



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

**NOTES | CLASS TWO**

**The Main Topics in the Text**

The text we are using, *Moonbeams of Mahāmudrā*, is divided into two main subjects:

1. The reason why meditation on the true nature of mind is essential: This section discusses the mind's role in the creation of our experience and outlines the benefits of meditation.
2. The stages of meditation: This section first gives a concise explanation of the techniques of the common system of meditation, and then gives an extensive elucidation of the uncommon meditation.

**The Reason For Meditation**

Practicing meditation gives us the skills to tame our wild mind. The temporary benefit this provides is enabling us to be calm and happy. The ultimate benefit it provides is a genuine freedom from suffering.

Without meditation practice, our Buddhist studies will remain at a superficial level and be of only transitory benefit. It is through meditation on the nature of the mind that we can achieve insight into ultimate reality, which enables us to bring about a profound transformation.

**The Conditions that Support Tranquillity Meditation**

The following conditions are helpful for developing tranquility meditation (the first of the two types of meditation which refers to focusing on an object single-pointedly without analyzing it):

1. Harmonious environment: find a quiet and safe place for meditation
2. Reducing desire for luxurious and unnecessary things
3. Developing contentment by being satisfied with simple food and clothing
4. Limiting busy activities
5. Maintaining moral discipline
6. Eliminating discursive thoughts

These conditions allow us to direct our energy towards developing the proper concentration required for meditation.

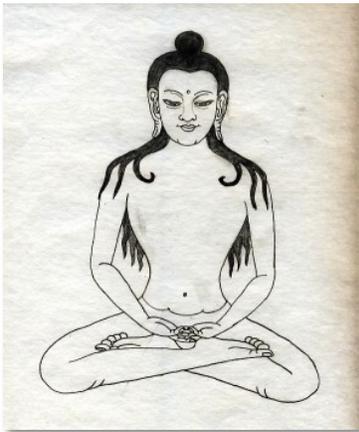
## **The Conditions that Support Insight Meditation**

The following conditions are helpful for developing insight meditation (the second of the two types of meditation which refers to analytical meditation).

1. Association with genuine gurus
2. Acquisition of knowledge
3. Proper contemplation

These conditions help us to support the analytical skills required for insight meditation.

## **The Sitting Posture**



### **The Seven Point Posture of Vairocana**

1. Sitting in the vajra position (or simple cross-legged)
2. Right palm over the left with thumbs touching each other, vice versa for women, 4 finger widths below the navel
3. Straight spine
4. Shoulders straight and equally balanced
5. Chin slightly pointing downwards
6. Tongue lightly touching the upper palate
7. Eyes focusing at a point in front of the tip of the nose