

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

**Week 3**

1. **The Five-Point Posture, The Nine cycles of Breath & Vase Breath**
2. **Meditation Object - "Shamatha with Internal support"**  
Full body sensations associated with breath
3. **Stumbling Block 2 and 3 & Tools to Overcome**

**Forgetfulness <-> Mindfulness (remembering and staying on the object of meditation)**  
**Confusion (Busyness & Dullness) <-> Awareness (introspective alertness)**

*When you sit in meditation but forget the instruction,  
put strong effort into recalling them.*

*When laxity and excitement disturb your meditation,  
use introspection to guard your mind;*

(Reference: MS1-Outline)

Q. By examining your mind in meditation, what do you notice? Can you notice when the three faults or stumbling blocks (so far studied) are impeding your concentration from arising?

4. **Five Phases of Meditation**

**Phase 1: Cascading Water Fall** (Coarse excitation - Stg 1-3)

**Phase 2: Torrent in a Gorge** (Coarse laxity - Stg 4, Medium laxity - Stg 5, Medium excitation - Stg 4-5)

**Phase 3: River with Rapids** (Medium laxity, Subtle excitation - Stg 6, Subtle laxity and excitation - Stg 7)

**Phase 4: Wide River** (Stg 8)

**Phase 5: Ocean without Waves** (Stg 9)

5. **Nine Stages of Meditation**

*Initially select an object.*

*An appropriate support for your practice,*

*Then place your mind perfectly upon it.*

*Don't let your attention wander,*

*But securely hold to your placement.*

*When distraction beguiles you,*

*Recalling that placement, patch it.*

*Place the mind close, and then tame it.*

*Pacifying, thoroughly pacifying, and passing*

*through single-pointedness will lead you to tranquility.*

(Reference: MS1-Outline)