

An Analysis on Introduction to the Stages of Preliminary Practices of Lam Drey Teaching: Clear Teachings on the Three Types of Perception

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Lam Drey teaching has been renowned in Tibetan Buddhism. Since many Esoteric Buddhist practitioners attained Buddhahood through Lam Drey teaching, it is highly acknowledged in Tibetan Buddhism as well as Sakya tradition to date. Nonetheless, in Chinese Buddhism, Lam Drey teaching is hardly known and practised by people. Therefore, "Introduction to the Stages of Preliminary Practices of Lam Drey Teaching: Clear Teachings on the Three Types of Perception" has been translated by the author with the intention of making practitioners and researchers aware of the invaluable teachings of Lam Drey. This article examines the lineage and relevant literature of Lam Drey teaching while commenting on the Madhyamika view of Lam Drey teaching. Further, it interprets the dharma teaching of "Introduction to the Stages of Preliminary Practices of Lam Drey Teaching: Clear Teachings on the Three Types of Perception" in relation to possible means of gradually reaching enlightenment through transformation of perception which is of three types; the

defiled perception that belongs to sentient beings, sensational perception that belongs to yogi and practitioners with meditation experience and pure perception which is the state of mind required to obtain enlightenment.

Keywords: *Lam Drey teaching, preliminary practice, three types of perception, lineage, Madhyamika*