

VIPASHYANA AND UNION A COMMUNITY PRACTICE INTENSIVE

View: Full awakening is not possible until we realize the inherent unity of shamatha and vipashyana. Being on the dot occurs when we appreciate the whole space of our existence; and openness to our world comes from being fully present and alive to who we are. Traditionally, we practice these qualities of precision and vastness as if they were separate and gradually blend them together. Finally, we realize they have never been apart. This weekend continues to deepen our practice of shamatha, and offers glimpses of vipashyana and its union with shamatha.

Format: Community weekend intensive - Friday night talk, Saturday & Sunday 8:30 to 5:30

Threefold Logic for Weekend

Friday	view: inseparability of shamatha and vipashyana
Saturday	analytical vipashyana
Sunday	resting vipashyana

Students' Readings (in preparation for the weekend)

- Jamgön Kongtrül, The Treasury of Knowledge, pp. 26-37
- Trungpa Rinpoche, The Path is the Goal

Teachers' Sources

- Jamgön Kongtrül, Treasury of Knowledge, notes by Khenpo Tsultrim Gyamtso Rinpoche
- Thrangu Rinpoche, The Practice of Tranquility and Insight
- Trungpa Rinpoche, The Path Is the Goal
- Trungpa Rinpoche, 1974 Seminary, "Vipashyana"
- Trungpa Rinpoche, 1980 Seminary, "Prajna and the Six Discoveries"

FRIDAY EVENING: OVERVIEW

TALK 1: DOT IN SPACE

Threefold Logic

ground	one-pointedness: shamatha
path	discriminating and panoramic awareness: vipashyana
fruition	dot in space: union of shamatha-vipashyana

Definitions of shamatha and vipashyana (Jamgön Kongtrül, Treasury of Knowledge)

- shamatha = resting the mind one-pointedly on a virtuous object
- vipashyana = realizing suchness through fully discriminating phenomena

Two kinds of vipashyana

- analytical, contemplative meditation of pandita
- resting meditation of a kusulu

Four levels of vipashyana

- mundane: discriminating insight that occurs in deep states of shamatha meditation
- hinayana: egolessness of self
- mahayana: emptiness, egolessness of self and phenomena
- vajrayana: emptiness endowed with bliss (luminosity)

Vipashyana as primarily a postmeditation practice

SATURDAY: ANALYTICAL OR CONTEMPLATIVE VIPASHYANA

Contemplation of Body, Feelings and the Sense of Self

- Contemplation Guidelines
- Contemplation of body
- Contemplation of feelings
- Looking at Our Sense of Self

TALK 2: EGOLESSNESS OF SELF

Threefold Logic

ground healthy sense of self
path looking for a real self
fruition not finding any self

Contemplation of Egolessness

- Healthy sense of self
- Looking for a real self
- Not finding a self

TALK 3: APPEARANCES AND EMPTINESS

Threefold Logic

ground relative discrimination: finding many things
path absolute discrimination: not finding any thing
fruition realizing and resting in suchness

Contemplation of the Six Discoveries or Investigations

- Contemplation of outside/inside
- Contemplation of time

SUNDAY: RESTING OR MEDITATIVE VIPASHYANA

TALK 4: THE NATURE OF THOUGHTS AND MIND

Threefold Logic

ground precise
path open
fruition beyond and then back to precise

Contemplation of the Three Stages

- Sense Perceptions
- Thought Party
- Looking at Emotions

TALK 5: UNION OF SHAMATHA AND VIPASHYANA

Threefold Logic

ground vipashyana within shamatha
path shamatha within vipashyana
fruition dot in space: union as primordially present