

Margha Program 2021 Monthly Practice and Reading Guide

July-November

Natural Meditation Series



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

Winter Retreat 2019 and Winter Retreat 2021 recordings are posted on our Margha Resources page under Natural Meditation Archive.

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

Monthly Meditations, Documents, and Readings

July: Nature of Stillness Meditation / Summer Retreat

***Teaching:** Nature of Stillness with Lama Willa Miller

***Meditation:** Nature of Stillness with Lama Willa Miller

Readings:

**When Looking at the Nature of Mind Within Stillness—Four Questions {document}*

**Clarifying the Natural State, by Dakpo Tashi Namgyal: pgs. 26-29.*

{from “Guiding by Means of Vipashyana” through “Establishing the Identity of Mind—the Basis”}

**Crystal Clear by Thrangu Rinpoche: pgs. 47-58.*

{from “What is Vipashyana?” through “Establishing the Identity of Mind – the Basis” in “Part Two: The Main Part of the Meditation Stages”}

**As It Is, Vol. II, by Tulku Urgyen Rinpoche*: pgs. 126-143.
{Chapter 7: “*The Highway of the Victorious Ones*”}

Optional Readings:

**The Royal Seal of Mahamudra, Volume One: A Guidebook for the Realization of Coemergence by the Third Khamtrul Rinpoche*: pgs. 219-238.
{from Chapter 11: “*The Yoga of Simplicity*” through first few pgs. of Chapter 12: *How to Practice Vipashyana: “The Main Body of Vipashyana Practice”/“Examining the Identity of Your Mind Essence”/“Examining its Color and Shape”/“Examining its Support and Location”*}

**The Mahamudra: Eliminating the Darkness of Ignorance by the Ninth Karmapa*: pgs. 63-65.
{from Part Three: Penetrative Insight Meditation: “*Looking at the Settled Mind*”}

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**August: Nature of Movement Meditation**

**\*Teachings:**

\***Nature of Movement #1** with Lama Willa Miller

\***Nature of Movement #2** with Lama Willa Miller

**\*Meditations:**

\***Nature of Movement Meditation #1** with Lama Willa Miller

\***Nature of Movement Meditation #2** with Lama Willa Miller

\***Nature of Movement Meditation #3** with Lama Willa Miller

\***Nature of Movement Meditation #4** with Lama Willa Miller

**Readings:**

\**Clarifying the Natural State, by Dakpo Tashi Namgyal*: pgs.29-37.  
{from “*Establishing the Identity of Thoughts and Perceptions—the Expression*” through “*Investigating the Calm and the Moving Mind*”}

\**Crystal Clear by Thrangu Rinpoche*: pgs. 58-73.  
{from “*Establishing the Identity of Thoughts and Perceptions – the Expression*” through “*Resolving That Perceptions are Mind*” in “Part Two: The Main Part of the Meditation Stages”}

*\*As It Is, Vol. II, by Tulku Urgyen Rinpoche: pgs. 144-169.*  
{Chapter 8: “Mingling Practice with Daily Life” and Chapter 9: “Doubt”}

### Optional Readings:

*\*The Royal Seal of Mahamudra, Volume One: A Guidebook for the Realization of Coemergence by the Third Khamtrul Rinpoche: pgs. 238-253.*  
{from Chapter 12: How to Practice Vipashyana: “Examining the Radiance of the Basic Nature: Thoughts and Thinking” through “Analyzing the Substance of That Which Ceased”} Stages”}

*\*The Mahamudra: Eliminating the Darkness of Ignorance by the Ninth Karmapa: pgs. 66-75.*  
{from Part Three: Penetrative Insight Meditation: “Looking at the Moving or Thinking Mind” through “Looking at the Settled and Moving Minds Together”}



## September: Nature of Awareness

*\*Teaching:* Nature of Awareness with Lama Willa Miller

### *\*Meditations:*

*\*Nature of Awareness #1* with Lama Willa Miller

*\*Nature of Awareness #2* with Lama Willa Miller

### Readings:

*\*Clarifying the Natural State, by Dakpo Tashi Namgyal: pgs. 37-52.*  
{from “Resolving that All Experience is Nonarising” through “Explaining Flawless Meditation Practice”}

*\*Crystal Clear by Thrangu Rinpoche: pgs. 74-100.*  
{from “Investigating the Calm and Moving Mind” through “Flawless Meditation Practice” in “Part Two: The Main Part of the Meditation Stages”}

*\*As It Is, Vol. II, by Tulku Urgyen Rinpoche: pgs. 170-184.*  
{Chapter 10: “The Heart of Training”}

**Optional Readings:**

\**The Mahamudra: Eliminating the Darkness of Ignorance by the Ninth Karmapa*: pgs.76-93.  
{from Part Three: Penetrative Insight Meditation: “*Recognizing the Nature of the Settled Mind*” through “*Recognizing the Nature of the Settled and Moving Minds Together*” and “*Summary*”}



**October: Recognizing the Qualities of Awareness**

\***Teaching:** Recognizing the Qualities of Awareness with Lama Willa Miller

\***Meditation:** Recognizing the Qualities of Awareness with Lama Willa Miller

**Readings:**

\**Crystal Clear by Thrangu Rinpoche*: pgs. 101-152.  
{from “*General Reasons for Meditation Training*” through “*Mingling Meditation and Postmeditation, Day and Night*” in “Part Three: Subsequent Ways to Continue the Training”}

\**As It Is, Vol. II, by Tulku Urgyen Rinpoche*: pgs. 185-197.  
{Chapter 11: “*Dining with Indra*”}

**Optional Readings:**

\**The Royal Seal of Mahamudra, Volume One: A Guidebook for the Realization of Coemergence by the Third Khamtrul Rinpoche*: pgs. 261-271  
{Chapter 13: *The Fruition of Vipashyana: “Evaluating Whether Vipashyana Has Arisen or Not”* through “*The Fruition of Vipashyana*”}



## November: Primordial Awareness

\***Teaching:** Primordial Awareness with Lama Willa Miller

\***Meditation:** Primordial Awareness with Lama Willa Miller

### Readings:

\**Tilopa's Meditation Instructions* {document}

\**Mahamudra Meditation Supports* {document}

\**Crystal Clear by Thrangu Rinpoche*: pgs. 153-163.

{“Comparing the Four Yogas to the Paths and Stages” in “Part Four: The Way to Traverse the Paths and Stages Through Meditation Training” and “Postscript”}

\**As It Is, Vol. II, by Tulku Ugyen Rinpoche*: 211-218.

{Chapter 13: “Realization Stories” and Chapter 14: “Death Row”}

### Optional:

\**The Royal Seal of Mahamudra, Volume One: A Guidebook for the Realization of Coemergence by the Third Khamtrul Rinpoche*: pgs. 275-291.

{Chapter 14: “The Yoga of One Taste” and Chapter 15: “The Yoga of Nonmeditation”}



## December: Graduation

### Reading:

\**As It Is, Vol. II, by Tulku Ugyen Rinpoche*: 229-239.

{Chapter 15: “Daytime Stars”}

