

CHOGYAM TRUNGPA RINPOCHE'S PATH OF MEDITATION

Six Tuesdays from January 27th through March 10th 2015

Course Syllabus

Abbreviations:

- **POM:** *The Path of Meditation Seminar*, Naropa Institute, 1974
- **PTOD:** Excerpts from *Profound Treasury of the Ocean of Dharma, Volume One: The Path of Individual Liberation*, Chogyam Trungpa
- **CWCT:** *Collected Works of Chogyam Trungpa - Volume One, The Way of Maha Ati* by Chogyam Trungpa and Rigdzin Shikpo
- **TOK:** *The Treasury of Knowledge*, by Jamgon Kongtrul

Readings:

1) Class One: Introduction and Shamatha Part One

- a) **POM:** Talk One: Meditation Instruction, pp. 1-6
- b) **POM:** Talk Two: Shamatha, pp. 7-17
- c) **PTOD:** excerpts from pages 180 to 204 (approximately 9 pages)

2) Class Two : Shamatha Part Two

- a) **POM:** Talk Three: Meditation, the Way of the Buddha, pp. 18-31
- b) **PTOD:** excerpts from pages 207 to 259 (approximately 10 pages)

3) Class Three: Vipashyana Part One

- a) **POM:** Talk Four: Vipashyana, pp. 32-44
- b) **PTOD:** excerpts from pages 279 to 322 (approximately 11 pages)

4) Class Four: Vipashyana Part Two

- a) **POM:** Talk Five: The Dawn of Enlightenment, pp. 44-53
- b) **POM:** Talk Six: Practice Day Talk, p. 54
- c) **PTOD:** excerpts from pages 329 to 342 (approximately 12 pages)

5) Class Five: Vipashyana Part Three

- a) **PTOD:** Vipashyana, excerpts from pages 348 to 352
- b) **PTOD:** Vipashyana, excerpts from pages 359-369
- c) **TOK:**
 - i) Shamatha and Vipashyana Chapter Root Text, pp. 1-4
 - ii) Vipashyana Section, pp. 1-8

6) Class Six: Fruition

- a) **CWCT:** The Way of Maha Ati, pp. 461-465
- b) Meditation and the Fourth Moment, pp. 1-7
- c) Prajnaparamita Upadesa Aryadeva, pp. 1-2
- d) The Stages of Formless Meditation as presented by Chogyam Trungpa, one page