



THE FIVE WISDOM ENERGIES PRACTICE

PROGRAM TALK TOPICS

The following are suggestions for talk topics, organized as to variety of program. They do not include presentations or talks on the families. Though there are many approaches to teaching Maitri, there is also some agreement as to what the basic topics should be. When a program is geared towards a particular interest group, this can vary.

MAITRI: FIVE WISDOM ENERGIES, A COMMUNITY WEEKEND

First cycle 4 of Shambhala School of Buddhist Studies

Introduction to Maitri: Five Wisdom Energies

Practice Instructions: Sitting Meditation and Five Wisdom Energies Practice

Emotions and Realms

How to Work with What Comes Up in Practice

Integrating Maitri into Our Life

Embracing Emotions

VAJRAYANA PROGRAMS

Space Awareness and Vajrayana Viewpoint

Wisdom of Emotions

Mandala Principle

Sense Perceptions

SADHAKA PROGRAMS

The Five Buddha Families in the Vajrayogini Sadhana

Skandhas and Wisdoms, Elements and Consorts

Eight Consciousness and the Four Wisdoms

Symbolism and Visualization

Symbolic Lineage

PROGRAMS FOR HEALTH PROFESSIONALS

Contemplative Psychotherapy

Tonglen

PROGRAMS WITH THE ARTS

Contemplative Approaches to Creative Process

Sense Perceptions

Object Perception Exercise

Symbolism