



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

SELF-STUDY | CLASS ONE

Meditation 1: External Object



When first beginning the meditation, start by concentrating on the image for five minutes. Take a short rest, and then do another five minutes. Again, take a short break followed by another five minutes focusing on the image. This completes the meditation of three sessions of focusing on an external object.

Questions

1. What is the short title in English of the text we are studying?
2. Who is the author of the text? In what century did he live? Where did he live?
3. What are the three wisdoms and what is the importance of each?
4. There are many different types of meditation, but what are the two basic types?

