

Oral Transmissions from the Lama

Transmissions or *lung*s (Tib.) are an oral reading of a text by the lama. The text is read in Tibetan as a way of giving a blessing from the lineage for that text, as well as a blessing from the lama. In some cases a teaching or explanation will also be given, but not always. During the transmission the lama is viewed as the Buddha himself. The words are heard as the speech of the Buddha. All thoughts are the wisdom of the Buddha. All phenomena form a perfect Buddhafield. Together, these are called “pure view.”

While listening to the transmission, one abides in meditative equipoise or the natural state, the nature of mind. From that state, *feel* the rain of blessings being transmitted by the lama, while radiating lovingkindness and compassion for *all* sentient beings throughout space and time. If asked to recite a mantra, do your best to pronounce the syllables correctly. If available, we will provide a written transliteration to assist you. In some cases we will be able to provide a translation or an Internet link to a translation of the text as well. If that is not available, just absorb the blessing and feel the connection being established with the lineage and the lama for the benefit of all.

Following the transmission, do your best to maintain “pure view” during the rest of your day, as well as thereafter. This is part of the process of “training the mind” to overcome our sense of imperfection, dissatisfaction or suffering (*dukkha*, Skt.) and to replace it with true happiness, inner peace or enlightenment.

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