



# Ngondro Commentary: Instructions for the Concise Preliminary Practices of the New Treasure of Dudjom

*Jane Tromge*

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## **Ngondro Commentary: Instructions for the Concise Preliminary Practices of the New Treasure of Dudjom** Jane Tromge

The ngondro, or preliminary, practices are the foundation of Vajrayana Buddhism. The Dudjom Tersar ngondro, a treasure revealed by Dudjom Lingpa, a previous incarnation of Dudjom Rinpoche, is a concise, yet very powerful set of practices for turning the mind to dharma, purifying obscurations, accumulating merit, and opening the door to the mind's true nature through guru yoga.

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