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### Course Format

- Ten Classes
- Related Readings
- Ten Homeworks
- Ten Meditation Assignments
- Online Discussions
- Ten Quizzes
- Comprehensive Final

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### Course Topics

- The 6 Preliminaries to Meditation & 7 Ingredients
- The Six Conditions for Meditation
- The Eight-Part Posture
- The 5 Problems of Meditation & the 8 Corrections
- The Nine States of Meditation
- The Steps to Buddhahood & Finding a Lama
- Getting the Essence of Life
- Steps for Those of Medium and Greater Capacity

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Class 1:  
Different Types of Meditation  
&  
5 Parts of Meditation Practice



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**Class Objectives**

- List the five parts to meditation practice
- Describe the six types of meditation practices
- List the six preliminaries

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**Five Parts to Successful  
Meditation Practice**

- Preparing for practice
- Six conditions for environment
- Bodily posture
- Mental process
- Object of meditation

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### Six Types of Meditation Practices

གློ་པ་པ།  
*gompa*

སྔགས་གཞུག་།  
*nyamsdak*

བསམ་གཏན་།  
*samten*

ཞི་གནས་།  
*shi-ne*

སྔོ་སེམ་འདུག་།  
*nyomjuk*

ཏིང་ངེ་འཛིན་།  
*ting-ngen-dzin*

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གློ་པ་པ།  
*gompa*

### gompa

(Sanskrit: bhavana; Pali: bhavana)

- A general word for meditation
- Bringing an object to mind repeatedly until you get used to it.
- Habituation

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བསམ་གཏན་།  
*samten*

### samten

(Sanskrit: dhyana; Pali: jhana)

- Deep concentration (fifth perfection)
- Four levels of deep meditation that result in a rebirth in the corresponding form realm.
  - There are four levels to the form realm.
- Emptiness is experienced when you are in the first level of the form-realm concentration.
  - first samten or first jhana

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ཉོམ་ཇུག་  
*nyomjuk* **nyomjuk**  
 (Sanskrit: samapatti)

- Deep meditation similar to samten
  - can result in rebirth in form or formless realms
- Cessation meditation
  - the mind is almost shut down
  - sometimes mistaken for the goal (nirvana)

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ཉམ་མཁ  
*nyamshak* **nyamshak**  
 (Sanskrit: samahita)

- Centered, balanced, fixed in concentration
- Used to refer to the meditation where emptiness is experienced directly.

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ཞི་གནས་  
*shi-ne* **shi-ne**  
 (Sanskrit: shamata; Pali: samatha)

- also known as: calm-abiding, quietude
- single pointed concentration characterized by physical and mental bliss produced by one becoming completely used to meditating
- level of meditation required to experience the direct perception of emptiness
- this meditative level is linked with gaining wisdom and insight

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ཏིང་ངེ་འཛིན།  
*ting-nge-dzin* (Sanskrit: samadhi; Pali: samadhi)

- Single pointed concentration
  - even for just an instant
  - all beings with a mind have this innately
  - at the lowest level this is simple concentration
- Shamata falls under this general category
  - shamata is the highest level of samadhi

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**Five Parts to Successful Meditation Practice**

- **Preparing for practice**
- Six conditions for environment
- Bodily posture
- Mental process
- Object of meditation

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**Six Preliminaries**

གནས་ཁང་བྱིང་ཏེན་དབང་། <i>nekang chi dang ten dram</i>	ཚོགས་ཞིང་གསལ་གདབ། <i>tsokshing seldeb</i>
མཚན་པ། <i>chupa</i>	ཚོགས་བསལ་སྐྱིབ་སྦྱང་། <i>tsok-sak dripjang</i>
སྐྱབས་འགྲོ་སེམས་བསྐྱེད། <i>kyamdro semkye</i>	གསོལ་འདེབས། <i>suindep</i>

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### Six Preliminaries

- Create a clean and sacred space
- Set forth beautiful offerings
- Take refuge, generate bodhichitta and assume correct posture
- Visualize the “merit field”
  - lamas of the two great lineages (wisdom and compassion)
- Gather good energy and purify obstacles
  - using the seven ingredients
- Request the blessings from the holy beings

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### Homework #1

- Questions.
- Memorization: Memorize the names of the six preliminaries
- Meditation: Fifteen minutes each day on the six preliminaries

*(Remember to record date and time of meditation.)*

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