



Guru Yoga: According to the Preliminary Practice of Longchen Nyingtik

By Dilgo Khyentse Rinpoche

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Why is the practice *guru yoga* (union with the nature of the guru) so important? Because with the help of the outer teacher, the inner teacher (the true nature of our own mind) is discovered. This particular guru yoga is called "The Wish-fulfilling Jewel," and it is the outer practice of the guru from the Longchen Nyingtik revelation of Rigdzin Jigme Lingpa. It was during a summer retreat in France in 1984 that Dilgo Khyentse Rinpoche gave teachings on this text.

This is a new commentary and not a re-edit of teachings in the book *The Wish-fulfilling Jewel*.

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