



**Dharma Talk #6**  
**Basic Meditation: *Shamata***  
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❖ **What is Meditation?**

- Training the mind
- Habituating the mind

❖ **For What?** *Pure, non-conceptual awareness*: The path to enlightenment

❖ **How?**

- Brain function – “processing task relevant information”
- Selective concentration

❖ **Forms of Attention**

- Focused attention
- Sustained attention
- Selective attention
- Alternating attention
- Divided attention

❖ **Forms of Meditation**

- *Shamata* – single-pointed calm abiding
- *Vipassana* – analytical contemplation
- *Deity yogas* – generation & completion stages
- *Dzogchen* – non-conceptual pure awareness

❖ **Preparation**

- Ethics
- Motionlessness
- Breath control

❖ ***Shamata***

- Single-pointed focus
  - ◆ With signs
  - ◆ Without signs
- Calm abiding

❖ **Objects of Focus**

- Breath
- Small object, e.g., rock
- White *bindu*
- Red *bindu* in hollow body
- Deity visualization
- Vital energies – vase breathing
- Mantra – vajra recitation
- Without Signs

❖ **Goals**

- Placement – focus – attention
- NO Thoughts
- As long as you like

## ❖ Stages

- Stage 1: Placement
- Stage 2: Continual placement
- Stage 3: Repeated placement
- Stage 4: Close placement
- Stage 5: Taming
- Stage 6: Pacifying
- Stage 7: Thoroughly pacifying
- Stage 8: One-pointed
- Stage 9: Equanimity

## ❖ Simplified Stages

- Stage 1: Waterfall
- Stage 2: Raging river
- Stage 3: Calm river
- Stage 4: Still ocean

## ❖ Problems – Agitation and dullness

### ❖ Solutions – Focus on wandering mind, not the wandering itself

- Relaaaaaaaax....
- Look down...
- Wake up!!! Pay attention!!!
- Look up!!! FOCUS!!!
- Not too loose ... not too tight
- Alternate if necessary

## ❖ 7-Point Posture of Vairocana

- Legs
- Back
- Hands
- Eyes
- Chin
- Shoulders
- Tongue

## ❖ Practices

- Object
- White *bindu*
- Hollow body with red *bindu*
- Without object
- Without object, with music

## ❖ Post-Meditation

- Transition slowly
- Maintain meditative equipoise
- Reiterate throughout the day

*Next Dharma Talk - Buddhist Deities and Meditation, March 19*

*Dharmakirti College - [www.dharmakirti.org](http://www.dharmakirti.org)*

*February 20-25: Khenchen Paljea Dorjee Rinpoche*

- *Padmasambhava 7-Line Prayer teaching*
- *Dzogchen Kalachakra empowerment*
- *Vajrakilaya empowerment & practice*
- *Yeshe Lama empowerment & Treasury of Dharmadhatu*
- *Losar (new year) celebration & 3 Roots*