

Exploration 1

1. Sit still for a moment and listen to outside sounds
 - don't look at anything in particular, let your eyes be open and unfocused
 - what can you hear?
 - are there layers?
 - do your eyes move when you listen?
2. do the same, now with your eyes closed, but listen to inside sounds
3. do the same with eyes open, keep listening to inside sounds
4. do the same with eyes closed, keep listening to inside sounds
5. do the same with eyes open and just listen to whatever appears
6. then just sit for a moment doing nothing

Did your experience change over the course of the exercise? If so, simply put, what did you notice?

Variations:

Try this with smell

Do the same exercise briefly at different times of the day or once a day

Exploration 2

1. pick a simple natural object that appeals to you, something not on a screen
place it in front of you where it easily falls within your gaze
2. pause comfortably for a moment
close your eyes for a second and then open your eyes and let them fall on the object
rest like that without doing much, when you feel restless
3. close your eyes and imagine the object, and rest like that without doing much
when you feel restless,
4. open your eyes and let them make contact with the object again, then,
5. don't do anything on purpose, just relax for a moment,
stand up and simply acknowledge to yourself what you noticed

Variations:

Try this with the same object on a different day

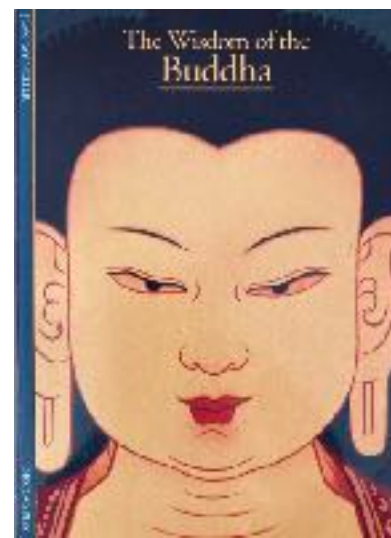
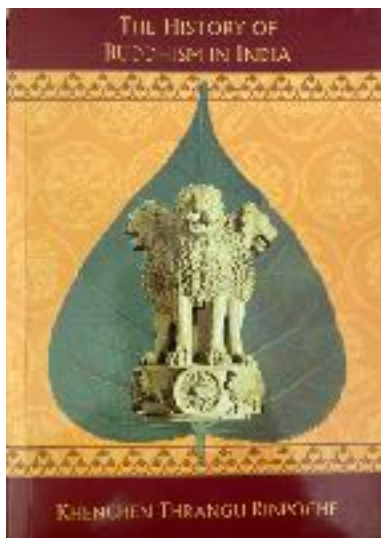
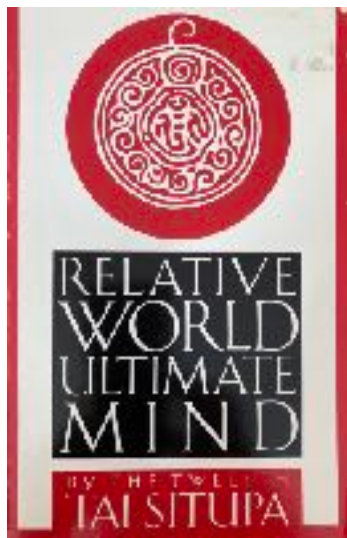
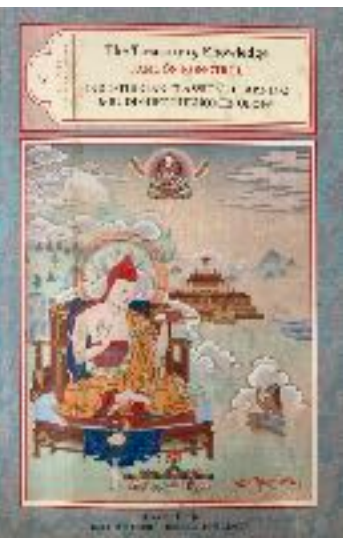
Try it with a different object each day

Readings:

1. MW3: Class 9: Dzogchen Ponlop Rinpoche on *Conduct and Karma*
2. MW3: Class 1: Acharya Sherab Gyaltzen on *The Four Distinctions*

Optional:

1. Dharma Art by Chogyam Trungpa Rinpoche, *Ordinary Truth* and *Empty Gap of Mind*
2. Watch or read *Ways of Seeing* by John Berger. Available online as video on YouTube or online reading. Multiple languages in both formats.



Relevant Books for Class 1, and Helpful Overall Live & Online Courses

NitarthaInstitute.org

Nalandabodhi.org

Mind & Its World 1,2,3

Online Shamatha

Clear Thinking

Any Meditation Course

Analytical Meditation

Study: Intro to Buddhism 1-4

Paths & Bhumis

Study: Mahayana 301, 302, 305, 306

Buddha Nature



Buddhist Visual Literacy: Bodhisattva Ideal Throughout Asian Art

Fill in the blanks based on what you remember from Class 1



Class 2: Thursday March 10

- NA: 9am PT, 10am MT, 12pm ET, 1pm AT • EU: 6pm CET • Taiwan, March 11, 1am