

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

**Week 2**

**1. How to frame Meditation Session**

Reference: *Guru Yoga of Machik*

**2. Longchenpa's Posture & Expelling the Stale Wind with Breath Retention**

Reference: *Clarifying the Natural State*, p.20

**3. Meditation Object – “Supported Shamatha”**

A Buddha figure (i.e. Machik Labdron)

**4. Two Tools and Two Qualities in Developing Attention**

**Mindfulness** – Being present with the object of attention – **Stability in Attention**

**Awareness** – Knowing what is going on – **Clarity in Attention**

**5. Stumbling Block 1 & Tools to Overcome**

**Laziness (or Unwillingness)**

**Four tools – Interest, Effort, Confidence & Competence**

Reference: *MS1-Outline*

*When you first practice meditation, laziness will arise,*

*At this time, recall samadhi's qualities,*

*and develop confidence, perseverance, and yearning.*

*Remember that blissful pliancy comes from these,*

*And you'll come to delight in the practice of samadhi.*

Q. Honestly reflect your meditation and Dharma practice in general with regard to this Stumbling Block 1 “Laziness” and to which extent this blocks your practice.

Q. What are some of the challenges to counteract this stumbling block in terms of these four tools?