

Shamatha and Vipashyana in the Mahamudra Tradition

Exploring *Moonbeams of Mahāmudrā*

By Dakpo Tashi Namgyal, Translated by Elizabeth Callahan

12 Tuesdays from February 20 thru May 14, 2024, 7-9:15 pm EST

Syllabus

If not otherwise indicated all readings are from *Moonbeams of Mahāmudrā*, Dakpo Tashi Namgyal with *Dispelling the Darkness of Ignorance* by Wangchuk Dorje, the Ninth Karmapa. Translated by Elizabeth Callahan, Snow Lion/Shambhala Publications, 2019.

Introductory Material

- 1) **Class One: Welcome and Overview of the Subject, Authors and Texts**
- 2) **Class Two: Introduction to Mahamudra and the Texts**
 - a) Translator's Introduction, pp. xxix-xxxvii
 - b) Mahamudra The Great Seal, *Wild Awakening*, Dzogchen Ponlop Rinpoche, excerpt, 13 pages (handout circulated by pdf)
- 3) **Class Three: Introduction to Mahamudra and the Texts, Continued**
 - a) Translator's Introduction, pp. xxxvii-lvii = 20 (skim or skip lvii-lxi)
- 4) **Class Four: Introduction (Continued) and The Author, Dakpo Tashi Namgyal**
 - a) Translator's Introduction, pp. xlix-lvii = 20 (skim or skip lvii-lxi)
 - b) Abbreviated Biography Dakpo Tashi Namgyal, pp. lxxv-lxxviii = 14

Moonbeams of Eloquence

Clarifying the Way to Cultivate Mahamudra, the Definitive Meaning

- 5) **Class Five: Necessity and Way to Cultivate Samadhi, Part One, pp. 6-29**
 - a) Introduction: Reasons it is Necessary to Meditate on Nature of Mind, pp. 6-12
 - b) Chapter 1: The Explanation of the Ways to Cultivate Samādhi - The Presentation Summarizing the Exposition of Common Samādhis, pp. 15-29
- 6) **Class Six: The Way to Cultivate Samadhi, Especially Shamatha, pp. 30-42**
 - a) Chapter 1: The Explanation of the Ways to Cultivate Samādhi, Continued, pp. 30-45

7) Class Seven: The Results of Samadhi & The Way to Cultivate Shamatha, pp. 42-55

- a) Chapter 1: The Explanation of the Ways to Cultivate Samādhi, Continued, pp. 42-45
 - i) The Explanation of the Results of Śamatha and Vipāśyanā, pp. 42-45
- b) Chapter 2: Śamatha- The Way to Cultivate Śamatha, pp. 47-62

8) Class Eight: Chapter 3: The Way to Cultivate Shamatha Part Two and the Way to Cultivate Vipāśyanā, Part One, pp. 55-65

- a) Chapter 2: Śamatha- The Way to Cultivate Śamatha, Continued, pp. 55-62
 - i) The Way to Practice Shamatha, pp. 55-62
- b) The General Way of Cultivating Vipāśyanā, pp. 63
- c) The General Way of Cultivating Vipashyana, pp. 63

9) Class Nine: Chapter 3: The Way to Cultivate Vipāśyanā, Part Two, pp. 66-74

- a) The Way to Generate the View for Vipāśyanā, pp. 66
 - i) Various Ways to Determine the View, pp. 66
 - ii) The Refutation of a Self of Persons, pp. 70
 - iii) The Refutation of a Self-Entity of Phenomena, pp. 72-74

10) Class Ten: Vipāśyanā, Part Three & Removing Doubts Part One, pp. 74-89

- a) Chapter 3: The Way of Cultivating Vipashyana
 - i) The Way Those [Meditations] Generate the View, pp. 74
 - ii) The Specific Explanation of the Ways to Meditate on the View, pp. 79
- b) Chapter 4: Removing Doubts About How to Sustain Meditation on View, pp. 87-109
 - i) The Distinctions between Analytical Meditation and Resting Meditation, pp. 87

11) Class Eleven: Removing Doubts, Part Two, pp. 89-109

- a) The Roles of Analytical and Resting Meditations in Śamatha and Vipāśyanā, pp. 89
- b) The Roles of Analysis and Resting in Meditating on the View, pp. 92
- c) The Explanations That Remove Doubts Concerning the Actual View, pp. 95
 - i) Analyzing Other Systems, pp. 95
 - ii) Establishing Our Own System, pp. 103

12) Class Twelve: How to Actually Practice Vipashyana

- a) Visual Dharma Charts on Meditation, Pete Bragansa & DK
- b) Readings from VCTR
- c) Readings from Other Sources