

NALANDA INSTITUTE *for Contemplative Science*

300 Central Park West, 1D, New York, NY 10024

Instructor: Dr. Joe Loizzo

Spring, 2010, 8 Mondays, 6:30-8:00 pm

Tuition: \$400 full/\$200 reduced

Living the Gradual Path in Body, Speech and Mind: How to Build a Threefold Practice

Course Description

The Nalanda tradition is unique in its integration of Buddhist wisdom and arts into a complete path of contemplative living for lay practitioners in the everyday world. The map for this approach, called the Lam Rim or Gradual Path, fuses contemplative insights and skills of self-healing, proactive engagement and life-transformation into a single system of threefold practice. The aim of the path is to provide all the tools people need to heal their body-mind (body), engage others with confidence and care (speech), and gradually realize their ideal vision of life in the world (mind).

This workshop reviews the essentials of the gradual path, based on the practice of deep mindfulness, mind-clearing and role-modeling imagery. The focus of the workshop is to help practitioners at any level integrate elements of these three arts into a complete practice tailored to their inclinations and needs. Each participant will be encouraged to share their practice with the group, and have help thinking through ways to build and grow a sustainable, working practice. Traditional textual guides for each phase of practice will be provided and reviewed, including the Ganden/Kagyu Great Seal Practice (*Mahamudra*), Clearing the Mind in Seven Points, and performance scripts for the Healing Mentor (Medicine Buddha) and Healing Mother (White Tara).

Prerequisites: a sincere wish to build and sustain a regular meditation practice.

MEETINGS

February 1: One Mother, Three Fathers: The Gradual Path

February 8: Basic Mindfulness and the Path of Self-Healing

February 15: Beyond Breath: Deep Mindfulness and Lasting Change

February 22: Mind-Clearing and the Path of Engagement

March 1: Taming the Traumatized Self, Building the Proactive Self

March 8: Role-Modeling Imagery and the Path of Transformation

March 15: Encountering the Mentor, Transmuting the Self

March 22: Tailoring and Wearing a Threefold Practice

WORKSHOP READING

McDonald, Kathleen. *How to Meditate: A Practical Guide*. 2nd ed. Boston: Wisdom, 2005.

RECOMMENDED READINGS

H. H. the Dalai Lama and Alexander Berzin. *The Geluk/Kagyu Tradition of Mahamudra*. Ithaca: Snow Lion, 1997.

Gelek, Ngawang. *The Practice of the Triumphant Ma*. Ann Arbor: Jewel Heart, 1995.

_____. *Odyssey to Freedom in 64 Steps*. Ann Arbor: Jewel Heart, 1999.

Thundop, Tulku. *The Healing Power of Mind*. Boston: Shambhala, 1996.

Wallace, Alan B. *Buddhism with an Attitude*. Ithaca: Snow Lion, 2005.

Yeshe, Lama Thubten. *Introduction to Tantra*. Rev. ed. Somerville: Wisdom, 2001.