

The Four Dharmas of Gampopa

Grant your blessings so that my mind may be one with the dharma.
Grant your blessings so that dharma may progress along the path.
Grant your blessings so that the path may clarify confusion.
Grant your blessings so that confusion may dawn as wisdom.
Gampopa (1079–1153 CE)

Source materials:

Andrew Holecek is an American dharma teacher. He has tremendous insight and a powerful ability to express the dharma within our cultural context. In the first 30 minutes of this talk, he provides a line by line commentary on the Four Dharmas of Gampopa.

<http://www.andrewholecek.com/four-dharmas-of-gampopa/>

Thrangu Rinpoche is one of the greatest living teachers within the Kagyu lineage, the lineage of Chögyam Trungpa Rinpoche. His explanations are very clear, complete and well organized.

<http://www.rinpoche.com/teachings/4dharmas.pdf>