

Vipashyana: The Tibetan Root Sources
Twelve Weeks from March 25 thru June 18, 2014

Syllabus

- I) Intro and Overview
 - A) Excerpt from *The Lankavatara Sutra*, one page
 - B) Excerpt from *Nagarjuna's Bodhichittavivarana*, two pages
- II) Vimalamitra:
 - A) Quiescence and Insight, *The Stages of Meditation* by Vimalamitra, translated by Lozang Jampel, full excerpt pp. 12-33; read pp. 12-26 = 15
- III) Longchenpa:
 - A) Meditation on the Meaning of the View, *Buddha Mind: An Anthology of Longchen Rabjam's Writings on Dzogpa Chenpo*, translated by Tulku Thondup Rinpoche, full excerpt pp. 281-302; read p. 293-299 = 7
- IV) Tsongkhapa:
 - A) Procedure of Special Insight, by Tsong-kha-pa, *The Medium-Length Exposition of the Stages of the Path*, translated by Jeffrey Hopkins and edited by Kevin Vose, in *Tsong-kha-pa's Final Exposition of Wisdom*, read pp.151 -174 = 24
- V) Taranatha (optional):
 - A) Chapter Thirteen: Wisdom, *Essence Of Ambrosia: A Guide To Buddhist Contemplations*, by Taranatha, translated by Willa Baker, pp. 89-101 = 13
- VI) Ga Rajampa:
 - A) How To Practice Vipasyana, *To Dispel The Misery Of The World Whispered Teachings Of The Bodhisattvas*, by Ga Rabjampa Kunga Yeshe, translated By Rigpa Translations, seven pages
- VII) Jamgon Kongtrul Lodro Thaye:
 - A) Introduction and Vipashyana Section from *The Stages of Meditation of Shamatha and Vipashyana - The General Basis of All Samadhis, The Treasury of Knowledge*, by Jamgon Kongtrul, translated by Translated by Kiki Ekselius and Chryssoula Zerbini, twelve pages
- VIII) Jamgon Mipham:
 - A) The Wheel of Investigative Meditation: A Thorough Training in Mental Analysis, by Mipham Rinpoche, translated by Adam Pearcey, seven pages
 - B) An Investigation of the Mind: A Commentary on Mipham's Wheel, by Dilgo Khyentse Rinpoche, seventeen pages = 17
- IX) Dilgo Khyentse Rinpoche:

- A) The Sage Who Dispels The Mind's Anguish, The Advice Of The Guru, The Gentle Protector Manjushri, The Manner Of Accomplishing The Yogas Of Shamatha And Vipashyana, by Dilgo Khyentse Rinpoche, *The Shravakayana: A Collection Of Teachings*, by Phakchok Rinpoche, entire text pp. 170-200; read pp. 177-184 = 8
- X) Tulku Urgyen:
- A) Shamatha and Vipashyana, *Skillful Grace: Tara Practice For Our Times*, by Tulku Urgyen Rinpoche & Trulshik Adeu Rinpoche, translated and edited by Marcia Binder Schmidt, & Erik Pema Kunsang, excerpt pp. 106-123; reading pp. 115-123 = 9
- XI) Dzogchen Ponlop Rinpoche:
- A) Three Classifications of Mahamudra, *Wild Awakening*, three pages
- XII) Jamgon Kongtrul Lodro Thaye:
- A) The Long Traditions of Sutra and Mantra, *The Treasury of Knowledge Book Eight, Part Four, Esoteric Instructions*, translated and annotated by Sarah Harding, pp. 209-226 = 18
- XIII) Dakpo Tashi Namgyal:
- A) *Mahamudra, The Moonlight: Quintessence of Mind and Meditation*, by Dakpo Tashi Namgyal, translated by Lobsang P. Lhalungpa
- 1) Excerpts on Shamatha and Vipashyana, pp. 26-38 = 13
 - 2) Insight, pp. 51-69 = 19
 - 3) Clearing Doubts, pp. 70-88 = 19
 - 4) Blending Of Insight with Other Systems, pp. 212-215 = 4