

Exploring Buddhism

Exploring Common Prayers and Practices

Materials List

Please obtain these materials prior to the beginning of the module as it would be helpful if you could review the various practices mentioned below to see where you might have any questions.

General Prayers

- *FPMT Essential Prayer Book* (https://shop.fpmt.org/FPMT-Essential-Prayer-Book-PDF-p_1365.html) **PLEASE NOTE:** Although a number of earlier editions of this prayer book have been released, we will be using the 2021 edition since it contains several practices that will be taught in the module, including *The Method to Transform a Suffering Life Into Happiness (Including Enlightenment)*, *Blessing the Speech*, *Lama Tsongkhapa Guru Yoga*, and *King of Prayers*.

Practice Texts

- *Extensive Offering Practice* (https://shop.fpmt.org/Extensive-Offering-Practice-PDF_p_3442.html)
- *The Concise Essence Sutra Ritual of Bhagavan Medicine Buddha Called "The Wish-Fulfilling Jewel"* (https://shop.fpmt.org/Medicine-Buddha--The-Wish-Fulfilling-Jewel-PDF_p_1370.html)
- *Lama Chopa and Tsog Offering* (https://shop.fpmt.org/Lama-Chopa-and-Tsog-Offering-eBook-PDF_p_1949.html)
- *The Abbreviated Four Mandala Ritual to Chittamani Tara* (https://shop.fpmt.org/Four-Mandala-Offerings-to-Chittamani-Tara-PDF_p_1034.html)