**Prajñaparamita**

**Practice Log**

**"When my teaching is on the decline.  
In the northern region known as**

**The Land of the Snows.  
A mind emanation of the Great Mother of Wisdom**

**Will appear as the**

**'Shining Light of Lab' (Labkyi Dronma)**

**She will teach the meaning of the unborn Prajnaparamita."**

***from the Root Tantra of Manjusri, 'King of Tantras'***

**Prajñaparamita: 108 Hours Requirement**

**between Kapala Training I & II**

**(30-minute minimum per session)**

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January 2021