

A Five-Week Series  
Mahamudra Shamatha 2019  
syllabus

Week 5

**REVIEW MEDITATION:**

The Nine-Round of Breath, Gentle Vase Breathing, Guru Yoga & Settling the Mind in its Natural State

**MEDITATION - SHAMATHA WITHOUT ATTRIBUTES (REFERENCE):**

- Mahamudra Shamatha
- Rest in Unstructured Awareness (*Karma Chakme*)
- Shamatha Without Sign (*Padmasambhava*)
- Simply Rest in “the Sheer Awareness (Cognizance) and the Sheer Clarity (Luminosity) of Experience (*Tsongkhapa*)
- Taking the Fruition as the Path (*Panchen Labsang Chogyen*)

**BASIC INSTRUCTION:**

Resting in sheer luminosity and Sheer Cognizance of Awareness without destruction and without grasping

**ESSENTIAL POINTS CONCERNED THE MIND:**

*Do not dwell on the past. Do not anticipate the future. Rest evenly in the present mind, clear yet non-conceptual.*

(The Ocean of Definitive Meaning, P.99)

**SHAMATHA QUALITIES:**

- 1) Without wondering (i.e. threading a needle)
- 2) Without turbulence (i.e. ocean un-waved by the wind)
- 3) Without effort (i.e. eagle soaring in the sky)

**QUOTES:**

*Yogins and yoginis, set your mind free,  
Like a fool watching over cattle.  
Rest without attachment, like a dog's corpse.  
Rest without desire, like a leper.*

*Yogins and yoginis, let your mind be loose,  
Like a Brahmin skilled in spinning threads.  
Rest without any grasping, like a human corpse.  
Rest without mindfulness, like a lunatic.*

*Rest within the unceasing [state], like the sky.  
Rest with clarity, like a crystal sphere.  
Rest without artifice, like a child.  
Remain relaxed.*

*These express the way to rest your mind.*

(The Ocean of Definitive Meaning, P.105)

**PROCESS OF SHAMATHA**

*In essence, focus ceaselessly upon your support.  
And vanquish laxity and excitement.  
Then when your focus is clear and unwavering,  
know that serenity dawns with the obstacles gone.  
And with an effort related and unrelenting, sustain your meditation  
and you'll find an immovable and effortless samadhi.  
You even though you now keep your focus for a long time,  
don't be fooled, this is just a facsimile.*

*For only when **joined with a bliss of pliancy,**  
**Not only of body but also of mind,**  
Can this be considered a true calm abiding:  
Fully qualified and most amazing.*

*Depending on this, you can deepen insight and directly experience emptiness.  
But even if this alone is your practice;  
you will soon develop qualities like clairvoyance.*

*Through the lama's compassion, whatever merit I may have,  
I dedicate to the actual realization of calm abiding.*

(Reference: MS1-Outline)