

Alan Wallace's Buddhist Teachers

- Dzongtse Rinpoche, from whom he first learned spoken and written Tibetan and Buddhist ethics
- Lama Sherab Gyaltzen, from whom he received the oral transmission and commentary on the classic treatise *Parting From the Four Obsessions* from the Sakya Order of Tibetan Buddhism
- H. H. Sakya Trinzin Rinpoche, from whom he received a Mañjushri empowerment
- Geshe Ngawang Dhargyey, from whom he received his first instructions on the “Lamrim” teachings on the stages of the path to enlightenment, Shantideva’s classic treatise *A Guide to the Bodhisattva Way of Life*, and Maitreya’s treatise *An Ornament for Higher Realization*
- Dr. Yeshi Dhonden, from whom he received instructions on traditional Tibetan medicine, including the *Primary Tantra* and *Explanatory Tantra*
- H. H. the Dalai Lama, from whom he received the five Buddhist lay vows, full ordination as a Buddhist monk, the Bodhisattva vows of aspiring to and venturing towards enlightenment, the oral transmission and commentary on the *Heart of Wisdom Sutra*, Nagarjuna’s treatise *The Precious Garland*, the oral transmission and explanation of Longchen Rabjam’s *Ease and Relaxation in Meditative Stabilization*, the oral transmission and explanation of Atisha’s *Lamp for the Path to Enlightenment*, Tsongkhapa’s *Songs of Experience on the Stages of the Path to Enlightenment*, *The Three Principles of the Path*, and *The Prayer of the Beginning and End*, and teachings on *The Eight Verses of Training the Mind*, *A Guide to the Bodhisattva Way of Life*, the empowerment of Avalokiteshvara, the empowerment of Tsongkhapa in the nature of Avalokiteshvara, Mañjushri, and Vajrapani, the empowerment of Kalachakra, the long-life initiation of White Tara, the empowerment of Padmasambhava and his Eight Manifestations, a Mahayoga empowerment of Vajrakilaya, a Kriyatantra empowerment of Amitabha, and the empowerment of White Tara, Chintamanichakra
- Tsenzhab Serkong Rinpoche, from whom he received the empowerments and commentaries on Yamantaka and Vajrayogini
- Tenzin Thrinley, from whom he studied Tibetan language
- Ngawang Dhondup, from whom he studied Tibetan language

- Geshe Legden, from whom he received instructions on “Collected Topics” on Buddhist logic and debate
- Jeffrey Hopkins, from whom he received instruction on the fine points of Tibetan grammar and the philosophical tenets of Buddhism
- Gen Lobsang Gyatso, from whom he received instruction on “Collected Topics” of Buddhist logic and debate and Buddhist psychology
- Gen Nyima, from whom he received the oral transmission and commentary on the Mañjushri prayer
- Kungo Barshi, from whom he received instructions on Chekawa’s *Seven-Point Mind-Training*
- Goenka, from whom he received instruction on insight meditation in the Theravada Buddhist tradition
- Kitti Subho, from whom he received instruction on insight meditation in the Theravada Buddhist tradition
- Geshe Rabten, from whom he received the novice precepts of a Buddhist monk and extensive instructions on the five preliminary practices, Buddhist epistemology, logic, philosophy, and Vajrayana empowerments and teachings, including *An Ornament for Higher Realization*, Chandrakirti’s treatise *A Guide to the Middle Way*, Panchen Lobzang Chökyi Gyaltzen’s primary text and commentary on Mahamudra, empowerments and instructions on Avalokiteshvara, Mañjushri, Vajrasattva, Yamantaka and Vajrayogini
- Namgyal Khen Rinpoche, from whom he received instruction on Buddhist monastic ethics
- Lati Rinpoche, from whom he received instruction on Buddhist meditation and the Medicine Buddha
- Geshe Nyima, from whom he received instruction on the *Sutra of Individual Liberation* concerning monastic precepts
- Geshe Gendün Zangpo, from whom he received teachings on the *Grounds and Paths of Tantra*
- Geshe Jhampa Lodrö, from whom he received the empowerment of Vajrasattva

- Geshe Ugyen Tseten, from whom he received teachings on Madhyamaka philosophy
- Shartse Khenzur Rinpoche, from whom he received teachings on the *Perfection of Wisdom*
- Song Rinpoche, from whom he received instructions on Tsongkhapa's treatise on the *Six Yogas of Naropa* and empowerments and commentaries on Yamantaka and Vajrayogini
- Geshe Thubten Ngawang, from whom he received instruction on Vasubandhu's *Treasury of Knowledge*
- Gen Jhampa Wangdü, from whom he received the oral transmission and instructions on the practice of "Taking the Essence" (*Chü-len*)
- Baladgoda Anandamaitreya, from whom he received instruction on meditative quiescence
- Gen Lamrimpa, from whom he received the complete oral transmission of the *Kalachakralaghutantra* and its primary commentary *The Stainless Light, together* with the commentaries and annotations of Butön, the oral transmission and commentary on the *Kalacakra Six-Session Guruyoga*, and instruction on the cultivation of meditative quiescence and contemplative insight
- Robert Thurman, from whom he received instruction in Sanskrit and Buddhist logic and epistemology
- Sakya Dagmo Jamyang Palmo, from whom he received the White Tara, Chintamanichakra initiation, together with the oral transmission and explanation of the practice, as well as an empowerment of Green Tara
- Lama Gömpo Tseden, from whom he received an empowerment of Guru Padmasambhava
- Kalu Rinpoche, from whom he received the Kalachakra empowerment
- Khenpo Tsewang Gyatso, from whom he received an oral commentary on the "Wisdom" chapter of *A Guide to the Bodhisattva Way of Life*
- Gyatrul Rinpoche, from whom he received the oral transmission and teachings on *Releasing Oneself from Essential Delusion: Notes on the Written Instruction In the Vajrasattva Mind Accomplishment of Dreams* by Lochen Dharma Shri, the oral transmissions and explanations of the texts *The Illumination of Primordial Wisdom: An Instruction Manual on*

the Utterly Pure Stage of Perfection of The Powerful and Ferocious Dorje Drolö, Subduer of Demons, by H. H. Dudjom Rinpoche, Jigdral Yeshe Dorje, *A Spacious Path to Freedom and Naked Awareness* by Karma Chagmé, *Natural Liberation* by Padmasambhava, *The Vajra Essence* by Düdjom Lingpa, the text *The Fooling Dharma of an Idiot Who Wears Mud and Feathers for Clothing* by Düdjom Lingpa, the text *The Wish-fulfilling Gem of Siddhis: A Manual on the Two Stages of the Heart-Drop of the Profound Path of the Dakinis* by Dudjom Rinpoche, empowerments of Vajrasattva, the Dudjom New Treasure lineage, the peaceful and wrathful forms of Samantabhadra and his consort, and the Heart Quintessence of “the Lake-Born” Padmasambhava

- Carl Bielefeldt, from whom he received instruction on the T'ien-t'ai school of Chinese Buddhism
- Khenpo Jigmé Phuntsog, from whom he received the empowerments for the *Heart-drop of Vimalamitra* (with some teachings), Mañjushri, and Vajrakilaya
- Kalka Jetsun Dhampa Rinpoche, from whom he received the empowerment and teachings on the 21 Taras, in conjunction with the Six-Phase yoga of the *Kalachakratantra*, according to the Jonang order
- Kusum Lingpa, from whom he received Dzogchen teachings and the *Kalachakratantra* empowerment according to the lineage of Lama Mipham
- Khenchen Palden Sherab, from whom he received the empowerment of the *Guhyagarbhatantra*
- H. H. Penor Rinpoche, from whom he received the empowerment of the Medicine Buddha
- Tulku Orgyen, from whom he received the oral transmission and commentary on the *Guhyagarbhatantra*