

The Pointing Out Way of Tibetan Buddhist Meditation; Level 2 Course

Daniel Brown, Ph.D. Course Outline

Day 1

6:00-9:00pm

- Basic principles of intensive concentration meditation
- Review of the 7-point posture
- Introduction to concentration using the 3-point breath
- Ordinary vs. extraordinary forms of practice
- Deepening concentration: Intensifying & Easing up
- Factors that potentiate practice

Day 2

10:00am-12:30

- Concentration using the 7-point object
- The problem of partial staying
- Skill in concentration
- Concentration with support—an overview of the state

2:00-4:30pm

- Concentration without support
- Three special states
- Keeping the mind in a non-elaborated state at the subtle level
- Skill in intensifying & easing up
- Automatic concentration

7:00-9:00pm

- One-pointed concentration
- Tracking the imprint of the meditation object throughout the flow of vibrancy
- Automatic concentration, one-pointedness, and equanimity
- Serviceable concentration

Day 3

10:00-12:30

- Rdorje Chang Guru Yoga: Establishing the view of the natural state
- Reinforcing the view of the natural state between the interval of breaths;
Traditional Mahamudra concentration training

2:00-4:30pm

- The development of physical & mental pliancy
- Stabilizing concentration using the mind-perspective
- Movement & stillness meditation

Assessing progress—The Nine States of Staying using the elephant path model

7:00-9:00pm

Overview of the ordinary insight meditations
Meditation on emptiness of self representation—Atisha’s method
The variety of emptiness of self meditations—Aggregate method

Day 4

10:00-12:30

Emptiness of thought elaboration

2:00-4:30pm

Emptiness of body/mind
Emptiness of emotional states—the five poisons meditation

7:00-9:00pm

Emptiness of phenomena meditation—the ‘Mind Only’ perspective
Traditional Mahamudra meditations on appearance

Day 5

10:00-12:30

Compassion combined meditations—The cherishing basic humanity approach
Meditations on emptiness of temporality
Nagarjuna’s Eight Extremes meditation
Mahamudra meditation on the Unelaborated Ever-Present Awareness beyond the convention of time
Mahamudra three times meditation
The Nature of Simultaneous Mind
Simultaneous Mind meditation on coarse-level thought—ocean & waves meditation –
The Great One Taste Yoga

2:00-4:30pm

Compassion—suffering approach—ultimate compassion
Simultaneous Perception meditation on coarse-level sense perception—dreamer & dreams meditation
Meditations on non-duality
 The ocean & waves approach
 The mental pliancy approach

7:00-9:00pm

Sealing whatever has arisen as empty
 Immediacy
 Range

Day 6

10:00-12:30

Mistakes arisen as wisdom—Sealing whatever isn't obvious as empty
Evaluating hindrances to progress
State errors
Missing it
Losing it

2:00-4:30pm

Automatic emptiness immediately upon arising
Made calm as empty
Self free as empty
Snowflakes melting on warm rocks meditation
Automatic emptiness as foundation for non-meditation and cutting through instructions

Day 7

10:00-12:30pm

Overview of Mahamudra Non-Meditation Instructions:
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
Gampopa's Four Means to Set Up Awakened Wisdom
Maitripa's negation instructions
yid la mi byed pa "do not particularize"
Realizing the basic operation of individual consciousness, particularizing, as empty
Child viewing the temple meditation
dran med awareness reflecting itself to itself uninterruptedly without artificial meditation strategies
The infant of individual consciousness merging with the mother consciousness of the dharmakaya
Protecting instructions—real mindfulness without artificial activity, with awareness-itself reflecting itself to itself

2:00-4:30pm

Tilopa's instructions
Sabari's instructions

7:00-9:00pm

Self manifestation of awakened wisdom

Day 8

Mahamudra path-walking meditations
Using adversity to deepen awakened awareness
Organizing daily activities around awakened awareness

Rang 'Byung rDorje's Mahamudra Devotional Prayer