

Posted: Wed Jan 7, 1987 5:01 PM MST
From: KALAPA.HOUSE
TO: Donna.Holm
Subj: For DLLD

Msg: 110A 122-3038

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To The Dorje Loppon Lodro Drolma
Office of Three Vajra Studies

Dear Sir:

I was going through some files and found this short piece composed by the Vajra Regent. I thought you might like to have it for your files. The Regent gave these instructions to a few people from Cleveland who had just taken refuge vows with him here in Halifax. Perhaps Mrs. Holm would also like to see these instructions for her work on the book. I have given a copy to the Practice Office here.

Gwen

20 September 1986

Four Instructions for Meditation Practice

When you feel excited, you should cool down.
When you feel dull, you should kindle a flame.
When you feel expansive, you should narrow your vision.
When you feel introspective, you should pop your mind.

from The Vajra Regent Osel Tendzin