

Geshe Pema Dorjee

The Stages of Meditation

Friday, Sept. 16: 7-9pm

Saturday, Sept. 17 & Sunday, Sept. 18: 10am-5pm with a break for lunch
at the Peace Abbey, Sherborn (www.peaceabbey.org)

Sponsored by Jhamtse International (www.jhamtse.net) and
Tibetan Buddhist Charitable Aid (www.buddhistcharity.org)

Friday evening

Meditation: an introduction and overview

- The purpose of meditation
- What is mind?
- Why train the mind?
- What is meditation?

Saturday morning

Getting Ready to Meditate

- Identifying the nature of suffering
- Prerequisites and goals: loving-kindness and compassion
- Preparation and environment for meditation

Saturday afternoon

Calm-Abiding Meditation (Single-Pointed Concentration)

- The object of the meditation
- Step-by-step instructions (the 9 stages)
- Practice session followed by q&a

Sunday morning

Analytical Meditation (Special Insight)

- The object of the meditation
- A do-it-yourself explanation
- Practice session followed by q&a

Sunday afternoon

The Awakening Mind

- The union of Calm-Abiding and Analytical Meditation
- Wisdom: understanding emptiness and selflessness
- Q&A