

Resting in Nature of the Mind

A Rime Shedra NYC Course based upon the book by Longchenpa,
Finding Rest in the Nature of Mind: The Trilogy of Rest, Volume 1
Translated by The Padmakara Translation Group
Eleven Tuesdays, April 21 to June 30, 2020

- I) **Class One: Introduction to Shedra, Rime Shedra, Longchenpa and *The Trilogy of Rest***
 - 1) Foreword by Alak Zenkar Rinpoche, pp. xiii = one page
 - 2) Foreword by Jigme Khyentse Rinpoche, pp. xv-xviii = 3 pages
- II) **Class Two: Longchenpa-His Life, Times and Works**
 - 1) Translators' Introduction, pp. xix-xlvi = 29 pages
 - 2) Prologue, p. 1
- III) **Class Three: Remember to Remember What you tend to Forget**
 - 1) The Freedoms and Advantages of Human Birth So Hard to Find, pp. 5-10
 - 2) Impermanence, pp. 11-16
 - 3) The Sufferings of Samsāra, pp. 17-33
- IV) **Class Four: Remember Karma and Spiritual Friends**
 - 1) The Karmic Law of Cause and Effect, pp. 35-50
 - 2) The Spiritual Master, pp. 51-65
- V) **Class Five: True Refuge and Four Ways to Overcome Complacency**
 - 1) Refuge, pp. 67-73
 - 2) Refuge, pp. 243-252 *
 - 3) The Four Unbounded Attitudes, pp. 75-83
- VI) **Class Six: Bodhicitta and the View of the Middle Way**
 - 1) Cultivating the Attitude of Mind Oriented toward Enlightenment, pp. 85-102
 - 2) The View That Dwells in Neither of the Two Extremes, the Wisdom whereby the Nature of the Ground Is Realized, pp. 115-125
- VII) **Class Seven: Tantric Practice--Two Stages, Three Aspects, Three Samadhis**
 - 1) The Generation and Perfection Stages and Their Union, pp. 103-111
 - 2) The Path: Stainless Meditative Concentration, pp. 127-141
 - 3) The Three Aspects of Meditative Concentration, pp. 143-149
 - 4) The Three Concentrations of the Generation Stage, pp. 253-255 *
 - 5) The Simple Practice of the Generation and Perfection Stages, pp. 257-259 *
- VIII) **Class Eight: This is your Mind**
 - 1) The Mind Is the Root of All Phenomena, pp. 167-170
 - 2) Mind, Intellect, and Consciousness, pp. 171-173
 - 3) The Eight Consciousnesses as the Basis of Delusion, pp. 175-177
 - 4) The Mind and the Objects That Appear to It, pp. 261-263 *
- IX) **Class Nine: The Triple Nature, The Ground and the Levels of Consciousness**
 - 1) The Three Natures, pp. 179-190
 - 2) The Universal Ground, pp. 191-200
 - 3) The Universal Ground, Eight Consciousnesses, and the State of Sleep, pp. 201-203
- X) **Class Ten: Buddha Nature**
 - 1) The Tathāgatagarbha, pp. 205-241
- XI) **Class Eleven: The Result of the Path, Longchenpa**
 - 1) The Great, Spontaneously Present Result, pp. 151-162
 - 2) Conclusion, p. 163
 - 3) The Omniscient Longchenpa Speaks about His Realization, pp. 265-267 *