**Note to the Reader**

Most Tibetan names and terms in the main text are rendered *phonetically* in the roman alphabet, as they are pronounced in a Lhasa dialect. Corresponding *transliteration* of written Tibetan forms according to the Wylie system is provided in notes and in the “Tibetan Glossary.”

Likewise, in the main text, titles of Tibetan literary works are given in English translation, with a note linking to the corresponding romanized Tibetan title.

Throughout this book the many translated passages from *A Dispeller of Distress for the Faithful*, the biography of Mingyur Peldrön authored by her disciple Khyungpo Repa Gyurmé Ösel, are in a different font to distinguish them from quotations from other sources.