



Dusting Off Your Buddha Nature: The Purpose of the Dzogchen Preliminaries

Tenzin Norgay

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Dusting Off Your Buddha Nature derives principally from a series of Dharma teachings given in Italy on the Dzogchen Namcho Cycle of Ngondro, known as “Buddha in the Palm of Your Hand.” As taught in the Palyul lineage of the Nyingma sect of Tibetan Buddhism, these teachings include the Ten Steps to Buddhahood, the Four Thoughts that Turn the Mind to Dharma, the Four Uncommon Preliminary Practices of Refuge/Bodhicitta, Mandala, Vajrasattva, and Guru Yoga, as well as the supplemental practices of Phowa and Kusali Chod. The work culminates in a teaching on the dangers of skipping these preliminary practices, lest the Vajrayana practitioner misconstrue the higher teachings of Dzogchen and inadvertently “turn the medicine into poison.” The key to understanding the higher teachings, explains Khenpo Norgay, is to “dust off” your Buddha Nature through these purification practices. Like a diamond sullied by neglect or misuse, we are already adamantine and primordially pure, and need only be cleansed in order to experience our true nature. As a bonus, a guided practice of the long Guru Yoga is appended for those new to Palyul practices.

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