

- [Report 41](#) - Lojong 3 [dream]
- [Report 43](#) - Lojong 4 [preliminaries]
- [Report 44](#) - Lojong 5 [acceptance/blame]
- [Report 45](#) - Lojong 6 [Consciousness Before You Were Born]
- [Report 46](#) - Lojong 7 [distractions & commitments]
- [Report 47](#) - Lojong 8 ['Going for the throat/Striking at the heart]
- [Report 49](#) - Lojong 10 [The Five Forces/Tonglen]
- [Report 50](#) - Lojong 11 [familiarisation]
- [Report 51](#) - Koan Practice [Nansen's Cat]
- [Report 52](#) - Koan Practice [Everyday Life as Path]
- [Report 53](#) - Koan Practice [Life as a koan]
- [Report 54](#) - View
- [Report 55](#) - Dream & Commitment
- [Report 56](#) - Help
- [Report 57](#) - 6 Paramitas: Generosity [Dana]
- [Report 60](#) - 6 Paramitas - Patience [Kshanti]
- [Report 61](#) - 6 Paramitas - Patience [Kshanti] II
- [Report 62](#) - 6 Paramitas - Virya [energy, diligence, vigor, effort]
- [Report 63](#) - 6 Paramitas: Dhyana/Samadhi
- [Report 64](#) - 6 Paramitas: Dhyana/Samadhi II
- [Report 65](#) - 6 Paramitas: Wisdom [Prajna]
- [Report 66](#) - 6 Paramitas: Wisdom [Prajna] II
- [Report 68](#) - Knowledge in Action
- [Report 69](#) - Imagination
- [Report 70](#) - Presence
- [Report 71](#) - Goodness
- [Report 72](#) - Mindfulness
- [Report 74](#) - 4 Immeasurables: Loving Kindness [Metta]
- [Report 76](#) - 4 Immeasurables: Equanimity [Upeksha]