

◇ Executive Summary ◇

Mahamudra Meditation Center (MMC) proposes to offer a formalized study and practice program. Upon completion, a certificate and/or diploma may be issued to a participant as follows:

❖ **Meditation Teacher Certificate** (2 - Year Program)

- Completion of "Jewel Ornament of Liberation", "Moonlight of Mahamudra" classes
- Student-teach 8-week class "Introduction to Tibetan Meditation"
- "By Heart": Refuge/Bodhicitta, Four Immeasurables, Dorje Chang Chant, Dedication of Merit

❖ **Dharma Teacher Diploma** (5 - Year Program)

- In addition to Meditation Teacher Certificate class and memorization requirements, completion of "Eliminating the Darkness of Ignorance" and "Teachings of the Indian /Tibetan Mahasiddhas", ۱۱
- Student-teach a 9-month class
- "By Heart": Foundation, Heart Sutra, Aspiration of Mahamudra, Song of Naropa, Short Chenrezig

The certificate verifies that a student has completed the subject classes and exhibited (a) understanding of and experience in basic principles of meditation and dharma, respectively, and (b) a degree of integrity, with a spirit of kindness and sincerity. Awarding of a certificate is at the discretion of the Director, MMC.

Current Request: *Dearest Venerable Rinpoche, please (1) provide review (all suggestions welcome) and consider providing a (2) Letter of Endorsement. Thank you very much for considering this request and also for trusting us with these precious teachings. Sincerely, with heartfelt thanks, Lama Thapkhay.*

◇ Dharma Classes ◇

Introduction to Tibetan Meditation

An introduction to the basic practice of meditation based on the teachings of one of today's leading Tibetan Buddhist teachers. The class includes a general introduction, motivation, posture, mental techniques, elements of Buddhist psychology (abhidharma), and vajrayana-specific perspective and methods.

Text: *Teachings on the Practice of Meditation* (Khenchen Thrangu Rinpoche, Ocean of Dharma Series)

Duration: 6-8 weeks

Jewel Ornament of Liberation - Gampopa (1079-1153)

Gampopa's *Jewel Ornament of Liberation* provides the foundation for any serious Kagyu practitioner and is a complete description of the stages and path to enlightenment. It represents Gampopa's synthesis of the lineages of Atisa and Milarepa. The oral instructions of both Khenchen Thrangu Rinpoche and Khenchen Konchog Gyalsten Rinpoche will serve as a basis for study. Lojong training will also be emphasized.

Text: In Depth: *Jewel Ornament of Liberation* (translated by Khenchen Konchog Gyalsten Rinpoche)

Exposure: *Bodhisattvacharyavatara, Lamp for Path to Enlightenment, Uttaratantra Shastra*

Duration: 9-12 months

Moonlight of Mahamudra - Dakpo Tashi Namgyal (1512-1587)

A comprehensive study and practice of the meditation of mahamudra, the principle meditation of the Kagyu lineage, based on (a) the oral instructions of one of the foremost practitioners and teachers of this tradition, Khenchen Thrangu Rinpoche, and (b) the classic text *Moonbeams of Mahamudra*.

Text: *Looking Directly at Mind: The Moonlight of Mahamudra - Part I* (Khenchen Thrangu Rinpoche)

Looking Directly at Mind: The Moonlight of Mahamudra - Part II (Khenchen Thrangu Rinpoche)

Clarifying the Natural State (Dakpo Tashi Namgyal)

Mahamudra: The Quintessence of Mind and Meditation (Dakpo Tashi Namgyal)

A Manual for Mahamudra Meditation (Lama Thapkhay)

Duration: 9-12 months

Eliminating the Darkness of Ignorance - The Ninth Karmapa Wangchug Dorje (1556-1603)

The Ninth Karmapa Wangchug Dorje wrote down the quintessential instructions of mahamudra to ensure their genuine preservation. In the class we will study and practice the teachings of Wangchug Dorje, utilizing both his detailed "Eliminating the Darkness of Ignorance" and his more succinct "Pointing Out the Dharmakaya". The class will be based on the oral instructions of Khenchen Thrangu Rinpoche.

Text: *Eliminating the Darkness of Ignorance* (Wangchug Dorje) - includes introduction to ngondro

Pointing Out the Dharmakaya (Khenchen Thrangu Rinpoche).

Duration: 9-12 months

Dohas of the Mahasiddhas - Long and Short Lineage

Select teachings of the Mahasiddhas will be studied. This will include Saraha's *Royal Song*, Nagarjuna's *Letter to a Friend*, Tilopa and Naropa's *Songs of Mahamudra*, and selections from Marpa, Milarepa and Rangjung Dorje. Many of these texts include the pith instructions for mahamudra and dharma practice.

Text: *Ganges Mahamudra & Song of Naropa* (Khenchen Thrangu Rinpoche). Duration: 6-9 months.