

How to Meditate

2021 – Class 1

A 9-week **DISCOVERING BUDDHISM** course with registered FPMT teacher, Eddie Peet



1

The Course Topics

8 weeks of classes plus a review

Topics include:

- Motivation and dedication
- Types of meditation
- Postures for meditating
- Subjects of meditation
- Meditation difficulties



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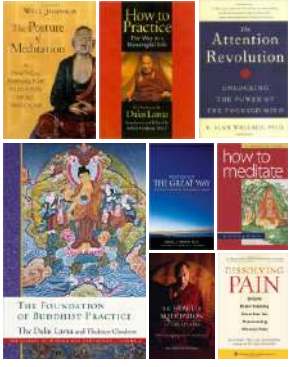
Today's Topics

1. What meditation is
2. The purpose of meditation
3. Motivations for meditating
4. Types of meditation
5. Dedicating the effort



3

Books on Meditation



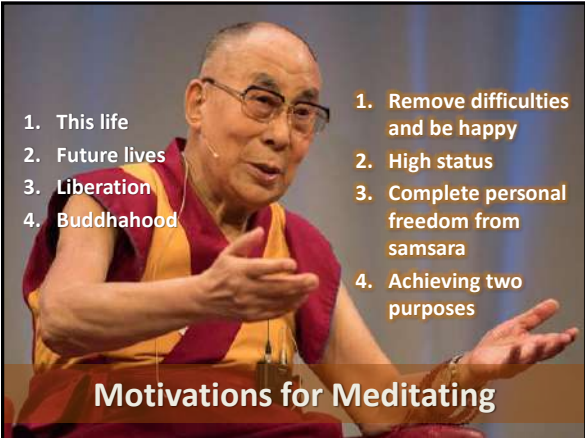
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What is Meditation?

It is the process of becoming familiar with a virtuous object

5



1. This life
2. Future lives
3. Liberation
4. Buddhahood


1. Remove difficulties and be happy
2. High status
3. Complete personal freedom from samsara
4. Achieving two purposes

Motivations for Meditating

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- Remove
- Generate
- Support
- Achieve

- The two obscurations
- Compassion and wisdom
- Bodhichitta
- Buddhahood



Meditating for Enlightenment

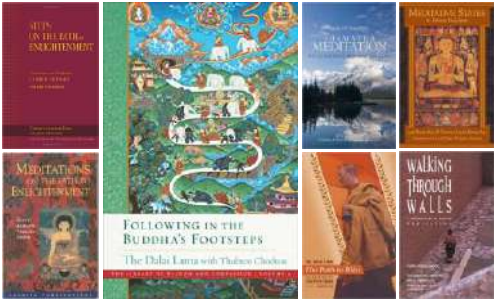
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Types of Meditation

- Stabilizing and analytical
- Objective and subjective
- Review
- Wishing prayer
- Imaginative
- Puja
- Sadhana & dance



8



Analysis & Stabilisation Readings


9

Stabilising Meditation

To fix your mind firmly on a single object or topic.

Other names:

- Placement
- Concentration
- Samadhi
 - Calm abiding
 - Serenity
 - Shamatha



10

Analytical Meditation

Enables us to penetrate and understand an object through reasoning



11



Do persons truly exist?

- Do persons exist?
- What determines the existence of a person?
- What are persons?
- What does 'truly' mean?
- Do persons seem to truly exist?
- Do persons truly exist?

12


Subjective Meditation

Your aim is to cultivate in the mind a new or strengthened perspective or attitude



"Do not let the behavior of others destroy your inner peace." — Dalai Lama.

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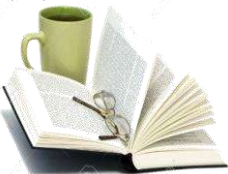
Objective Meditation

Your aim is to make the mind become accustomed to or familiar with the topic of meditation.

14

A Review Meditation On Lam-Rim


If you are attached to this life,
you are not a person of Dharma
If you are attached to the world of existence,
you do not have renunciation.
If you are attached to your own purpose,
you do not have Bodhicitta.
If grasping arises,
you do not have the view.



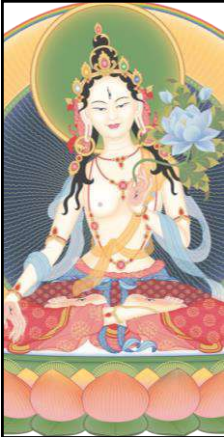
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Wishing Prayer Meditation

May anyone who merely sees me, hears me, or touches me, who talks to or about me, who thinks of me, or helps or harms me;
May that action become a cause or condition for them to attain non-abiding enlightenment right now!



16



Imaginative Meditation

- The deities dissolve into light
- Light dissolves into the mansion
- The mansion dissolves into me
- I dissolve into the syllable TAM
- The syllable dissolves into clear-light voidness
- And I arise as the deity
- With one face and two arms


17

The Puja Ceremony

Namo Guru Munindraya!
The river of merely hearing your names
Makes even Avici's hell-fires cool as a lotus pond



18



Vajra Dance


The Vajra Dance is practiced on a Mandala which represents the correspondence between the internal dimension of the individual and the outer dimension of the world.

19

Sadhana Practice Manual


From this moment on, until I am a Buddha,
May I never give up, though my life be at stake,
The attitude wishing to gain full enlightenment,
In order to free from the fears
of samsara
And nirvana’s complacency,
all sentient beings.

- Six Session Guru Yoga, v3



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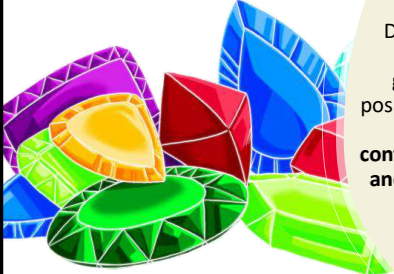
Importance of Dedication



- What is dedicated?** Your virtues
- Why dedicate them?** So they won't be lost
- To what aim do you dedicate them?** Supreme enlightenment
- For whose sake?** All sentient beings
- How do you dedicate them?** By uniting method and wisdom
- What's the nature of the dedication?** A wish that the merit never be lost and that it will be a complete cause for enlightenment

21


Merit of Dedication



Dedication ensures that the merit generated by your positive actions is not lost, and that it **continues to increase and expand** bringing positive results until you achieve enlightenment

22

SUMMARY



- What meditation is
- The purpose of meditation
- Motivations for meditating
- Types of meditation
- Dedicating merit

23



Read:

- Pages 5-9 (FPMT Readings)
- Pages 4-10 (Meditation Extras)

Next week:

- Placement meditation
- Concentrating on the Buddha

24

How to Meditate

2020 – Class 2

A 9-week DISCOVERING BUDDHISM course with registered FPMT teacher, Eddie Peet



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What We've Covered

1. What meditation is
2. The purpose of meditation
3. Motivations for meditating
4. Types of meditation
5. Dedicating the effort

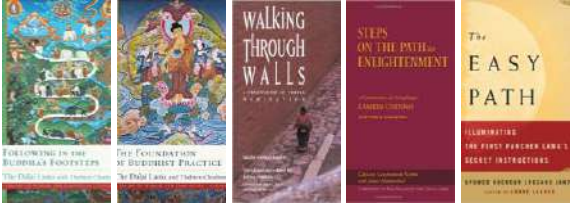
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Today's Topics

- Nine-round breathing meditation
- Stabilising meditation
- Visualisation
- Concentrating on the Buddha



3




Useful Books


4

Nine Round Breathing

Cleansing impure motivations with imagination



5



Buddhist Concentration

- One of five object ascertaining mental factors
- Leads to states of dhyana
- Of three higher trainings
- Enables specific activities

6

Stabilising Meditation

- To fix your mind firmly on a single object or topic

Other names:

- Placement
- Concentration
- Samadhi
 - Calm abiding
 - Serenity
 - Shamatha

7

Why Meditate on Buddha?

- Easily recollect qualities
- Helps at death
- Refuge deepens
- Creates merit
- Other practices enliven
- Preparation for tantra

8

Visualisation

It brings you closer to your desired positive end state.

9

Verses for Visualization

Before me, midst a cloud-sea of wondrous offerings, upon a throne which eight mighty and powerful lions uphold, precious and very wide,
On a lotus-flower and great discs of sun and moon, is my Root Guru who shows the unerring Path, indivisible from the Lord, the King of Sages,
Shining like the peak of a golden mountain, with the Marks' and Signs' glory, and clad in the three monk's robes.
-- Geshe Rabten, *Essence of Nectar*

10



11

The Process of Visualisation

Start with a vague image or feeling and over time, fill in the details.

12

Imagine a Throne

The point is not what everything looks like, but rather what each detail represents.



13

Imagine Lions

- Start with a vague image
- One part is in sharp focus
- Add a second part
- Don't lose what you had



14

Imagine a Lotus

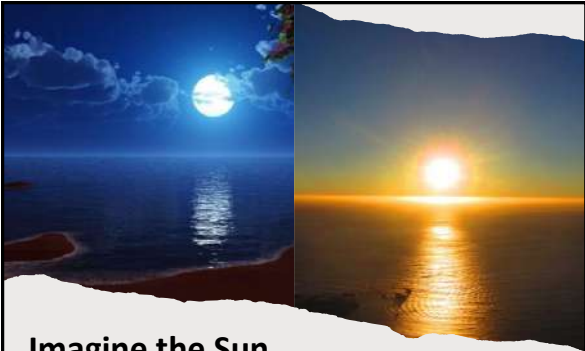
Symbolises definite emergence from samsara



15

Imagine the Sun and the Moon

The wisdom of emptiness supports compassionate love



16

Behold the Buddha

Start with the eyes



17

Imagine the Refuge Field

- Imagine they are present
- Feel their presence



18




Imagine Feeling the Light

- A white shower, cool and clear
- The warmth of golden, winter sunlight

19

Experience the Absorption


- The buddhas and sentient beings are of equal taste in emptiness
- As a Buddha, radiate light
- Purify and inspire sentient beings
- Then reflect, sentient beings still live in conflict



20

And ... Remember This!

- Do the practice regularly
- Be gentle and systematic
- Set achievable targets
- Do many short sessions
- Try to feel the presence of the objects
- Actively bring it into existence with words
- Preface the pictures with the word *imagine...*
- Keep your eyes open




21

Summarising The Meditation

1. Space is full of offerings
2. Four pairs of snow-lions hold a throne
3. There is a lotus on the seat of the throne
4. Sun and moon discs are on the lotus
5. The seated Buddha – notice the eyes
6. Light rays and nectar wash over you
7. Absorption – rest in a space-like emptiness
8. Arise and establish others in the awakening
9. Conflict still exists; others lack four immeasurables


22

SUMMARY



- Nine-round breathing meditation
- Stabilizing meditation
- Visualization
- Concentrating on the Buddha

23



Read:

- Various breathing meditations (page 16)
- Meditation on Shakyamuni Buddha (page 8)

Next week:

- Sleepiness and lethargy
- Restlessness and regret
- Their antidotes!

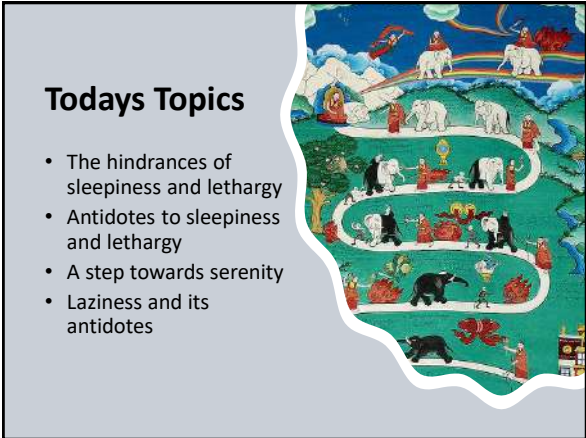
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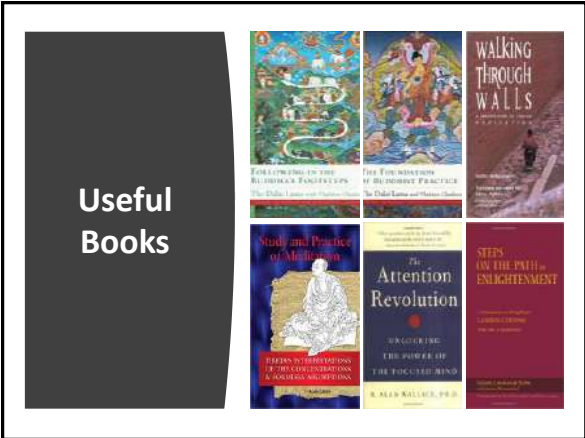
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4



5




6

Six Conducive Conditions

1. A favorable place
2. Clear understanding
3. Having few desires
4. Contentment
5. Few worldly activities
6. Pure ethical conduct



7



Five Hindrances to Meditation

1. Sensual desire
2. Malice
3. Lethargy and sleepiness
4. Restlessness and regret
5. Deluded doubt

8

Causes of Lethargy and Sleepiness

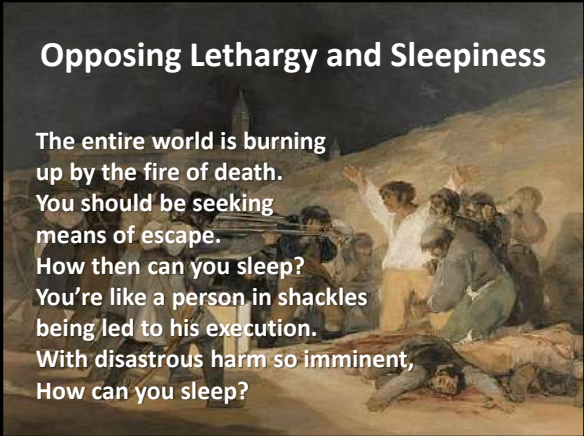
1. Bad dreams
2. Mental unhappiness
3. Physical exhaustion
4. Unbalanced food consumption
5. Depression



9

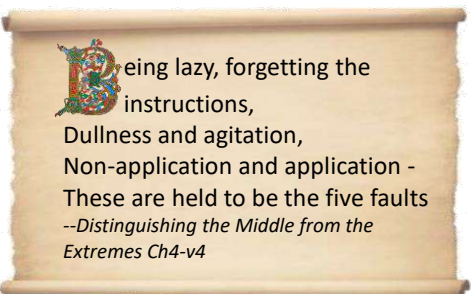
Opposing Lethargy and Sleepiness

The entire world is burning up by the fire of death. You should be seeking means of escape. How then can you sleep? You're like a person in shackles being led to his execution. With disastrous harm so imminent, How can you sleep?



10

The Superior Maitreya says...



Being lazy, forgetting the instructions, Dullness and agitation, Non-application and application - These are held to be the five faults --Distinguishing the Middle from the Extremes Ch4-v4

11

Faults Of Concentration & Antidotes


| FAULTS | ANTIDOTES |
|---|--|
| Laziness | Faith Aspiration Exertion Pliancy |
| Forgetting the instructions | Mindfulness |
| [the non-identification of] laxity and excitement | Introspection |
| Non-application | Application |
| [Over] application | Equanimity that desists from application |

12

The Unfavorable Condition – Laziness

1

Shrinking away – the laziness of procrastination




2

Hustle & bustle – attachment to ignoble activities



3

Discouragement – inadequacy – self-contempt



13

Developing Opponents Sequentially

| Conviction | Aspiration | Exertion | Pliancy |
|---|--|---|---|
| <ul style="list-style-type: none">• Clear faith• Inspired interest• Wishing faith | <ul style="list-style-type: none">• Joyful yearning for the good qualities | <ul style="list-style-type: none">• Irreversible effort | <ul style="list-style-type: none">• Flexibility• Proficiency |

14



1. Placing the Mind

15


1. Placing the Mind

Problems

- Laziness
- Forgetting
- Coarse excitement

Solutions

- Faith
- Read and listen
- Tighten your focus
- Be pro-active
- Joy




16

More Methods to Overcome Laziness


1

Not becoming fatigued




2

Not being attached to frivolity



3


Upholding the path



17


Between Sessions

- Guard the vows
- Accumulate causes
- Guard the senses
- Study the topic




18

SUMMARY



- The hindrances of sleepiness and lethargy
- Antidotes to sleepiness and lethargy
- A step towards serenity
- Laziness and its antidotes

19



Read:

- 01_FPMT Readings, p21-25
- 02_Supplementary Readings, p1-5 & p25
- 03_Meditate extra's, Notes 3, p17-19
- 06_Nine Stages

Next week:

- Forgetting and excitement
- Restlessness and regret

20

How to Meditate

2021 – Class 4

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What We Have Covered

- What meditation is
- Motivations and purpose
- Types of meditation
- Stabilizing with visualization
- Obstacles to meditation
- Dedicating the effort

2

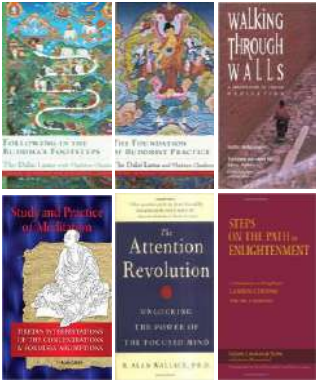
Today's Topics

- Stabilizing meditation
- Restlessness & regret
- Forgetfulness
- Antidotes
- Two steps towards serenity



3

Useful Books



4

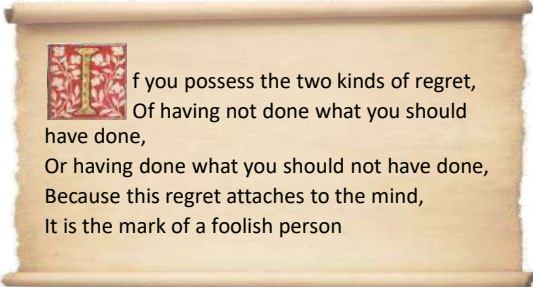


Restlessness

1. Physical movements
2. Verbal restlessness
3. Mental agitation

5

Causes Of Restlessness And Regret



If you possess the two kinds of regret,
Of having not done what you should have done,
Or having done what you should not have done,
Because this regret attaches to the mind,
It is the mark of a foolish person

6




Regret

1. We did something we should not have done

2. We did *not* do something we *should* have done

7



Opposing Restlessness And Regret

• Breath Meditation

• Prostrations

• Paying attention

• Impermanence

• Four opponents

8



1. Placing the Mind

9



Forgetting The Instruction

• Everything is dark – no object

• Distracted to something else

10

Opposing Forgetfulness


11

Shantideva said...

If, with mindfulness' rope,
The elephant of mind is
tethered all round,
Our fears will come to nothing,
Every virtue drop into our hands

--Way of the Bodhisattva, Ch5 v3

12



2. Continuous Setting

13


2. Continuous Setting

Problems

- Laziness
- Forgetting
- Agitation

Solutions

- Faith and aspiration
- Reflection
- Mindfulness
- Tighten the focus



14

More Methods to Overcome Laziness

1

Not becoming fatigued



2

Not being attached to frivolity



3


Upholding the path



15


Between Sessions

- Guard the vows
- Accumulate causes
- Guard the senses
- Continue engaging



16

SUMMARY



- Restlessness and regret
- Forgetfulness
- Antidotes
- Two steps towards serenity

17

Next Week

Read:

- 02_Supplementary Readings, p13-15
- 06_Nine Stages

Next week:

- Excitement, distraction and antidotes
- Analysis and impermanence

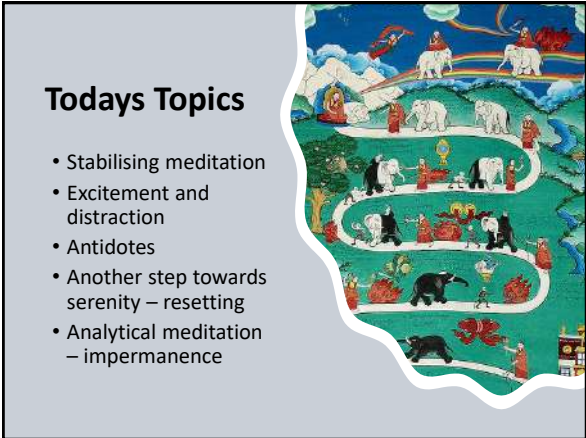
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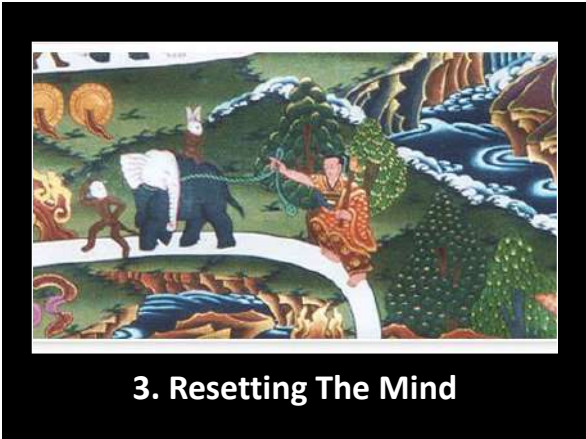
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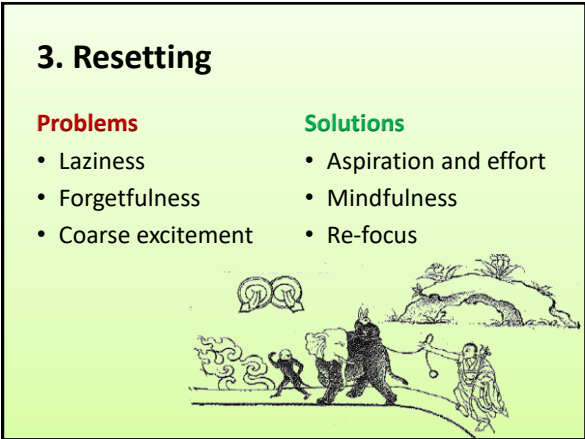
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4



5



6



Coarse Excitement

Loss of the object of observation

7



Opposing Coarse Excitement

- A black drop at the navel
- Inhalation and exhalation
- Stop and rest
- Death and impermanence
- Bad migrations
- General sufferings of cyclic existence

8




Distraction


- Scattering toward a variety of objects
- May belong to any of the three poisons (attachment, hatred, or delusion)

9

Two Meditations

aitreya, you should know that all mundane and supramundane virtuous qualities, whether of śrāvakas, bodhisattvas, or tathāgatas, are the result of serenity and insight.

10



Analytical Meditation

Enables us to penetrate and understand an object through reasoning


11

Benefits Of Analytical Meditation



To bring deep transformative understanding


12



Stabilization And Analysis

Having drawn forth an experience that transforms the mind, one must place the mind intently within that experience without discursive analysis


13



The Union Of The Two

With the power of calm abiding, the mind will not be moved by the wind of conceptions, like an oil lamp placed in a windless spot

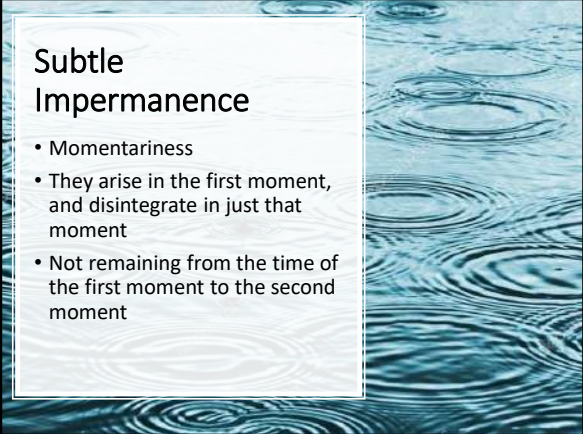
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Coarse Impermanence

- Impermanence in terms of a continuum
- Not remaining after death

15



Subtle Impermanence

- Momentariness
- They arise in the first moment, and disintegrate in just that moment
- Not remaining from the time of the first moment to the second moment

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Reason For Impermanence

• Take a product

Subject

Predicate

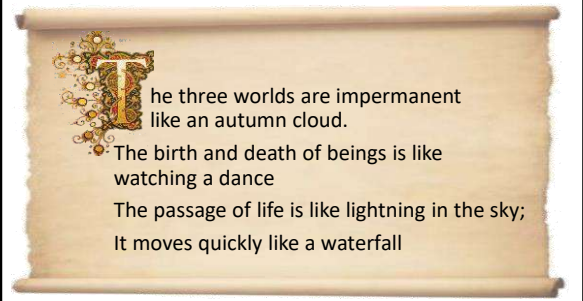
• It is characterised by disintegration from the first moment of its existence

• Because it arose from its own causes with the essential nature of disintegration without relying on some alternate cause of disintegration

Reason




17

The Extensive Sport Sutra says ...



18

Impermanence As Antidote

| Stabilisation | Analysis | Awareness |
|---|---|--|
| <ul style="list-style-type: none">• Suppresses grasping at permanence where there is none  | <ul style="list-style-type: none">• Undermines grasping at permanence where there is none  | <ul style="list-style-type: none">• Spurs us to engage in what is beneficial in this life and future lives  |

19

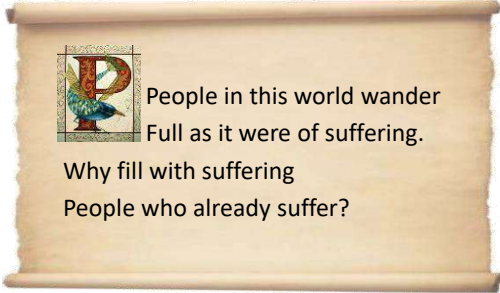


Impermanence Opposes Desire and Anger

- Disintegrates from the first moment of its existence
- Because it arose from its own causes with the essential nature of disintegration

20

Aryadeva Said ...




People in this world wander
Full as it were of suffering.
Why fill with suffering
People who already suffer?

21

Between Sessions

- Guard the vows
- Accumulate causes
- Guard the senses
- Continue engaging




22

SUMMARY



- Stabilizing meditation
- Resetting the mind
- Coarse excitement and distraction
- Antidotes
- Analytical meditation
- Impermanence

23



Read:

- 01_FPMT Readings, p
- 02_Supplementary Readings, p
- 03_Meditate extra's, p
- 06_Nine Stages

Next week:

- Analysis and impermanence

24



1



What We've Covered

1. Meditation, types and purpose
2. Stabilizing with visualization
3. Obstacles to meditation
4. Impermanence
5. Dedicating the effort

2

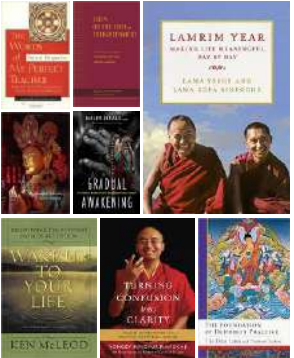
Today's Topic

Precious human rebirth




3

Useful Books



4

Lama Tsong Khapa said . . .



Understanding that the precious freedom of this rebirth is found only once, Is greatly meaningful and difficult to find again, Please bless me to generate the mind that unceasingly, Day and night, takes its essence.

- Foundation of All Good Qualities v2

5

The Person


SEMS-CAN

- MIND – perception and conception are limited

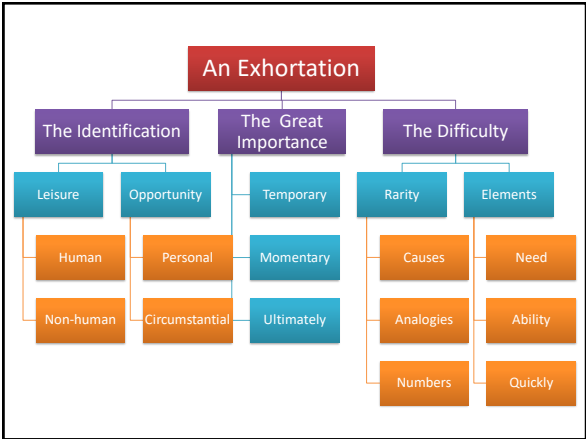
The sentient being (or person) is the I imputed (outwardly) to any of the (four or) five aggregates

LUS-CAN

- BODY – spectrum of pain and pleasure are limited




6



7

Arya Nagarjuna said . . .



o be reborn with false beliefs, or yet
as animals, or ghosts, or in hell,
Deprived of Buddha’s words, barbarians
In border lands, or reborn dull and dumb,
Or born among the long-lived gods -
Of these eight defective states that give no
opportunity
You must be free, and, finding opportunity
Be diligent, to put a stop to birth.
- Letter to a Friend v63-64

8

Rebirth in Four Non-human States

1. In a hellish state

2. As a hungry ghost

3. As an animal

4. As a long-life god



9



Disadvantageous Human Conditions

1. A Buddha has not appeared


2. No Dharma

3. Defective senses

4. Wrong views


10

Arya Asanga said . . .



orn human, in a central land, with
complete sense faculties,
Not having committed the extreme
actions, faith in the objects,
When Buddha has appeared and taught
the Dharma,
The Dharma remains and is followed,
And people have love for others.
- Grounds of Hearers

11



Five Personal Endowments

1. Born as a human

2. Born in the centre of a religious country

3. All faculties of body and mind function

4. Not committed any of the five heinous actions

5. Faith in the Dharma

12

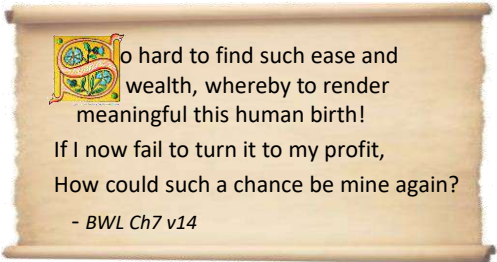


Five Circumstantial Endowments

1. A Buddha has appeared
2. The Buddha has taught
3. Dharma has not degenerated
4. We can meet pure followers of the Dharma
5. Practitioners enjoy kind support

13

Arya Shantideva said . . .




No hard to find such ease and wealth, whereby to render meaningful this human birth!
If I now fail to turn it to my profit,
How could such a chance be mine again?
- BWL Ch7 v14

14


Importance of Leisure & Opportunity

CONTEMPLATING VALUE

- Ultimate
- Temporary
- Momentary



15




Its Ultimate Value

With the five aggregates of such a rebirth we can attain the ultimate goals of liberation and enlightenment

16

Its Temporary Value



Discern the difference between ordinary and authentic happiness and act accordingly

17



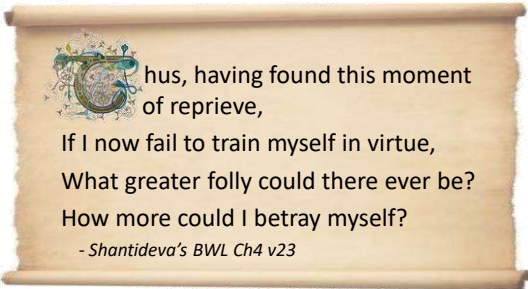
Momentary Value: In Every Instant

You can realise that

- It's our attitudes that are the final arbiters
- The quality of life is not to be found in any external thing.


18

Arya Shantideva said . . .



Thus, having found this moment of reprieve,
If I now fail to train myself in virtue,
What greater folly could there ever be?
How more could I betray myself?
- Shantideva's BWL Ch4 v23

19




The Great Difficulty

Numbers
Causes
Analogies


20

Time and Number

- 271,790,899,200,000,000,000 years
- Dust on the earth, dust on a fingernail



21




Causes Are Difficult

Morality
Generosity
Dedication

22

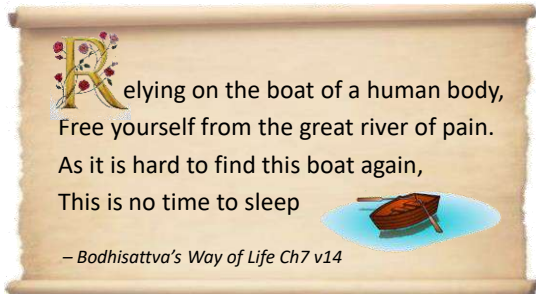
Nagarjuna said . . .

For an animal to obtain birth as a human being
Is more difficult than for a blind turtle
To put its head through a hole in a yoke adrift in the great ocean
So make your life meaningful, O king, by practicing the holy teachings




23


Arya Shantideva said . . .



Relying on the boat of a human body,
Free yourself from the great river of pain.
As it is hard to find this boat again,
This is no time to sleep
- Bodhisattva's Way of Life Ch7 v14



24




Cultivate Your Understanding

“You have this precious human body, qualified by the eight freedoms and ten richness's, in order to **serve other living beings.**”


—*Transforming Problems*,
Lama Zopa Rinpoche

25



The fortunate human rebirth – the leisure and opportunities to engage in spiritual practice

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Read:

- 02_Supplementary Readings pages 7-12 and pages 16-17
- Meditations pages 10-11

Next week:

- Equanimity

27


How to Meditate

2021 – Class 7

An 8-week DISCOVERING BUDDHISM course with registered FPMT teacher, Eddie Peet



1



What We've Covered

1. Meditation, types and purpose
2. Posture, breath and visualization
3. Recognizing and removing obstacles
4. Impermanence
5. Precious human rebirth
6. Dedication

2



Today's Topics

- Nine reasons to be non-biased
- The equality of all

3

Suggested Reading



4




Why Develop Impartiality?

To overcome the major sources of our afflictions towards all limited beings



5

Types of Impartiality


| | | |
|---|--|---|
|  |  |  |
| Small Scope <p>We wish that all beings have overcome their afflictions towards one another</p> | Middle Scope <p>We overcome our attachment and anger towards others</p> | Great Scope <p>We overcome favouritism when directing love and compassion towards others</p> |

6

Immeasurable Impartiality / Equalising


IMPARTIAL EQUANIMITY

The feeling of equal emotion regarding others



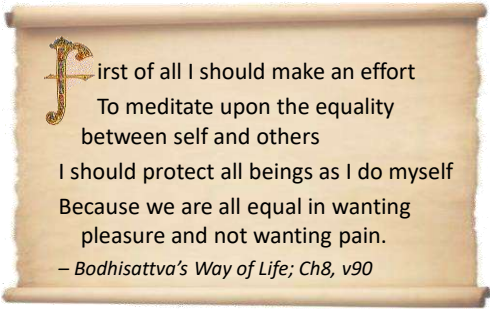
EQUALISING SELF WITH OTHERS

The feeling that there is no difference between ourselves and others.



7

Arya Shantideva says ...



First of all I should make an effort
To meditate upon the equality
between self and others
I should protect all beings as I do myself
Because we are all equal in wanting
pleasure and not wanting pain.
– Bodhisattva’s Way of Life; Ch8, v90


8

Uncommon Mahayana Equanimity

1. The relative point of view

- From the point of view of others
- From our own point of view


2. The deepest point of view



9

From the Point of View of Others 1


Insofar as the natural wish to avoid suffering is concerned, **you and I are the same**, so there is **no point in being partial**.



10

From the Point of View of Others 2


Because **you and I equally desire happiness**, there is **no need to differentiate between us**



11

From the Point of View of Others 3

Being the same in that we equally lack genuine happiness, **and being the same** in that having suffering, we wish to be free of it, **there is no rational basis for bias**



12

The Superior Shantideva says ...


When both myself and others are similar in that we wish to be happy,
What is so special about me? Why do I strive for my own happiness alone?
And when both myself and others are similar in that we do not wish to suffer,
What is so special about me? Why do I protect myself and not others?
--Guide to the Bodhisattva's Way of Life Ch8, v95-96

13

Conclusion

As there is no rational basis at all for me to be biased towards any sentient being, there are no grounds for neglecting the welfare of a single sentient being, and so

I shall care as deeply for you as I care for myself



14



From My Own Point of View 1

All sentient beings are equally kind to me and they have all at one time or another been my closest friends and relatives.

15



From My Own Point of View 2

The kindness of sentient beings is not confined to when they are friends and relatives alone; the kindness when they are enemies is boundless.

16



From My Own Point of View 3

We are all subject to suffering and impermanence

17

The Superior Shantideva says ...

Hence I should dispel the misery of others because it is suffering, just like my own.
And I should benefit others because they are sentient beings just like myself.
--Guide to the Bodhisattva's Way of Life Ch8, v94


18

The Conclusion


Because I cannot distinguish between our desires,

I choose to **never be intolerant of your happiness,**

and I choose to **always help you overcome your suffering,** as I do my own



19



There are no true enemies

The Deepest Point of View 1


20



Enemies are not permanent and so, enemies cannot remain the same

The Deepest Point of View 2

21




Concepts of “friend, enemy, and stranger” exist in mere name and are mutually dependent

The Deepest Point of View 3

22

The Superior Shantideva says ...



lthough there are many different parts and aspects such as the hand: As a body to be protected they are one. Likewise all the different sentient beings in their pleasure and their pain Have a wish to be happy that is the same as mine.

--A Guide to the Bodhisattva's Way of Life Ch8, v91


23

Conclusion

As I have **no justification at all to hold grudges** against persons that cause me harm,

I must **overcome any biased feelings** I have towards them,


and ignoring disinterest in their welfare, **decide to never neglect them**



24


The Equality Of All Beings

- Everyone equally wants to avoid suffering
- Everyone equally wishes to be happy
- Everyone equally lacks genuine happiness
- The causes of suffering can be eliminated
- The potential for complete happiness can be actualized




25

SUMMARY



- Nine reasons to be non-biased
- The equality of all

26



Read:

- The How to Meditate Public Exam Questions and answer any as many of the nine as possible

Next week:

- The posture for meditation

27


How to Meditate

2021 – Class 8

An 8-week **DISCOVERING BUDDHISM** course with registered FPMT teacher, Eddie Peet



1



What We've Covered

I am fortunate to be alive. I have a precious human life. I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to perfect my wisdom, compassion and power for the benefit of every living being.
– HH the Dalai Lama

2


Today's Topics

- Meditation postures
- Simplicity



3


Useful Books



4

Learn to Relax Quickly

- **Arms:** elbows bent and fists tightened
- **Legs:** extended with toes pointing upwards
- **Upper chest and back:** inhale and hold for a count of ten
- **Shoulders and neck:** lift your shoulders and tilt your neck back
- **Face:** scrunch up your eyes and lips



5


Posture

Purpose of Posture

- Relaxation
- Stability
- Vividness

The Four Postures


1. Lying Down
2. Standing
3. Walking
4. Sitting



6

What to Sit On

- Cushion**
 - Vajra
 - Half lotus
 - Burmese
- Kneeling**
 - Stool
 - Cushion
- Chair**
 - Raise the back legs




7

Seats





8

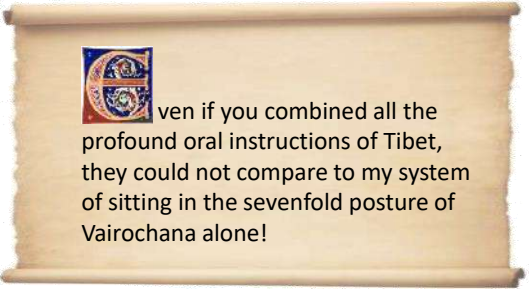




Sitting Correctly

9

Marpa said...




Even if you combined all the profound oral instructions of Tibet, they could not compare to my system of sitting in the sevenfold posture of Vairochana alone!

10

7 or 8 Point Vairochana Posture



1. Legs and Hands
2. Spine
3. Shoulders
4. Head and neck
5. Lips and teeth
6. Tongue
7. Eyes
8. **Breath**



11

Pacification and Posture

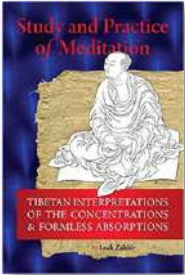
1. **Legs and Hands:** pacifies jealousy and hatred
2. **Spine:** pacifies confusion
3. **Shoulders:** pacifies confusion
4. **Head and neck:** stretch vagus nerve stops depression
5. **Lips and teeth:** slight smile causes happiness
6. **Tongue:** pacifies desire
7. **Eyes:** light comes in so stay awake
8. **Breath:** body etc, in and out, count on inhalation



12

Benefits of the Vairochana Posture

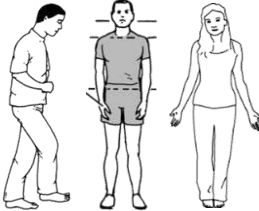
1. To establish the predispositions for attaining the Form Body of a Buddha
2. To facilitate the generation of pliancy
3. To facilitate progress
4. To make known the mode of behaviour
5. To accord with the posture recommended by Buddha
6. To pacify and/or purify the motivation



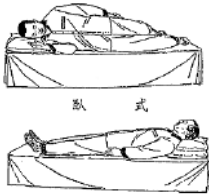
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Other Ways to Meditate

- **Walking**
 - Walking
 - Standing (Mountain)




- **Lying down**
 - Lion pose
 - Corpse pose



14

Benefits of the Corpse Pose


1. Reduces nervous and muscular tension
2. Relieves fatigue and insomnia
3. Lowers blood pressure and heart rate
4. Improves memory and concentration
5. Improves self-confidence and focus



15

Four Ideas When Establishing a Practice

1. Plan to meditate at the same time
2. Find a quiet place
3. Bring inspiring objects
4. Keep it simple



16

Plan to Meditate at the Same Time

- When is best for you?
- Experiment for yourself
- Take advice from texts



17

The Quiet Place

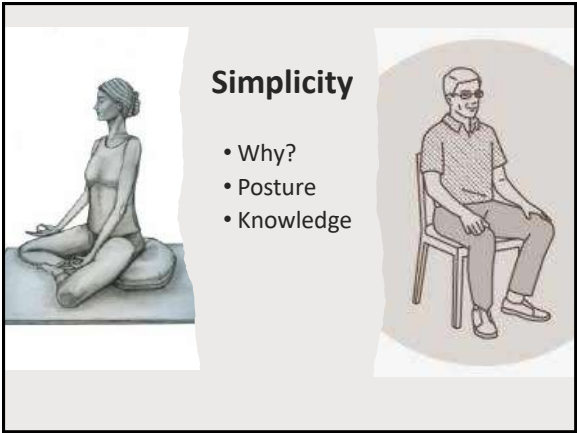
- Is it the same place?
- Is it free of clutter?
- Where is your seat?



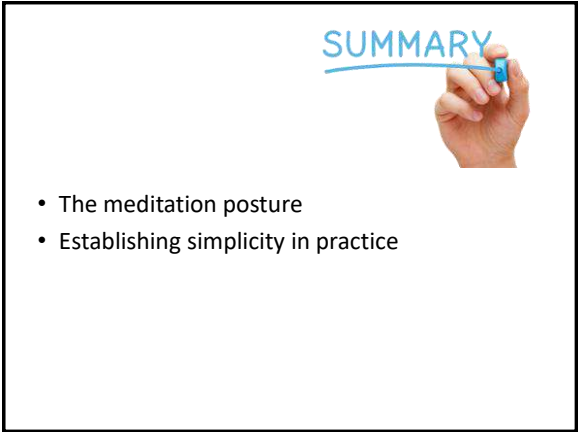
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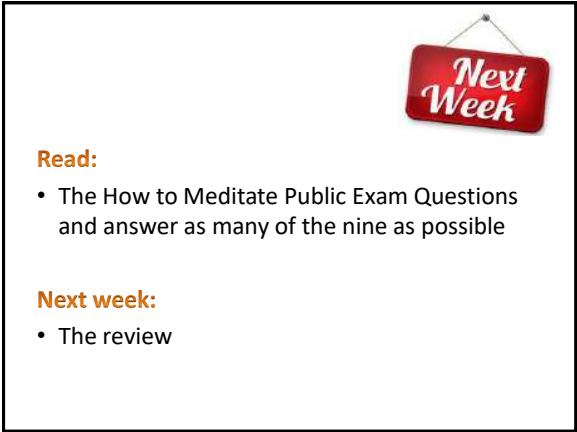
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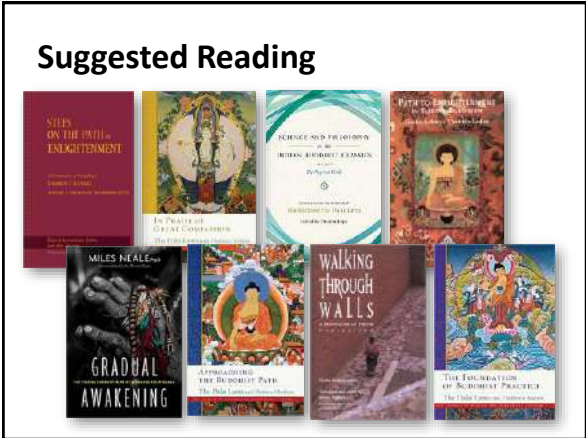


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What We've Covered

1. Meditation, types and purpose
2. Posture, breath and visualization
3. Recognizing and removing obstacles
4. Impermanence
5. Precious human rebirth, equanimity
6. Dedication

2



3

Reviewing the Material

Today's Topics

4

The purpose of Meditation

To become familiar with positive states of mind and to decrease negative states of mind

5

Motivations for Meditating

1. This life
2. Future lives
3. Liberation
4. Buddhahood

1. Remove difficulties and be happy
2. High status
3. Complete personal freedom from samsara
4. Achieving two purposes

6

Types of Meditation

- Stabilizing and analytical
- Objective and subjective
- Review
- Wishing prayer
- Imaginative
- Puja
- Sadhana & dance



7



Why Meditate on Buddha?

- Easily recollect qualities
- Helps at death
- Refuge deepens
- Creates merit
- Other practices enliven
- Preparation for tantra

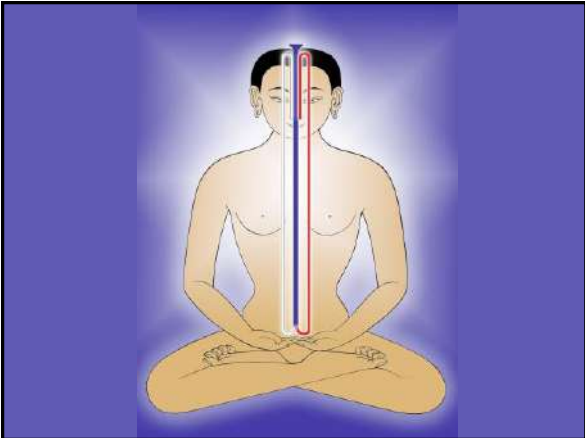
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Nine Round Breathing


Cleansing impure motivations with imagination



9



10



Analytical Meditation

Enables us to penetrate and understand an object through **reasoning**


11

Benefits Of Analytical Meditation

To bring deep transformative understanding



12



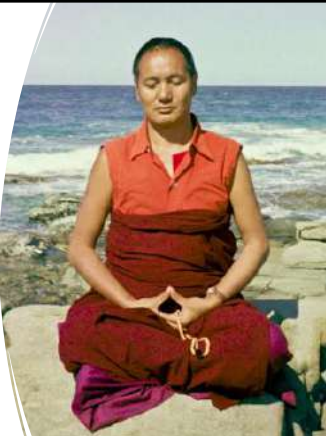
Stabilization And Analysis

Having drawn forth an experience that transforms the mind, one must place the mind intently within that experience without discursive analysis

13

7 or 8 Point Vairochana Posture

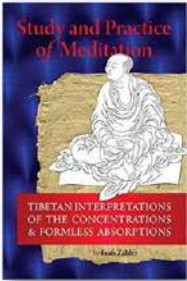
1. Legs and Hands
2. Spine
3. Shoulders
4. Head and neck
5. Lips and teeth
6. Tongue
7. Eyes
8. Breath



14

Benefits of the Vairochana Posture

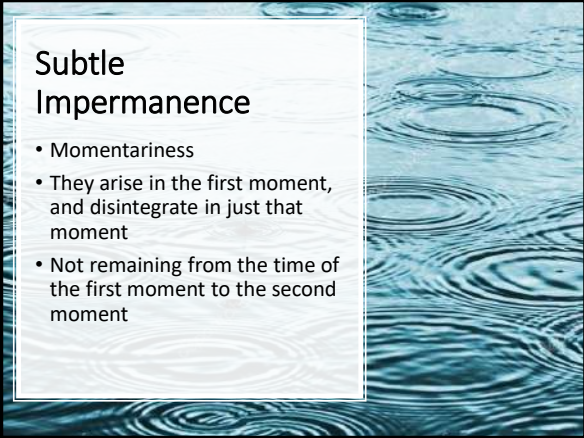
1. Predispositions for Form Body
2. Generate pliancy
3. Make progress
4. Recommended by Buddha
5. To purify the motivation



15

Subtle Impermanence

- Momentariness
- They arise in the first moment, and disintegrate in just that moment
- Not remaining from the time of the first moment to the second moment



16

Reason For Impermanence

Subject

- Take a product

Predicate

- It is characterized by disintegration from the first moment of its existence

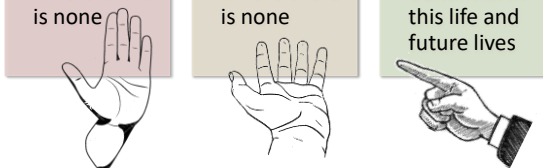
Reason

- Because it arose from its own causes with the essential nature of disintegration without relying on some alternate cause of disintegration

17

Impermanence As Antidote

| Stabilization | Analysis | Awareness |
|---|---|--|
| <ul style="list-style-type: none">• Suppresses grasping at permanence where there is none | <ul style="list-style-type: none">• Undermines grasping at permanence where there is none | <ul style="list-style-type: none">• Spurs us to engage in what is beneficial in this life and future lives |



18



Impermanence Opposes Desire and Anger

- Disintegrates from the first moment of its existence
- Because it arose from its own causes with the essential nature of disintegration

19



Opposing Restlessness

- Few desires
- Mindfulness
- Vigilance
- Breath work

20



Opposing Restlessness And Regret

- Breath work
- Prostrations
- Paying attention
- Impermanence
- Kindness
- Compassion
- Four opponents

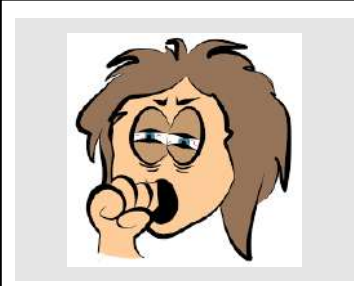
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Opposing Distraction

- Investigate character
- Mindfulness
- Vigilance
- Breath work
- Recollect death

22



Opposing Sleepiness

- Sleep
- Exercise
- Adjust seat
- Light sphere

23




Opposing Expectations

- Relax
- Acceptance
- Loving-kindness
- Compassion


24

Importance of Dedication

- What is dedicated?** Your virtues
- Why dedicate them?** So they won't be lost
- To what aim do you dedicate them?** Supreme enlightenment
- For whose sake?** All sentient beings
- How do you dedicate them?** By uniting method and wisdom
- What's the nature of the dedication?** A wish that the merit never be lost and that it will be a complete cause for enlightenment



25



Read:

- Do the breathing meditations
- Meditate on Shakyamuni Buddha
- Identify your faults, apply remedies

Next year:

- Unit 3: Presenting the Path

26