

# The Pointing Out Way of Tibetan Buddhist Meditation; Level 3 Course

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## 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
- Concentration using the 7-point object
- Concentration with support—an overview of the state

### Day 2

10:00am-12:30

- PadmaSambhava Guru Yoga: Establishing the view of awakened awareness
- Reinforcing the view of awakened awareness between the interval of breaths;  
Traditional Dzogs Chen concentration training

2:00-4:30pm

- Concentration without support
- Keeping the mind in a non-elaborated state at the subtle level
- Automatic concentration
- One-pointed concentration
- Tracking the imprint of the meditation object throughout the flow of vibrancy
- Serviceable concentration

7:00-9:00pm

- Stabilizing concentration using the mind-perspective
- Mahamudra movement & stillness meditation

### Day 3

10:00-12:30

- Review of emptiness of self, reality-construction, and time

2:00-4:30pm

- The yoga of one taste
- Automatic emptiness

7:00-9:00pm

- Overview of Great Completion (Dzogs chen) meditation
- Mind, Space, and Pointing Out Dzogs chen practice

## Day 4

10:00-12:30

Cutting Through meditations (Khregs chod)  
Working with the three times (Padma Samabhava)  
Resting the mind in the natural state  
Cutting through conceptualization

2:00-4:30pm

Pointing out/recognizing awakened awareness  
Garab rDorje's recognizing own face instructions  
Mirror instructions  
Lion's gaze

7:00-9:00pm

Establishing awakened awareness as a way of staying/being

## Day 5

10:00-12:30

Overview of by-passing instructions  
Garab rDorje's instructions for definitive certainty in the single state of dharmakaya awareness

2:00-4:30pm

Longchen Rabjam's 7 levels of awakened awareness  
Patrul Rinpoche's instructions "at all times/in all situations"

7:00-9:00pm

Everyday rupakaya practice  
Practice from the vantage point of awakened wisdom in everyday life  
Practice that never ceases; continuous flow of dharmakaya awareness

## Day 6

10:00-12:30

Padma Sambhava's Four Nails Meditation  
Meditation on the visions

2:00-4:30pm

Ordinary individual consciousness transformed into the five wisdom lights 7:00-9:00pm  
Original purity from the side of liberation  
Appearances from the basis

## Day 7

10:00-12:30pm

Garab rDorje's instructions on confidence in self liberation  
Flourishing of 80 positive qualities & conduct of a developing Buddha

2:00-4:30pm

Overview of Buddha bodies  
Buddha body meditations—essence/nature/compassionate manifestation

7:00-9:00pm

Emptiness of the five elements and rainbow body meditation

## Day 8

Offering of merit and closing blessing with Rahob Tulku, Thupten Kalsang Rinpoche