



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

SELF-STUDY | CLASS FOUR

Meditation 4: Breath Meditation with Short Retention

This meditation is similar to meditation three except that this time there is a slight hold as if pushing the air down. 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 and apply a slight pressure downwards. This completes one cycle of breath. For this meditation the pressure is applied downwards without upward pressure meeting it. It is important to follow Rinpoche's instructions closely for the hold and so if you need to review the video of the teaching online.

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. Describe Tranquillity Meditation.
2. Describe Insight Meditation.
3. Describe the sequence of Tranquillity and Insight Practice.