

**Taking the Mind as the Path**  
**Shamatha Vipashyana in the Mahamudra and Dzogchen Traditions**  
**Part One: Overview and Shamatha in the Dzogchen Tradition**  
**Based upon the Translations and Writings of B. Alan Wallace**  
**13 Tuesdays from March 1 thru May 24, 2022, at 7-9:15 pm**

**Syllabus**

**1) Background to Meditation**

- a) A Contemplative View of the Mind, *Choosing Reality: A Buddhist View of Physics and the Mind*, pp. 177-190=14
- b) Observing the Space of the Mind, *Hidden Dimensions: The Unification of Physics and Consciousness*, pp. 36-49=14

**2) Meditation Generally**

- a) Refining Human Consciousness, *Choosing Reality: A Buddhist View of Physics and the Mind*, pp. 191-199=9
- b) Worlds of Intersubjectivity, *Contemplative Science: Where Buddhism and Neuroscience Converge*, Chapter 6, pp. 109-134=25

**3) Introduction to Shamatha**

- a) *The Taboo of Subjectivity: Toward a New Science of Consciousness*
  - i) The Buddhist Cultivation of Sustained Voluntary Attention, pp. 103-112=10
  - ii) Padmasambhava-Conceptually Unstructured Awareness, pp. 115-118=4
- b) Introduction, *Minding Closely: The Four Applications of Mindfulness*, excerpt, pp. 1-11=12
- c) Stabilizing the Mind, *Tibetan Buddhism from the Ground Up*, pp. 105-118=14

**4) The Fundamentals of Sutrayana Shamatha**

- a) *Balancing the Mind: A Tibetan Buddhist Approach to Refining Attention*,
  - i) The Role of Mindfulness in the Cultivation of Quiescence, pp. 225-248=24
  - ii) Quiescence in Theravada Buddhism, pp. 255-268=14

**5) Shamatha Factors: Mindfulness and Introspection**

- a) Mindfulness in the Mind Sciences and in Buddhism, *Meditations of a Buddhist Skeptic: A Manifesto for the Mind Sciences and Contemplative Practice*, pp. 173-193=21
- b) The Role of Introspection in the Cultivation of Quiescence, *Balancing the Mind: A Tibetan Buddhist Approach to Refining Attention*, pp. 249-254=6
- c) Mental Faculties: Mindfulness and Introspection, *Minding Closely: The Four Applications of Mindfulness*, pp. 54-60=7
- d) Mindfulness and Introspection, *Mind in the Balance: Meditation in Science, Buddhism, and Christianity*, pp. 61-65=5

#### **6) The Practice of Sutrayana Shamatha, Part One**

- a) Samatha, *Contemplative Science: Where Buddhism and Neuroscience Converge*, Chapter 7, pp. 135-148=13
- b) *Minding Closely: The Four Applications of Mindfulness*, pp. 93-111=19
  - i) Dependent Methods, pp. 93-100
  - ii) Mindfulness of the Breath, pp. 100-103
  - iii) Essential Instructions, pp. 104-111

#### **7) The Practice of Sutrayana Shamatha, Part Two**

- a) A Serviceable Mind, *Fathoming the Mind Inquiry and Insight in Dudjom Lingpa's Vajra Essence*, pp. 2-11=10
- b) Entering Samatha Practice, *The Four Immeasurables: Cultivating a Boundless Heart*, pp. 31-57=27

#### **8) The Nature of Mind in the Dzogchen Tradition**

- a) *Minding Closely: The Four Applications of Mindfulness*
  - i) Ground States, excerpts, pp. 163-167=5
  - ii) Relinquishing Control, excerpts, pp. 179-184=6
  - iii) Substrate Consciousness, pp. 196-199=4
- b) *Fathoming the Mind Inquiry and Insight in Dudjom Lingpa's Vajra Essence*.
  - i) The Essential and Ultimate Nature of the Mind and The Transcendent Nature of Consciousness, pp. 38-52=15
- c) The Ground State of Consciousness, *Mind in the Balance: Meditation in Science, Buddhism, and Christianity*, pp. 89-96=8
- d) Three Dimensions of Consciousness, *Genuine Happiness: Meditation as a Path to Fulfillment*, pp. 164-167

#### **9) The Progression of Shamatha, Part One**

- a) The Path to Samatha: An Overview, *The Four Immeasurables: Cultivating a Boundless Heart*, pp. 59-86=28
- b) Meditative Quiescence, *Buddhism with an Attitude: The Tibetan Seven-Point Mind-Training*, pp. 76-95=20

### **10) Shamatha and Vipashyana in the Buddhist Traditions**

- a) Shamatha, Shamatha and Vipashyana in the Indian Buddhist Tradition, *Meditations of a Buddhist Skeptic: A Manifesto for the Mind Sciences and Contemplative Practice*, pp. 194-212=19
- b) Shamatha and Vipashyana in the Dzogchen Tradition, *Meditations of a Buddhist Skeptic: A Manifesto for the Mind Sciences and Contemplative Practice*, pp. 213-229=17

### **11) The Progression of Vajrayana Shamatha**

- a) Quiescence, *Natural Liberation: Padmasambhava's Teachings on the Six Bardos*, by Padmasambhava, with commentary by Gyatrul Rinpoche. Boston: Wisdom, 1998, root text excerpted from pp. 90-112=23
- b) The Essential Instructions of the Mahasiddha Maitripa, *A Spacious Path to Freedom: Practical Instructions on the Union of Mahamudra and Atiyoga*. Karma Chagmé, with commentary by Gyatrul Rinpoche. Ithaca, NY: Snow Lion, 1998, pp. 78-80=3
- c) How to Settle the Mind in Its Natural State, *Open Mind: View and meditation in the Lineage of Lerab Lingpa*, pp. 31-33=3

### **12) The Progression of Dzogchen Shamatha Part One**

- a) *Dreaming Yourself Awake: Lucid Dreaming and Tibetan Dream Yoga for Insight and Transformation*, excerpts in 18 pages:
  - i) Meditative Quiescence, pp. 3-17
  - ii) Cultivating Lucidity Directly, pp. 48-49
  - iii) Meditation Session for Settling the Mind in its Natural State, pp. 49-51
  - iv) The Practice of Awareness of Awareness, pp. 59-61
  - v) The Substrate Consciousness, pp. 70-72
  - vi) Primordial Consciousness, pp. 72-73
- b) *Stilling the Mind: Shamatha Teachings from Dudjom Lingpa's Vajra Essence*, excerpts in 13 pages
  - i) Taking the Mind as the Path, excerpt, pp. 61-63=2
  - ii) Mind's Essential Nature, pp. 88-96=11

### 13) The Progression of Dzogchen Shamatha Part Two

- a) *Stilling the Mind: Shamatha Teachings from Dudjom Lingpa's Vajra Essence, excerpts in 37 pages*
  - i) The Source of Appearances, pp. 96-103=7
  - ii) Awareness, excerpt from pp. 115-118=3
  - iii) Settling the Mind in its Natural State, pp. 118-124=6
  - iv) Nyam-Signs of Meditative Experience, excerpts, pp. 132-134=2
  - v) Signs of Progress, pp. 134-143=9
  - vi) Experiencing the Substrate Consciousness, pp. 170-177=7
  - vii) Deeper Possibilities of Shamatha, pp. 177-180=3

#### A) Practices

- 1) **Practice:** Attending to the Breath of Life, *Mind in the Balance: Meditation in Science, Buddhism, and Christianity*, pp. 39-40
- 2) **Practice:** The Union of Stillness and Motion, *Mind in the Balance: Meditation in Science, Buddhism, and Christianity*, pp. 47-51
- 3) **Practice:** Behold the Light of Consciousness, *Mind in the Balance: Meditation in Science, Buddhism, and Christianity*, pp. 70-73
- 4) **Practice:** Probing the Nature of the Observer, *Mind in the Balance: Meditation in Science, Buddhism, and Christianity*, pp. 87-88
- 5) **Practice:** Oscillating Awareness, *Mind in the Balance: Meditation in Science, Buddhism, and Christianity*, p. 97
- 6) **Practice:** Resting in the Stillness of Awareness, *Mind in the Balance: Meditation in Science, Buddhism, and Christianity*, p. 119
- 7) **Practice:** The Emptiness of Mind, *Mind in the Balance: Meditation in Science, Buddhism, and Christianity*, pp. 136-137
- 8) **Practice:** The Emptiness of Matter, *Mind in the Balance: Meditation in Science, Buddhism, and Christianity*, pp. 151-152
- 9) **Practice:** Resting in Timeless Consciousness, *Mind in the Balance: Meditation in Science, Buddhism, and Christianity*, pp. 164-165

#### Optional Additional Reading:

- 1) *The Attention Revolution: Unlocking the Power of the Focused Mind*, excerpts, 17 pages
- 2) Refining the Attention, *Genuine Happiness: Meditation as a Path to Fulfillment*, pp. 11-46=36