

Geshe Lhakdor La's Teachings

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Background

This page collects the video lecture/teachings I've watched of Geshe Lhakdor la that helped me grasp a better understanding of Buddhism.

Teachings

	Video Link	Notes
1		<ul style="list-style-type: none">▪ One of the first teaching by Geshe Lhakdor la that I watched.▪ A 5-part teaching on Seven Points of Mind Training.
2		<ul style="list-style-type: none">▪ A 5-part teaching on the Heart Sutra.
3		Positive Mental Attitude - A Key to Happiness <ul style="list-style-type: none">▪ A single teaching.
4		Mindfulness and Training the Mind <ul style="list-style-type: none">▪ A single teaching.
5		Nagarjuna's Precious Garland

Appendix

	Document	Link
1	Library of Tibetan Works and Archives	https://tibetanlibrary.org
2	An Extensive Commentary on the Seven Point Mind Training	https://play.google.com/store/books/details?id=lfH2DwAAQBAJ