



## Goa Meditation Group Contemplative Practice in Shamatha Meditation

Hosts:  
Harish Rao

### Purpose:

#### **Shamatha meditation definition:**

The word *shamatha* in Sanskrit (Tib.: *shi-ne*) means "peacefully abiding." Peacefully abiding describes the mind as it naturally is. The word "peace" tells the whole story. The human mind is by nature joyous, calm and very clear. In shamatha meditation we aren't creating a peaceful state—we're letting our mind be as it is to begin with. This doesn't mean that we're peacefully ignoring things. It means that the mind is able to be with itself without constantly leaving.

#### **Sakyong Mipham Rinpoche on Shamatha practice:**

In meditation we learn how to calmly abide: we learn how to let ourselves just be here peacefully. If we can remember what the word "shamatha" means, we can always use it as a reference point in our practice. We can say, "What is this meditation that I'm doing? It is shamatha—calmly, peacefully abiding."

The process of undoing bewilderment is based on cultivating the ability to become familiar with, stabilize, and strengthen our mind. Being aware and observant of what's happening in our mind gives us an opportunity to see a more profound level of truth all the time. In the practice of meditation, we learn to zoom back and get a bigger perspective, rather than always thinking so small.

In meditation, what we're doing is looking at our experience and at the world intelligently. The Buddha said that this is how we learn to look at any situation and understand its truth, its true message, its reality. This is what a Buddha does—and we are all capable of being Buddhas, whether or not we are Buddhists. We all have the ability to realize our naturally peaceful minds where there is no confusion. We can use the natural clarity of our mind to focus on anything we want. But first we have to tame our minds through shamatha meditation.

#### **Kagyu Lineage:**

The Kagyu (bka' brgyud) lineage is sometimes referred to as the "lineage of oral-instructions". The "Ka" (bka') of Kagyu refers to the authoritative instructions, precepts or words (Skt. *vacana*) of the Buddha while "gyu" (brgyud) is the uninterrupted lineage of masters and students. The founder of the Kagyu lineage was the Mahasiddha Tilopa (988-1069), who lived in Northern India. He is considered having received a direct transmission from the primordial Buddha Vajradhara. In this context the Kagyu lineage has originated from the very essence of reality itself and thus transcends all space and time.

### **Meditation Instruction:**

The simple practice is based on a format, which exists in current circles of Shambhala International.

- A) Recorded Instruction by Sakyong Mipham Rinpoche
- B) Instruction Clarification by Harish Rao or Beaula Knauf
- C) Seated meditation, followed by Walking meditation
- D) Book Reading / Instruction
- E) Questions, feedback

### **Schedule & Commitment:**

- Daily meditation is being performed (please inquire) bi-weekly classes are also in session at multiple locations.
- The meditation group is intended to encourage a dedicated daily practice of Shamatha meditation and reap the benefits of stable mind in all facets of life.

Locations include Art Escape Goa, Dona Paula, Candolim.

- Please contact hosts for further information

Cost: By Donation Only.

The knowledge provided by The Buddha, is knowledge for the benefit of all humanity to benefit, please give if whatever amount you feel is worthy of the instruction you have received, at your discretion. Your presence is the blessing of this instruction.

Contact:

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