

A five-Week Series
Mahamudra Shamatha 2019
syllabus

Week 1

1. Motivation – Preliminaries

The Four Thoughts and Refuge and Bodhicitta

2. How to frame Meditation Session

Reference: *The Short Six-Session Guru Yoga*

3. Six Inner and Outer Supports for Meditation Practice

Reference: *MS1-Outline*

*To dwell in a pleasant place, having few needs,
Content, all activity abandoned,
Ethical, and thoughts free of everything desirable,
Are the causes to achieve calm abiding.*

1. Conducive Space
2. Basic Needs Met
3. Contentment
4. Manageable Life
5. Ethical Behavior
6. Letting Go of Drama

Q. How or to which extent does your life fulfill these basic supports?

Q. How can each support help you to make meditation practice a stable element in your daily life?

Q. What can you change in your life so that your life has more basic supports conducive to your meditation?

4. Essential Points for the Body posture and Their Purpose

Reference: *MS2-Posture*

Q. How does each point of the physical posture effect the energy in your body, your mind and awareness?

Q. Which point of the posture do you find difficult to feel its energetic effect?