

# ***Margha Program 2021 Monthly Practice and Reading Guide*** ***January-June***

## ***Natural Meditation Series***



*Audio Recordings of monthly teachings and meditations are posted on our Margha Resources / Natural Meditation Series page.*

*Winter Retreat 2019 recordings are posted on our Margha Resources page under Natural Meditation Archive. (Winter Retreat 2021 recordings will be posted as soon as possible after the retreat concludes.)*

*All online documents posted on our Margha Resources page are available for download.*

## ***Monthly Meditations, Documents, and Readings***

### **January: Three Letting Be's, Compassionate Presence to Feelings and Thoughts ("Handshake Practice"), and Benefactor Practice / Winter Retreat**

**\*Teaching:** Three Letting Be's with Lama Willa Miller

**\*Meditation:** Three Letting Be's with Lama Willa Miller

**\*Teaching:** Compassionate Presence to Feelings and Thoughts with Lama John Makransky

**\*Meditation:** Compassionate Presence to Feelings and Thoughts with Lama John Makransky

### **Readings:**

*\*The Meditation of Three Letting Be's (document)*

*\*Compassionate Presence to Feelings and Thoughts {"Handshake Practice"} (document)*

*\*Benefactor Practice for Natural Meditation Series (optional document)*

*\*As It Is, Vol. II, by Tulku Urgyen Rinpoche: pgs. 37-53.  
{Chapter 1: "The Inheritance"}*

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## February: Earth Body Shamatha

\***Teaching:** Body as a Support with Lama Willa Miller

\***Meditation:** Earth Body Shamatha with Lama Willa Miller

### Readings:

\**Earth Body Shamatha (document)*

\**As It Is, Vol. II, by Tulku Urgyen Rinpoche:* pgs. 54-68.  
{Chapter 2: “Blessings and Enlightenment”}

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## March: Shamatha with Physical Object

\***Teaching:** Physical Object #1 with Lama Willa Miller

\***Meditation:** Physical Object #1 with Lama Willa Miller

\***Teaching:** Physical Object & Breath (1<sup>st</sup> part recommended) with Lama Willa Miller

\***Meditation:** Physical Object #2 with Lama Willa Miller

### Readings:

\**Clarifying the Natural State, by Dakpo Tashi Namgyal:* pgs. 17-19.  
{“Supported Shamatha” in Part Two: “The Main Part of the Meditation Stages”}

\**Crystal Clear, by Thrangu Rinpoche:* pgs. 29-38.  
{from “Posture” through “Supported Shamatha” in “Part Two: The Main Part of the Meditation Stages”}

### Optional Readings:

\**The Royal Seal of Mahamudra, Volume One: A Guidebook for the Realization of Coemergence by the Third Khamtrul Rinpoche:* pgs. 41-52; pgs. 132-135.  
{Chapter 5: *Settling the Mind*, pgs. 41-52.}  
{from Chapter 7, *The Yoga of One-Pointedness: “Pursuing the Experience of Shamatha/With Support/Impure Support”* pgs. 132-135.}

\**The Mahamudra: Eliminating the Darkness of Ignorance by the Ninth Karmapa:* pgs. 40-42.  
from Part Two, Mental Quiescence Meditation: “Focusing on a Visual Object”



## April: Breath as Support Meditation

**\*Teaching:** Physical Object and Breath (2<sup>nd</sup> part recommended) with Lama Willa Miller

**\*Meditation:** Breath as Support with Lama Willa Miller

### Readings:

*\*Clarifying the Natural State, by Dakpo Tashi Namgyal:* pgs. 19-21.  
{“Shamatha with Breathing Practice” in Part Two, “The Main Part of the Meditation Stages”}

*\*Crystal Clear, by Thrangu Rinpoche:* pgs. 38-41.  
{“Unsupported Shamatha With Breathing Practice” in “Part Two: The Main Part of the Meditation Stages”}

### Optional Readings:

*\*The Royal Seal of Mahamudra, Volume One: A Guidebook for the Realization of Coemergence by the Third Khamtrul Rinpoche:* pgs. 143-147.  
{from Chapter 7, *The Yoga of One-Pointedness: “Using the Breath as Support”* through “Training on Coming and Going”}

*\*The Mahamudra: Eliminating the Darkness of Ignorance by the Ninth Karmapa:* pgs. 51-55. {from Part Two, Mental Quiescence Meditation: “Focusing on the Breath and the Three Stages of Settling the Mind” and “Eliminating Mental Tightness and Looseness”}



## May: Tige as Support Meditation

**\*Teaching:** Tige as Support with Lama Willa Miller

**\*Meditation:** Tige as Support with Lama Willa Miller

### Readings:

*As It Is, Vol. II, by Tulku Ugyen Rinpoche:* pgs.82-109.  
{Chapter 4: *Shamatha and Vipashyana* and Chapter 5: *Transmuting Emotions*}

### **Optional Readings:**

*\*The Royal Seal of Mahamudra, Volume One: A Guidebook for the Realization of Coemergence by the Third Khamtrul Rinpoche:* pgs. 141-143.  
{from Chapter 7, *The Yoga of One-Pointedness: “Placing as Support a Bindu Representing Mind”*}

*\*The Mahamudra: Eliminating the Darkness of Ignorance by the Ninth Karmapa:* pgs. 45-47. {from *Mental Quiescence Meditation: “Eliminating Mental Dullness and Agitation”*}

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### **June: Meditation Without Support**

**\*Teaching: Meditation Without Support** with Lama Willa Miller

#### **\*Meditations:**

**\*Meditation Without Support #1** with Lama Willa Miller

**\*Meditation Without Support #2** with Lama Willa Miller

**\*Meditation Without Support #3** with Lama Willa Miller

### **Readings:**

*\*The Seven Metaphors for Resting in the Mind’s Nature (document)*

*\*Instructions for Sky Gazing (document)*

*\*Clarifying the Natural State, by Dakpo Tashi Namgyal:* pgs. 21-26.  
{from “*Shamatha Without Breathing Practice*” through “*Shamatha Without Attributes*” – “*Tightening*” and “*Loosening*”}

*\*Crystal Clear, by Thrangu Rinpoche:* pgs. 41-46.  
{from “*Unsupported Shamatha Without Breathing Practice,*” through “*Importance of Shamatha*” in “*Part Two: The Main Part of the Meditation Stages*”}

*\*As It Is, Vol. II, by Tulku Urgyen Rinpoche:* pgs. 110-125.  
{Chapter 6: “*Buddha Offsprings*”}

### **Optional Readings:**

*\*The Royal Seal of Mahamudra, Volume One: A Guidebook for the Realization of Coemergence by the Third Khamtrul Rinpoche:* pgs. 152-158 and pgs. 159-167. {from Chapter 7, *The Yoga of One-Pointedness: “Explanation of How to Rest Without Support”* and all of Chapter 8, *Eliminating the Faults of Shamatha.* }

*\*The Mahamudra: Eliminating the Darkness of Ignorance by the Ninth Karmapa:* pgs. 48-50 and pgs. 56-59. {from *Mental Quiescence Meditation: “Focusing on No Object”* and *“The Actual State of Mental Quiescence and the Three Boons”*}

