

Mixing Mind with Space

A Study of the Chogyam Trungpa's Unique System of Meditation And An Exploration of its Roots in *The Treasury of Knowledge* and the Mahamudra, Maha Ati and Chod Traditions

An Advanced Buddhist Studies/Rime Shedra NYC Course
Twelve of the Tuesdays from September 19th to December 12th, 2017
Omitting November 21st; From 7-9:15 pm, Shambhala Meditation Center of New York

SYALLBUS

- 1) **Class One: Introduction and Overview**
- 2) **Class Two: Mixing Mind & Space/Foundation in the Dzogchen Tradition**
 - a) **Mixing Mind with Space**
 - i) Prajnaparamita Upadesa, Aryadeva, one page, **SB p. 1**
 - ii) Blending Awareness and Space, from *Pure Honey: A Commentary on Aryadeva's Prajnaparamita Shastra* by Drung Sarupa Kunga Paljor, Trs. Sarah Harding, pp. 52-57, **SB pp. 2-6**
 - b) **Dzogchen**
 - i) The Nyingthik or Innermost Essence, Jigme Lingpa, Trs. Chogyam Trungpa, *The Collected Works of Chogyam Trungpa, Volume One*, pp. 368-372, **SB pp. 103-105**
 - ii) The Way of Maha Ati, Chogyam Trungpa and Rigdzin Shikpo, *The Collected Works of Chogyam Trungpa, Volume One*, pp. 461-465, **SB pp. 106-108**
- 3) **Class Three: Progression of the Practice and Basic Shamatha Instruction**
 - a) **Progression of S-V-SV-MV-SY, 10 pages**
 - i) Excerpts, Early Teacher Training 1971, 4 pages, **SB pp. 109-112**
 - ii) The Mandala Principal and the Meditative Process, *The Dawn of Tantra*, 4 pages, **SB pp. 135-138**
 - iii) The Progression of Meditation, an excerpt from the Bodhisattva Chapter, Cutting Through Spiritual Materialism, 2 pages, **SB pp. 139-140**
 - b) **The Basic Meditation Instruction, 22 pages**
 - i) The Mirror of Mindfulness, Nyoshul Ken, *Perfect Clarity*, Trs. Erika Pema Kunsang, one page, **SB p. 66**
 - ii) Talk 1 Meditation Instruction, *1973 Vajradhatu Hinayana-Mahayana Seminary Transcript*, pp. 1-17, **SB pp. 152-169**
 - iii) Talk 1 Shamatha, excerpt from *1974 Vajradhatu Hinayana-Mahayana Seminary Transcript*, four pages, **SB pp. 201-204**
- 4) **Class Four: The Basic Instruction, Continued**
 - a) Talk 4, First Foundation: Mindfulness of Body, *The 1973 Vajradhatu Hinayana-Mahayana Seminary Transcripts*, pp. 35-48, **SB pp. 205-216**
 - b) Excerpts from the Shamatha Chapter, *The Profound Treasury of the Ocean of Dharma Vol. 1*, 52 Pages, **SB pp. 259-272:**

- i) The Basic Minimum, pp. 187-192, **SB pp. 259-262**
- ii) Breathing Out, pp. 201-206, **SB pp. 262-265**
- iii) Labeling Thoughts, pp. 207-211, **SB pp. 265-267**
- iv) Cutting Thoughts and Short Circuiting the Kleshas, pp. 257-263, **SB pp. 268-271**
- v) Mixing Mind with Space, pp. 281-283, **SB pp. 271-272**
- c) How to Practice Insight Meditation, Sayadaw U Pandita, *A Beginner's Guide to Meditation*, pp. 57-67, **SB pp. 13-19**
- d) The Satipatthana Sutta, Buddha Shakyamuni (to be circulated separately)

5) Class Five: Transition from Shamatha to Vipashyana

- a) *The 1973 Vajradhatu Hinayana-Mahayana Seminary Transcripts*:
 - i) Talk 5, Second Foundation: Mindfulness of Livelihood, pp. 49-62, **SB pp. 217-230**
 - ii) Talk 6, Third Foundation: Mindfulness of Effort, pp. 63-71, **SB pp. 231-239**
 - iii) Talk 7, Fourth Foundation: Mindfulness of Mind, pp. 72-90, **SB pp. 240-258**

6) Class Six: Shamatha-Vipashyana in the Three Yanas

- a) *The Stages of Meditation of Shamatha and Vipashyana: The General Basis of All Samadhis, The Treasury of Knowledge*, Jamgon Kongtrul, Translated by Kiki Ekselius and Chrissy Zerbini, under the guidance of Khenpo Tsultrim Gyamtso Rinpoche,
 - i) Outline of the text, **SB pp. 34-35**
 - ii) The necessity of practicing Samadhi, **SB pp. 36-38**
- b) Excerpts on Shamatha-Vipashyana, *The Profound Treasury of the Ocean of Dharma Vol. 2*, 27 Pages, **SB pp. 286-295**
 - i) Two Aspects of Love, pp. 15-21, **SB pp. 286-288**
 - ii) Cultivating Wholesomeness, pp. 51-53, **SB pp. 289-290**
 - iii) Basic Training, pp. 55-57, **SB pp. 290-291**
 - iv) Functioning without Ego, pp. 64-65, **SB pp. 292**
 - v) Kundzop and Emptiness, pp. 156, **SB pp. 293**
 - vi) Excerpt on paramita progression from Overcoming Aggression, pp. 230-231, **SB pp. 294**
 - vii) Excerpt on paramita progression from Exertion, pp. 239-240, **SB pp. 295**
- c) Excerpts on Shamatha-Vipashyana, *The Profound Treasury of the Ocean of Dharma Vol. 3*, 18 Pages, **SB pp. 300-308**
 - i) Dropping the Watcher, pp. 186, **SB pp. 300**
 - ii) Excerpt on vajrayana sitting practice, pp. 202, **SB pp. 301**
 - iii) Shamatha-Vipashyana Indivisible Emptiness & Luminosity, pp. 291-292, **SB pp. 301-302**
 - iv) Excerpt on Ngondro identification with SV from Prostrations, pp. 356-357, **SB pp. 302-303**
 - v) Excerpt on Ngondro identification with SV from Guru Yoga, pp. 366, **SB pp. 303**
 - vi) Stability, Luminosity, and Joy, pp. 400-403, **SB pp. 304-305**
 - vii) Visualization Practice, pp. 476-477, **SB pp. 306**
 - viii) The Importance of Shamatha Practice for All Four Yogas, pp. 612-613, **SB pp. 307-308**

7) Class Seven: Classical Shamatha

- a) Shamatha, *The Stages of Meditation of Shamatha and Vipashyana: The General Basis of*

All Samadhis, The Treasury of Knowledge, Jamgon Kongtrul, Translated by Kiki Ekselius and Chryssoula Zerbini, under the guidance of Khenpo Tsultrim Gyamtso Rinpoche, 26 pages, **SB pp. 39-47**

- b) The practice of calm abiding, *Bhavanakrama II*, Karmalashila, Trs. Jordhan-Ganchenpa-Russell, **SB pp. 26-28**
- c) Stages & Methods of Resting and Techniques of Shamatha Meditation, *Wild Awakening*, Dzogchen Ponlop, pp. 86-98, **SB pp. 59-65**
- d) *Pointing Out the Great Way - The Stages of Meditation in the Mahamudra Tradition*, Daniel Brown:
 - i) Being-Done-With the Absorbed Seed, pp. 215-219, **SB pp. 67-69**
 - ii) Space Yoga, pp. 231-234, **SB pp. 70-72**

8) Class Eight: Classical Vipashyana

- a) Actualizing special insight, *Bhavanakrama II*, Karmalashila, Trs. Jordhan-Ganchenpa-Russell, **SB pp. 28-31**
- b) Vipashyana, *The Stages of Meditation of Shamatha and Vipashyana: The General Basis of All Samadhis, The Treasury of Knowledge*, Jamgon Kongtrul, Translated by Kiki Ekselius and Chryssoula Zerbini, under the guidance of Khenpo Tsultrim Gyamtso Rinpoche, **SB pp. 48-54**
- c) Excerpts on Vipashyana, *The Profound Treasury of the Ocean of Dharma Vol. 1*, 52 Pages, **SB pp. 259-285**
 - i) Glimpses of Emptiness, pp. 348-352, **SB pp. 273-275**
 - ii) Investigating the Subtleties of Experience, pp. 353-358, **SB pp. 275-278**
 - iii) Sharpening One's Perception, pp. 359-366, **SB pp. 278-282**
- d) **Optional:** The Seven Contemplations. *The Chapter on the Mundane Path-Laukikamarga- in the Sravakabhumi*, Trs. Florin Deleanu, six pages, **SB pp. 20-25**
- e) How to Practice Vipashyana, *To Dispel the Misery of the World: Whispered Teachings of the Bodhisattvas*, Ga Rabjampa, Trs. Rigpa Translations, 6 pages, **SB pp. 7-12**
- f) *Excerpts on Vipashyana, The Profound Treasury of the Ocean of Dharma Vol. 2*,
 - i) Three Types of Emptiness, pp. 133, **SB pp. 293**
 - ii) Ultimate Bodhicitta, pp. 294-301, **SB pp. 296-299**

9) Class Nine: Experiential Vipashyana, Part One

- a) Talk 8 Vipashyana, *1973 Vajradhatu Hinayana-Mahayana Seminary Transcript*, pp. 91-106, **SB pp. 170-185**
- b) Talk 9 Comparison of Vipashyana with Shamatha, *1973 Vajradhatu Hinayana-Mahayana Seminary Transcript*, pp. 107-121, **SB pp. 186-200**
- c) Talk Four Vipashyana, *The Path of Meditation Seminar*, Naropa Institute, July 1 1974, 7 pages, **SB pp. 113-119**

10) Class Nine: Experiential Vipashyana, Part Two

- a) Response to Question about Vipashyana, *The Heart of the Buddha*, 2 pages, **SB pp. 141-142**
- b) Beauty and Absurdity, *The Skull Cup and the Teacup*, 3 pages, **SB pp. 143-145**
- c) Panoramic Awareness, *Work, Sex, Money - Real Life on the Path of Mindfulness*, pp. 208-218, **SB pp. 146-151**
- d) *The Path Is the Goal - A Basic Handbook of Buddhist Meditation*, 30 pages

- i) Continuing your Confusion, pp. 14-34, **SB pp. 120-130**
- ii) The Portable Stage Set, pp. 88-92, **SB pp. 131-132**
- iii) Boredom-Full or Empty?, pp. 105-108, **SB pp. 133-4**

11) Class Eleven: Mahamudra Vipashyana

- a) *The Royal Seal of Mahamudra, Volume One: A Guidebook for the Realization of Coemergence*, Khamtrul Rinpoche, Trs. Gerardo Abboud, **SB pp. 73-102**
 - i) Various excerpts, 18 pages, **SB pp. 74-82**
 - ii) How to Practice Vipashyana, pp. 234-259, **SB pp. 82-95**
 - iii) The Fruition of Vipashyana, pp. 261-274, **SB pp. 96-102**

12) Class Twelve: The Union of Shamatha and Vipashyana

- a) *The Stages of Meditation of Shamatha and Vipashyana: The General Basis of All Samadhis, The Treasury of Knowledge*, Jamgon Kongtrul, Translated by Kiki Ekselius and Chrissy Zerbini, under the guidance of Khenpo Tsultrim Gyamtso Rinpoche, **SB pp. 48-54**
 - i) The training in shamatha and vipashyana conjoined, **SB pp. 55-56**
 - ii) A general summary of the categories, **SB pp. 57-58**
- b) Unifying method and wisdom, *Bhavanakrama II*, Karmalashila, Trs. Jordhan-Ganchenpa-Russell, **SB pp. 31**
- c) The Greater Path of Accumulation, *The Profound Treasury of the Ocean of Dharma Vol. 1*, pp. 505-510, **SB pp. 282-285**