



non-credit

WWT 511e Meditation Practicum II

In this online class, we will explore the Mahayana (Great Path) Buddhist teachings on compassion, loving-kindness, emptiness (the non-existence of a separate self), and the interconnectedness of all things. Students will be introduced to the meditation practice of tonglen (exchanging oneself for others), and the warrior discipline of lojong (mind-training)-- first introduced in Tibet 1000 years ago, and brought to the West by Naropa's founder, Chogyam Trungpa, Rinpoche. This training is very direct and practical rather than philosophical, and emphasizes gentleness and skillful action in our everyday dealings with other people.

Prerequisite: By permission of the Instructor. Please send an e-mail detailing your previous experience with meditation practice to prereqs@ecampus.naropa.edu.

Tuition: \$450

Class Topics:

- The Great Path of Mahayana Dharma
- Bodhicitta: The Heart of Awakening
- The Bodhisattva Attitude and Vow
- Introduction to Mind-Training (Lojong)
- The Paramitas: Generosity
- The Paramitas: Discipline
- Tonglen Meditation Practice
- Practice Week Encouragement
- Compassion
- The Paramitas: Patience
- The Paramitas: Exertion
- The Paramitas: Meditation
- The Paramitas: Wisdom
- Thich Nhat Hanh: A Modern Bodhisattva
- Closing Remarks



January 17 - May 9, 2012

Frank Berliner received his BA from Yale University and his MA from The Naropa Institute. He served as national administrative director of Shambhala Training, and for nine years as resident teacher of the Berkeley Shambhala Center. He is currently a core faculty member at Naropa, where he teaches Buddhist and Western humanistic psychology, and their applications to counseling and leadership. He is also a psychotherapist and life coach in private practice, specializing in the art of communication, conflict resolution, and the use of meditation in relieving stress, deepening insight, and encouraging effective action. A senior student of Naropa's founder, he has practiced sitting meditation since 1973.

Required Texts:

- *Training the Mind and Cultivating Loving-Kindness*, by Chogyam Trungpa
- *Start Where You Are*, by Pema Chodron
- *Zen Mind, Beginner's Mind*, by Suzuki Roshi
- *Meditation in Action*, by Chogyam Trungpa

Recommended Texts:

- *Heart of the Buddha*, by Chogyam Trungpa
- *Everyday Zen*, by Charlotte Joko Beck
- *Interbeing*, by Thich Nhat Hanh
- *The Myth of Freedom*, by Chogyam Trungpa



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