

The Progressive Stages of Meditation on Emptiness

A six-week course from May 21 to July 2 (omitting June 18), 2019

For those interested in exploring the depths of the Mahayana Buddhist contemplative tradition of the Kagyu and Nyingma lineages. This will be an accessible introduction to the stages of understanding of the nature of reality and how to contemplate and meditate upon those. Each class will consist of meditation, presentation and discussion and guided contemplation.

This course will focus on a contemplative approach to the stages of the experience of emptiness. It is based upon a classic text, *The Progressive Stages of Meditation on Emptiness (PSME)*, by one of the main teachers of the Kagyu School today, Khenpo Tsultrim Gyamtso Rinpoche. Please purchase a copy on your own. Classes are recorded, so you can catch up on any you miss, and placed on the following website, along with handouts: www.rimsehdra.nyc.

Classes are held on the third floor of #307 West 30th Street, between 8th and 9th Avenues (closer to 8th). It is a walkup.

Summary Syllabus

1) May 21: Introduction and Overview of the Progressive Stages

a) **PSME:** Intro, Conclusion and Appendix

2) May 28: Stage One - Sravaka Meditation on Not Self

a) **PSME:** Stage One-The Shravaka Approach

3) June 4: Stage Two – Mind Only

a) **PSME:** Stage Two-The Cittmatra Approach

4) June 11: Stage Three – Madhyamika Part I: Svatantrika

a) **PSME:** Stage Three-The Svatantrika Approach

5) June 25: Stage Four - Madhyamika Part II: Prasangika

a) **PSME:** Stage Four-The Prasangika Approach

6) July 2: Stage Five – Madhyamika Part III: Shentong

a) **PSME:** Stage Five-The Shentong Approach