



ZURMANG KAGYU | BUDDHIST STUDIES SERIES
COURSE ONE | MEDITATION IN THE MAHAMUDRA TRADITION I

NOTES | CLASS ONE

About the Text

The meditation manual we will be using is known in English as “Moonbeams of Mahāmudrā.” The translation of the full Tibetan title is *Moonlight: An Excellent Explanation, which illuminates the Steps of Meditation of the Definitive Mahāmudrā*.

ངེས་དོན་ལྷུག་རྒྱ་ཆེན་པོའི་སློམ་རིམ་གསལ་བར་བྱེད་པ་ལེགས་བཤད་ལྷ་བའི་འོད་ཟེར་ཞེས་བྱ་བ་བཞུགས་སོ།

This text is very useful both for beginners and advanced meditators because all the important points of meditation according to the Mahāmudrā tradition are covered very clearly in this book.

The Author



དུགས་པོ་བཀ་ཤིས་རྣམ་རྒྱལ།

Tibetan Meditation Master Dakpo Tashi Namgyal (1512-87)

The Three Wisdoms

1. Listening

Listening to the teachings helps clear up doubts and uncertainties.

2. Contemplating

Contemplating the teachings helps us digest the information and retain knowledge.

3. Meditating

Meditation means getting used to the practice and leads to realization.

śruta cintā bhāvanā | རྟོག་བསམ་སློམ་གསུམ།

Different Types of Meditation

There are many different types of meditation. For example, there is breath meditation, meditation on an external object, meditation on a visualized object, and meditations that have no specific object at all. Although there are thousands of methods of meditation, the Buddha summarized them into two main types:

1. Tranquility Meditation (Śamathā | ཞི་གནས)

Tranquility meditation refers to a meditation that focuses on a given object single-pointedly without analyzing it.

2. Insight Meditation (Vipāśyanā | ལྷག་མཐོང)

Insight meditation refers to analytical investigation, and this type of meditation provides the key to understanding the true nature of reality.