

The Pointing Out Way of Indo-Tibetan Buddhist Meditation

Course Outline & Master Schedule*

***begin/end times each day may vary slightly depending on course location**

Day 1

6:00-9:00pm

**Introduction—An overview of meditation practices
Basic principles of intensive concentration meditation
Review of the 7-point posture**

Day 2

10:00am-12:30

**Introduction to concentration using the 3-point breath
Ordinary vs. extraordinary forms of practice**

2:00-4:30pm

**Factors that potentiate the practice
Common problems and methods to deal with them
Distracting thought
Drowsiness & flightiness**

7:00-9:00pm

**Application of methods to deal with thought and drowsiness/
flightiness
Vigilance practice**

Day 3

10:00-12:30

**Deepening concentration: Intensifying & Easing up
Skill in concentration**

2:00-4:30pm

**Concentration using the 7-point object
The problem of partial staying**

7:00-9:00pm

**Concentration using the mind-perspective
Concentration with support—an overview of the state**

Day 4

10:00-12:30pm

**The development of physical pliancy
Concentration without support
Skill in intensifying & easing up
Stabilizing the flow of mind-moments; stream access**

2:00-4:30pm

**Automatic concentration, one-pointedness, and equanimity
Assessing progress—The Nine States of Staying using the elephant path model
Meditation on movement & stillness
Stabilizing concentration from the mind-perspective**

7:00-9:00pm

**Overview of the ordinary insight meditations
Meditation on emptiness of self representation**

Day 5

10:00-12:30pm

**Emptiness of self meditation continued
Emptiness of phenomena meditation—the ‘Mind Only’ perspective
Developing skill in emptiness meditations**

2:00-4:30pm

**Emptiness & compassion combined meditations
Developing mental pliancy & its role in insight meditations**

Meditations on emptiness of temporality
Nagarjuna's Eight Extremes meditation
Mahamudra meditation on the Unelaborated Mind and the Always There Mind
Stabilizing the Simultaneous Mind, from the mind-perspective

7:00-9:00pm

Extraordinary or essence insight meditations—an overview
Stabilizing the Simultaneous Mind as always there
Simultaneous Mind meditation on coarse-level thought—water & waves meditation

Day 6

10:00-12:30pm

Water & waves (continued)
Simultaneous Mind meditation on coarse-level sense perception—dreamer & dreams meditation
One Taste meditation—non-duality of the Simultaneous Mind
Advanced One Taste meditation—Sealing whatever occurs as empty upon arising

2:00-6:00pm

Sealing all occurrences as empty upon arising
Automatic emptiness practice during and after the meditation session
Overview of Non-Meditation Instructions
Gampopa's Four Means to Set Up Awakened Wisdom
Maitripa's negation instructions
The extraordinary version of compassion meditation

Day 6 evening practice: automatic emptiness each moment, off the pillow (no formal class, participants practice on their own with given instructions)

Day 7

10:00-12:30pm

The problem of artificial vs. spontaneous activity of mind
How making something happen or preventing something from happening obscures awakened wisdom

The problem of conceptualization

Review of the practice as a means to set up awakened wisdom

Skillfully identifying & removing the obstacles to awakened wisdom

Protecting instructions—real mindfulness without artificial activity, with awareness-itself as both the vantage point of and the object of meditation

2:00-4:30pm

Continuation of protecting instructions

Individualized assessment of habits of mind that obscure awakened wisdom

Setting up meditation; shifting the locus to the ground of awareness; practice from the vantage point of awakened wisdom

7:00-9:00pm

Practice that never ceases; continuous awareness of whatever arises moment-by-moment, sealed as empty upon arising

Made calm/set-free as empty upon arising

Day 8

10:00-12:00pm

Application of the practice to everyday living—the issue of spontaneous presence

How to deepen the gains

Path-walking instruction

Precious opportunity meditation

Closure