

READING THE SUPREME SOURCE

Please find included a detailed but easy to understand map to reading the Supreme Source. **Please remember to read the ‘explanatory chapters’ and the ‘actual chapters’ simultaneously.**

I hope this list helps to reveal the awesome depth and mind-blowing artistry of the teachings contained within the book. It has been painstakingly and lovingly put together for the benefit of sentient beings so that you may fly like an arrow to the heart of Awareness.

Introduction:

Only read explanatory chapter, the **first page of the introduction p91 and then skip to the final paragraph on p93.**

Chapter 1:

Read the explanatory chapter, **p93** especially the small paragraph describing the **term thigle**.

Of the actual chapter read only the final paragraph where **the sphere as symbol of the totality of consciousness** is described, **p136**

Chapter 3:

Read only the first paragraph of the actual chapter, **p137.**

Chapter 4:

Read the explanatory chapter, **p96** and the actual chapter, **p138.**

Chapter 5:

Read the explanatory chapter, **p96** and the actual chapter, **p138.**

It elucidates some basic aspects of different Buddhist approaches to show that **Dzogchen is the final goal for all of the different paths.**

Chapter 6:

Read the explanatory chapter, **p97-98** and the actual chapter, **p139-141**.

It is a very worthwhile read **to understand the difference in view between Dzogchen and other paths** and why, if Dzogchen is the highest path, are the **other paths necessary according to people's capacity**.

Chapter 7:

Read the explanatory chapter, **p98** and the actual chapter, **p141**.

These chapters are especially useful because it describes the **principles of non-duality and self-perfection** - key principles in understanding Dzogchen.

Chapter 8:

Read **only the actual chapter but skip the first page and read the first paragraph at the top of p143**. Then proceed to the **final paragraph on p144**.

Chapter 9:

Read the explanatory chapter, **p99-100** and the actual chapter, **p144-147**.

In the actual chapter the first two pages describes the 'wrong views' of different paths but **the really juicy bit starts at the top of p146** where the first paragraph summarizes the entire Dzogchen view.

Chapter 12:

Read the explanatory chapter, **p98** and the actual chapter, **p141** but you can **skip right to the final paragraph on p152**.

Chapter 13:

Read the explanatory chapter, **p101-102** and the actual chapter, **p152**.

Chapter 15:

Read only the actual chapter, **p153**.

Read from the beginning **until the first half of p154** where the third paragraph ends with *“That which transcends action is not realized through seeking and commitment.”*

Chapter 18:

Read the explanatory chapter, p103 and the actual chapter, **p155-156**

Chapter 20:

Read only the actual chapter, **p157** but only the first and the last paragraph, everything else can be skipped.

Chapter 22:

Read the explanatory chapter, **p103** and the actual chapter, **p158-161**.

The actual chapter is quite dense so **pay special attention** to the following:

- **last two paragraphs of p158**
- **the third paragraph on p160** (it talks about the concept of enlightenment)
- the **final paragraph on p160** till the end of the chapter.

Chapter 26:

Only read the explanatory chapter, **p103**.

It is an informative explanation on **dualistic conditioning as it pertains to notions of ‘good-bad’ and ‘meditation and non-mediation’**.

Chapter 27:

Read the explanatory chapter, **p105** and the actual chapter, **p165** which is a beautiful chapter well worth reading.

Chapter 29:

Read the explanatory chapter, **p106-107** for a brief but informative take on the concept of 'not correcting'.

The actual chapter, **p166-167** might be a bit dense **so skip to p167, the fifth paragraph** that starts with "*When Ati-yoga practitioners hear about ...*"

Note: Ati-yoga is synonymous with Dzogchen.

Chapter 31 & 32:

Read both the actual chapters first, **p174** then the explanatory chapters, **p108-109**.

These two chapters function as a little unit with the first one containing **the infamous 'Six Vajra Verses'** and the second one a four line explanation.

Chapter 37:

Read the explanatory chapter, **p110** and the actual chapter, **p177-178**.

In the actual chapter **skip the beginning and start reading from the third paragraph on p178**, starting with the sentence "*One's fundamental nature is pure and total consciousness ...*"

Chapter 40:

Read the explanatory chapter, **p110** and the actual chapter, **p182**.

Dealing with the question **regarding why beings continue to transmigrate even though the natural state is already pure and**

total enlightened consciousness, the actual chapter is a dense but worthwhile read.

Chapters 44-46:

Read both the explanatory (starting on **p112**) and actual chapters (starting on **p186**).

These few chapters are some of the best parts of the text dealing with issues such as **the capacity of students; not allowing oneself to become conditioned even by the Dzogchen teachings** and the **true meaning regarding the keeping of vows**.

Chapter 47:

Read only the actual chapter **p188-189** but **skip the first half and start reading from the top of p189** instead

Chapter 49:

Read only the explanatory chapter **p118** for **insight on the concept of 'no levels to rise through'**.

Chapter 50:

Read both the explanatory chapter, **p118-119** and actual chapters, **p192-193**.

Chapter 51:

Read only the brief paragraph of the explanatory chapter, **p119**.

Chapter 52 & 53:

Read both the explanatory chapter, **p119-120** and actual chapters, **p195-198**.

These two are great chapters on **the nature of enlightenment that is 'beyond desire'** and the **'unchanging condition' of the enlightened mind** where wisdom is naturally and spontaneously present.

PART II AND III

These two phenomenal sections of the text contain brief discussions on the **characteristics of Dzogchen** divided into the traditionally Buddhist themes of View; Commitment; Capacity; Conduct and so on.

Chapters 58 -68:

Read explanatory chapters (starting on **p121**) and actual chapters (starting on **p203**).

Chapter 70-82:

Read the explanatory chapters (starting on **p127**) and the actual chapters (starting on **p217**).

Chapter 84:

Read the explanatory chapter, **p130** and the actual chapter, **p231**.

The actual chapter discusses the various names by which the 'Supreme Source' is known.

EXTRAS

Make sure you have a look through these chapters for some **gorgeous descriptions of the Natural State** and a few juicy extras.

Chapter 30:

Read the explanatory chapter, **p107** for a **glimpse into Garab Dorje's life**.

Read the actual chapter (starting on **p168**) for a translation of “**The Total Space of Vajrasattva**” - a stunning example of a Dzogchen song on **the Nature of the Buddha-mind**.

Chapter 38:

Read the actual chapter only, **p179**.

It describes the aspirations and **methods of various formal paths of meditation** and how they can be a **hindrance to understanding** or as Namkhai puts it *“to understand the various paths and to discover the defect inherent in being limited by the view characteristic of one’s path.”*

Chapter 41:

Read the actual chapter, **p184** for another illuminating and **mouthwatering description of Awareness**, by itself.

Chapter 43:

Read explanatory chapter only, **p111** for a beautiful description of the **qualities of a Dzogchen teacher** and their role as Aspect of the students own mind, rather than an external, separate entity. In this way one can come to understand **ones own mind as the Supreme Guru** because ultimately understanding can only arise from within the individual themselves.

Chapter 47:

Read the explanatory chapter only, **p116** for some elucidation on the **role of traditional practices** and especially why it is imperative not to get stuck in the practices either. Some short but useful information on the practices of some of the other paths can be found here.

Chapter 56 & 57:

Read the explanatory chapters from **p120** for a short but interesting **history of Vairocana's role in translating the text during a time when Dzogchen was thought to be heretical and radical.**

Read the actual chapters from **p200** for a beautifully poetic description on the **nature of "everything as supreme source"**.

Chapter 69:

Read only the actual chapter, **p215** for a short but poetic example of **expressing ones realization.**

For more personalized explanations ask a question in our MIND TECH FAQ section <http://buddhabrats.com/buddha-brats/mind-tech/f-a-q/>
OR get in touch at info@buddhabrats.com

From the Universe, with Love

Anreal