



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

SELF-STUDY | CLASS TWO

Meditation 2: Internal Object (visualization)

Last class we meditated on an external object as the support for our meditation. This class we use an internal object as support for our meditation, more commonly known as visualization.



When first beginning the meditation, start by visualizing 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 internal object.

Questions

1. Name three conditions for Tranquility Meditation.
2. Name three conditions for Insight Meditation.
3. What are the seven points in the Seven Point Posture of Vairocana?