



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

SELF-STUDY | CLASS FIVE

Meditation 5: Meditation with Mindfulness and Introspection

For this meditation choose a meditation object and make an effort to employ mindfulness and introspection. Try and determine whether or not your concentration is affected by mental agitation or dullness. When doing this meditation keep the sessions short, taking a short break about five to seven minutes.

Questions

1. List three possible objects of meditation.

2. Describe Mindfulness.

3. Describe Introspection.