



THE ASIAN CLASSICS

INSTITUTE

Thank you for your interest in the Asian Classics Institute's Daily Practice Topics. The text and audio may be downloaded (see www.world-view.org in the on-line teachings section), or ordered by mail (see the Courses by mail section of the web site).

This Daily *Tong Len* Practice consists of seven sessions of audio recorded during the original retreat, along with corresponding written materials. The audio can be ordered by mail, listened to on-line as streaming Real Audio, or downloaded onto your computer in MP3 or RA formats for playback later. After listening to the audio from a session, the corresponding reading should be completed before continuing on to the next session.

The written materials for this topic are contained in three on-line files which can be downloaded, printed and assembled into a three-ring binder. For ease of binder assembly, be sure to print the files on three hole paper.

We would like to emphasize that, although recordings and written materials can be extremely helpful, it is essential for serious Buddhist practitioners to meet and study directly with a qualified Teacher who can give the necessary guidance and personal instructions of the lineage.

In these teachings the wisdom of Enlightened Beings has been passed down in an unbroken lineage to you. May you take these teachings and put them into practice in your life to benefit all. May every goodness grow and spread in all directions right now!