

**A five-Week Series  
Mahamudra Shamatha 2019  
syllabus**

**Week 4**

1. Eye Gaze and Gentle Vase Breathing (*jam-lung*)
2. Meditation Object - Mental Domain (Space of the Mind and Whatever Arises in the Mind)

**SETTLING THE MIND IN ITS NATURAL STATE (*sem ne-luk bab-pa*)**

- Shamatha focusing on the Mind
- Taking the (impure) Mind as the Path
- Taking Appearances (to the mind) & Awareness (introspection) as the Path
- Open Presence in Mental Domain

**BASIC INSTRUCTION:**

Sustain the mindfulness of space of the mind and whatever arises within without destruction without grasping.

**THREE STAGES:**

Observe players - mental images etc.

Observe subjective impulse - distinct desire, emotions etc.

Observe space of the mind, interval if no mental phenomena arise

**CRITERIA - How do you know you are practicing SMNS:**

1. Is your awareness right in the immediacy of the present moment?
2. Is your attention directly to the space of the mind?
3. Do you notice as soon as mental events arise?
4. Have you been caught up with the reference?
5. Are you aware non-reactively while mindfully engaging in the object?  
Do you have a movement of preference?

**3. Stumbling Block 4 and 5 & Tools to Overcome**

**Not Making Effort <-> Restoring Balance (by Relaxing and energizing)**

**Trying Too Hard <-> Equanimity (The ability to let things be as they are)**

*It is a fault not to apply the necessary antidotes,  
so apply them and banish these demons!  
But when laxity and excitement are absent,  
let the antidotes also rest and allow the mind to stay concentrated,  
in unruffled serenity and peace.*

(Reference: MS1-Outline)