



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

SELF-STUDY | CLASS THREE

Meditation 3: Breath Meditation

To start this meditation, focus your mind by concentrating at the point four finger widths below your navel. As you exhale, imagine that your mind and breath move upward together from that point and slowly come out of your mouth, travelling a distance of sixteen inches. Then as you inhale, imagine your mind accompanies your breath into your body until it reaches the point four finger widths below your navel once again. At this point retain your breath for a moment. This completes one cycle of breath.

When first beginning the meditation, start by counting seven cycles of breath. Then take a short rest, and count seven more cycles of breath. Again, take a short break followed by one more round of focusing on seven cycles of breath. This completes the meditation of three sessions of focusing on seven cycles of breath.

Questions

1. What are five well-known problems preventing good meditation?
2. What are the eight antidotes to the five problems preventing good meditation?
3. Name the two biggest problems preventing good meditation and describe one solution for each.