



KARME DHARMA CHAKRA

Communauté monastique bouddhiste

I am very happy that *A Path of Practice—The Bodhi Path Program* has now been made accessible by Tina Draszcyk and Rabsel Éditions.

For more than five decades, the 14th Künzigt Shamarpa (1952–2014) took full responsibility as the lineage holder of the Karma Kagyü, or Kamtsang Kagyü, tradition to safeguard its precious and living Dharma methods. Regularly giving detailed Dharma teachings all over the world, organizing and supervising Buddhist monasteries and Dharma centers, offering sutric and tantric Dharma transmissions, he had at heart that the Buddha's methods could be used and applied in our world and in our modern society. In this regard, he organized study programs and supported and instructed meditators both in Asia and the West.

During a one-week course in Germany in 2004, Shamar Rinpoche offered his vision for focused Dharma practice with the power to lead the modern practitioner toward achieving the state of awakening. He called this system the "Bodhi Path," a spiritual path toward *bodhi*, or awakening. The associated program was offered and organized by Shamar Rinpoche in North America, Asia, and Europe.

For those who wish to seriously walk the path of meditation, Shamar Rinpoche recommends a systematic way of Dharma practice, which he lays out in Part I: "The Bodhi Path Meditation Program." Over the years, Shamar Rinpoche repeatedly stressed that for these meditation practices to be successful, Dharma practitioners require a right view and understanding of the Buddha's teachings. It is in this sense that he also recommends practitioners to delve into the Buddha Dharma by learning the main Buddhist principles in terms of the Buddhist views of reality, ethics, and conduct, the theoretical background of meditation, as well as the precise methods and their application. An overview regarding the entire curriculum, including this study program, is presented in Part II: "The Bodhi Path Curriculum: Studies and Meditation, a Summary."

Shamar Rinpoche's deep and vast knowledge of the Buddha Dharma, his profound realization, and his decades of experience in teaching and guiding people from different walks of life make his recommendations for Dharma practice in today's world a particularly precious source of inspiration. Please feel encouraged to study and apply it to your own Dharma practice. This will bring great benefits to all those who wish to free their mind and progress toward awakening.

Jigme Rinpoche
Landrevie
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C H A K R A

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