kyi Nyima translates. Napa Valley, July 1993. (Requires empowerment/permission.)

H.H. Penam Rinpoche

Pointing Out Instructions (VNPN1)

Pith instructions on meditation and the nature of mind. Sangye Khandro translates. Tashi Chöling, 1997.

H.H. Drugchen Rinpoche

37 Precepts of the Bodhisattva (VDC1)

The 12th Drugchen Rinpoche teaches, in English, the well known text of Ngulchu Thogme Zangpo. Orgyen Dorje Den, San Francisco, CA 1991.

Lopön Nikula

The following video material is restricted to committed Tröma practitioners. To receive it one must have received the Tröma empowerment and 1) have either completed the Tröma ngöndro accumulations, or 2) have at least begun and be actively engaged in and committed to completing those accumulations.

How to Accumulate Ngöndro in Retreat (VLN1)

Teaching on how to accumulate Tröma ngöndro in retreat. Includes teaching on the seven-day wilderness retreat to be accomplished after completing the trikaya dakini practice and before engaging the guru yoga. Orgyen Dorje Den, Alameda, CA, 2003.

The following material is in rough edit form:

Tröma Ngöndro (VLN2)

Lopön Nikula teaches on the Tröma ngöndro, from the *Heart Essence of Saraha*. Translated by Sangye Khandro. ODD, Alameda, CA, 2003.

Four Feasts (VLN3)

Lopön Nikula teaches on the four feasts, from *An Ornament of the Great Mother's Wisdom*. Translated by Sangye Khandro. ODD, Alameda, CA, 2003.

Tröma Retreat (VLN4)

Lopön Nikula teaches on the practice of Tröma in retreat, from the *Urn of Siddhis*. Translated by Sangye Khandro. ODD, Alameda, CA, 2003.

Phowa (VLN5)

Lopön Nikula teaches on the Tröma phowa practice. Translated by Sangye Khandro. ODD, Alameda, CA, 2003. (In addition to the requirements listed above, instruction in the Tröma phowa practice is required to receive this material.)

Intermediate Tröma Sadhana (VLN7)

Lopön Nikula teaches on the intermediate Tröma sadhana. Teaching includes instructions in playing the instruments, detailed instruction in the kyed rim, protector practice, and tsog. Translated by Sangye Khandro. Teaching given at ODD, Alameda, CA, and Tashi Chöling, October, 2003.

H.H. Penam Rinpoche

Pointing Out Instructions (VNPN1)

Pith instructions on meditation and the nature of mind. Sangye Khandro translates. Tashi Chöling, 1997.

Kusum Lingpa Rinpoche

Generation Stage Yoga (VKL1)

Oral teaching on the kyerim in the context of Ratna Lingpa's Vajrakilaya, with some teaching on Vajrapani. Sangye Khandro translates. Ashland, OR, 1994. (Requires empowerment/permission.)

37 Precepts of the Bodhisattva (VKL2)

Teaching on the text of Ngulchu Thogme Zangpo. Sangye Khandro translates. San Francisco, CA, Orgyen Dorje Den. April 1994.

Chagdud Rinpoche

Karling Shi Tro Empowerment (VCH1)

Chagdud Rinpoche gives the empowerment of the 100 peaceful and wrathful deities, and a brief teaching. Sangye Khandro translates. Ashland, OR, February 1994. (Requires empowerment/permission.)

B. Alan Wallace

The Techniques and Practice of Peaceful Abiding and Insight (VAW1)

Practical instructions on the foundational meditation practices that are indispensable on the path of the atiyoga great perfection. B. Allan Wallace gives instructions, then leads the viewer in practice, then gives more instruction, and so on. Each tape of this 4-tape series focuses on a different aspect of the practice. Excellent practice support.

Sadhanas

(All sadhanas require empowerment or permission to purchase)

Tso Kye Thug Thig (VS101)

Performed by Lama Könchog Jungney, Dorje Lobpön at Dudjom Gompa, Nepal. Instruments: large drum, cymbals, bell and damaru. Includes concise *Dudjom Tersar Ngöndro*, and *Rivo Sang Chöd* with drum and cymbal accompaniment.

Tso Kye Thug Thig (VS111)

“Yogi style,” performed by Lama Rinchen, with bell and damaru accompaniment.

Rigdzin Düpa (VS102)

Performed by H.H. Penor Rinpoche and the Payul monks at Kunzang Palyul Chöling, Poolesville, MD, 1988. Instruments: cymbals, large drum, bell and damaru, long and short horns. Includes abbreviated Amitabha practice, Six Realms Avalokiteshvara practice, and some chöpon instruction for the sadhana.

Dor Sem Lama Chöd Pa (VS103)

The sangha of lamas and monks at Dudjom Gompa, Nepal, performs the *Dor Sem Lama Chödpa* (Offering to Lama Vajrasattva) of H.H. Dudjom Rinpoche. Instruments: bell, large drum, zilnyen, horns.

Dor Sem Lama Chöd Pa 2000 (VS113)

Filmed during the annual Vajrasattva retreat, in 2000. Two camera shoot over a number of days. Edited to show all the activities, highlighting chödpon activity, ömzed/cymbals, drums and long horns. The extensive Offering section was filmed over the shoulder of the ömzed, providing a clear view of all the offering mudras from the vantage point of the practitioner performing the mudras. Excellent training tape; includes some surprise extras.

Dor Sem Lama Chöd Pa Offering Mudras (VS123)

Offering mudra section excerpted from the complete version of the DorSem 2000.

Dorsem Lama Chödpa Tormas (VS133)

Lama Rinchen teaches how to make the tormas for the *Dor Sem Lama Chödpa* sadhana. Includes shalsei, lama torma, tormas of the peaceful and wrathful deities, kartor, gegtor, and protector offering tormas. Tashi Chöling, Ashland, OR, 1991.

Ratna Lingpa Vajrakilaya (VS201)

Vajrakilaya sadhana of Ratna Lingpa performed by gathered sangha at Tashi Chöling. Yangthang Rinpoche—playing the cymbals—and Gyatrul Rinpoche—playing bell and damaru—preside. October, 1990.

Kha Kyab Rang Dröl: Accomplishing the Purpose of Beings Throughout Space (VS202)

Yangthang Rinpoche performs the Avalokiteshvara practice of Dorje Dechen Lingpa, to bell and damaru accompaniment. Concise and extensive versions of the sadhana; includes the ganachakra and special practices for summer/winter solstices and solar/lunar eclipses. Tashi Chöling, October 1990.

General Sadhana Format for Deity Generation (VS204)

Nam Chö Troworoza sadhana performed by the Palyul Namdröling monks led by Migmar Lama. Instruments: cymbals, large drum, bell and damaru, long and short horns. Tashi Chöling, 1988.

General Sadhana Format for Deity Generation (VS214)

Nam Chö Troworoza sadhana performed by the Palyul Namdröling monks in Austin, Texas, in the summer of 2002. Instruments: cymbals, large drum, bell and damaru, long and short horns. Picture-in-picture editing shows two different views simultaneously during select sections of the sadhana, in particular during the cymbal playing sections. Excellent for learning the Nam Chö general sadhana. (Chödpon activities not included.)

Khandro Thug Thig (VS301)

Yeshe Tsogyal sadhana (terma of H.H. Dudjom Rinpoche) performed by Lama Könchog Jungney, with bell, large drum, zilnyen. Includes concise *Dudjom Tersar Ngöndro*, *Riwo Sang Chöd* with rölmo and large drum, and the *Abbreviated Daily Vajrakīlaya*. Dudjom Gompa, Nepal.

Khandro Thug Thig (VS311)

“Yogi style,” performed by Lama Rinchen, to bell and damaru accompaniment. (Requires empowerment/permission.)

The Essence of the Two Accumulations (VS302)

Green Tara sadhana of Chokgur Lingpa, with *Homage to the 21 Taras*, led by Arnam Lama and Khenpo Gyurmed Samdrub. Tashi Chöling. Summer, 1990.

Intermediate Tröma Sadhana (VS303)

Intermediate Tröma sadhana performed by the entire sangha of lamas and monks at Dudjom Gompa, Nepal. Includes the Four Feasts. Also included: footage of the Kudung, the reliquary shrine containing the body of H.H. Dudjom Rinpoche.

Intermediate Tröma Sadhana (VS313)

Intermediate Tröma sadhana led by Sangye Khandro. Tashi Chöling. Recorded during practice intensive, September of 1992.

Tröma Tormas (VS323)

Tsampa Sonam makes all the tormas for the Tröma intermediate sadhana, as well as the condensed torma offerings used in the concise sadhana.

Concise Tröma Sadhana (VS304) [Formerly VS323]

Concise Tröma sadhana led by Ngagpa Yeshe Dorje; includes some teachings and insights into the practice. Tashi Chöling, 1991.

Concise Tröma Sadhana (VS314) [Formerly VS333]

Concise Tröma sadhana (compiled by Trinley Norbu Rinpoche) led by Sangye Khandro, accompanied by retreatants at Tashi Chöling, during the annual Tröma retreat, 1997. Tulku Sang Ngag presides as dorje lobpon.

Tröma Ngöndro (VS305)

Practice Tröma ngöndro with Lopön Nikula and Tsampa Sonam; includes a brief instruction.

The Four Feasts (VS306)

Performed by Lama Könchog Jungney. Dudjom Gompa, Nepal.

The Four Feasts (VS316)

Performed by Tsampa Sonam; includes the Lu Chin. Orgyen Dorje Den, Alameda, CA, 2003.

Turning the Wheel

A short video telling the story of Gyatrul Rinpoche’s activities in the West. Includes footage of H.H. Dudjom Rinpoche, H.H. Karmapa (XVI), and a number of other lamas that Gyatrul Rinpoche has introduced his students to over the years.

Natural Liberation through Contemplating the Peaceful and Wrathful

Images of the pantheon of peaceful and wrathful deities to the accompaniment of the recitation of prayers from *Natural Liberation; Padmasambhava’s Teachings on the Six Bardos*.