

SESSION 1

Cultivating Calm - Abiding Meditation Shamata

Tilopa's Six Words of Advice

Don't recall. Let go of what has passed.

Don't imagine. Let go of what may come.

Don't think. Let go of what is happening now.

Don't examine. Don't try to figure anything out.

Don't control. Don't try to make anything happen.

Rest. Relax, right now, and rest.

Skill I: Settling the Body

Ocean of Definitive Meaning: Karmapa III

Crossing the Legs (Lotus): The downward-expelling winds move within the central channel-Pacifies the affliction of Jealousy, removes mental obstacles

Placing hands in the meditation Mudra-4 fingers below the navel: The water element moves freely-Pacifies Affliction of Aggression

Straightening the Spine-Shoulders like a wing of a Vulture: The earth element is stabilized, Pacifies Affliction of ignorance

Bending the Neck like a hook: Stabilizes the fire element, Pacifies the affliction of desire

Gazing four fingers-width from the nose, eyes open & resting, Your tongue on your palate: Stabilizes the wind element within the central channel, pacifies the affliction of pride, generates mental clarity

Kayagata Satti Sutta: Buddha Shakyamuni

(Cultivate like seeds of corn stalk - here emphasis is on cultivating rather than practicing)

Excerpts from the Sutra:

The Blessed one Said:

There is the case where a monk-having gone to the wilderness, to the shade of a tree, or to an empty building-sits down folding his leg crosswise, holding his body erect and establishing mindfulness to the fore. Always mindful (instructions then follow describing how to remain mindful of the body)

And he remains thus heedful, ardent, resolute, any memories & resolves related to the household life are abandoned and with their abandoning his mind gathers & settles inwardly, grows unified and concentrated. This is how a monk develops mindfulness immersed in the body.

Settling the Body

Practice Session

Comfortable Seat: *the most crucial point is to keep the back straight-Shoulders wide open, if on a chair-place a pillow behind you and don't lean back, if on a cushion, avoid having multitude of cushions, sit with legs folded - make sure your seat is stable,*

Avoid distractions: *pets, electronic devices, music*

Pay attention to: **Grounding your body, fully supported by the seat, stable, (Nailed-Longchen Pa uses this word to describe the meditator on the seat-Seven Dharmas of Longchen Pa) Vajra like-immovable (Moonbeam of Mahamudra)**

(session 2)
Settling the Mind
Familiarizing Oneself with
the
Basis of Settling the Mind:

Contemplate the Four Reversals-Four Thoughts:

This is what distinguishes Buddhist Meditation from secular practice: Khenpo Tsultrim Tenzin

- 1. Precious Human Birth*
- 2. Death & Impermanence*
- 3. Causes & Conditions-Karma*
- 4. Faults of Samsara*

Ground yourself in the body

Keep the mind relaxed

Ask yourself and investigate within your own mind each of the Four Reversals, such as

“do I believe this idea, how does it apply to me, how do I experience each of these reversals in my own mind & life”

Cultivate the aspiration to free all beings of cyclic existence - Warm your heart with love-Great Compassion for all beings (start small-for example I love my dog, then expand to my family & so on)

May all Mother Sentient Beings Have Happiness & causes of Happiness

May they be free from suffering and causes of suffering

May they never be separated from happiness that is free from sorrow

May they rest in equanimity free from Attachment & aversion

May all Mother sentient being specially those enemies who hate me and mine, obstructors who harm, and those who create obstacles on my path to liberation and omniscience may they have happiness be free from suffering and swiftly attain unsurpassed , perfect, complete, precious Buddhahood.

(session 3)

Settling the Mind

Kayagata Sati Sutta: Buddah Shakyamuni:

Heedful, ardent & resolute, any memories & resolves related to the household life are abandoned with their abandoning his mind gathers & settles inwardly, grown unified & Concentrated. This is how a monk develops mindfulness.

Kyobpa Jigten Sumgon-Single Intent:

All stages of the path must be practiced in each session

Khenpo Tsultrim Tenzin:

Vipasana (Mahamudra) needs calm & abiding, You need to keep going back to calm & abiding (comments made during teachings of Words of Vajradhara Dharmakitri - 2019)

Khenchen Gyaltzen Rinpoche:

You can practice anything you like but without Shinay based in Budhicitta you have nothing - Individual interview 2008

Ani La you do a lot of high practices but its obvious you don't have any calm-abiding, that's why you have no accomplishment - Individual Interview 2021

Shamata to Mahamudra:

Keeping hold of the Mind:

- a. *Keep hold of the mind by means of a reference point such as a pebble or a like-
**(Khenpo Molam-Meditation Instructions at Tibetan Meditation Center 2020-
Meditate on a Pizza - a whole pizza, then each slice, then the toppings - then
imagine the Pizza moves further and further away from you)***
- b. *Keep hold of the mind simply by means of subtle reference point such as
breathing*
- c. *Set the mind the most subtle State of Awareness*

The Illusory Body: Khenchen Gyaltshen Rinpoche (Commentary)

*Contemplate the body as a reflection in the mirror, the reflection will be however you
are.*

Agitation & Dullness

Visualize a Blue Ah Syllable at your heart center - imagine you are breathing your thoughts into the Seed Syllable Ah - which then disperses into Space

*- **HE Garchen Rinpoche** (individual interview 2013)*

Visualize a Blue Hung at your heart center- imagine you are breathing your thoughts into the Seed Syllable - which leaves your body into the lower centers, your seat and the earth

*- **HE Lamchen Gyalpo Rinpoche** (individual interview 2011)*

Ocean of Definitive Meaning-Karmapa III:

1. Resting the Mind
2. Stabilizing the Mind
3. Abiding

Visualize-at the heart center - a white lotus with a crystal ball-when dullness arises, breath upward expelling the ball thru the crown Chakra

Visualize at the heart center - a black lotus-upside down with a black crystal ball at the center, breath downward expelling the crystal ball from the lower centers of the body

Tilopa's Wisdom:

To bring the mind to rest-recite:

Om: Inhale

Ah: Retain the breath-4 fingers below the Navel

Hung: Exhale

(all the same length)

When dullness arises: Visualize a white light moving upward

When agitation arises: Visualize a black light descending downward

Shamata to Mahamudra:

In order to dispel sinking and dullness in this process, focus your mind on a pea-size white sphere visualized between your eyebrows.

To dispel scattering and agitation, focus your mind on a pea size black sphere (visualized) below your navel.

Session 4: Calm-Abiding Meditation

Perfection of Wisdom Sutra:

First Samadhi then Wisdom Awareness

Practicing step by step:

1. Grounding the Body
2. Contemplation of the 4 reversals-& Loving Kindness
3. Settling the mind
4. Stabilizing the agitated/dull mind