

Six Class Syllabus and Readings

Using the *Six Class Sourcebook for Shambhala Instructors* (SCSB)
from Vajradhatu Publications

Class One: Shamatha I: Obstacles and Antidotes and the Precise Technique

Six Obstacles to Shamatha Practice, Chögyam Trungpa.....	SCSB
Eight Types of Antidotes, Chögyam Trungpa	SCSB
Summary of Obstacles and Antidotes	SCSB
Open, Precise, and Beyond	SCSB
Level II from <i>The Heart of Warriorship Teaching Guide</i>	SCSB
<i>1999 Seminary Transcripts, Teachings from the Sutrayana Tradition, Book Two,</i> Sakyong Mipham Rinpoche pp. 38-40	
<i>Turning The Mind Into An Ally</i> , Sakyong Mipham Rinpoche, Chapters 4-10	

Class Two: Shamatha II: Four Foundations of Mindfulness and the Open Technique

<i>Manual for Shamatha Instructors</i> , Chögyam Trungpa	SCSB
Levels I, III and, IV from <i>The Heart of Warriorship Teaching Guide</i>	SCSB
<i>Heart of the Buddha</i> , Chögyam Trungpa, p. 21-58	
Shambhala Sun, March 2003, "Blood, Bone, Space and Light" by Reggie Ray, p. 13	

Class Three: Egolessness and the Five Skandhas

<i>Myth of Freedom</i> , "Egolessness," Chögyam Trungpa, pp. 12-15
<i>Shambhala: The Sacred Path of the Warrior</i> , "The Universal Monarch," Chögyam Trungpa
<i>Cutting Through Spiritual Materialism</i> , "The Development of Ego," Chögyam Trungpa
<i>1999 Seminary Transcripts, Teachings from the Sutrayana Tradition, Book Two</i> , pp. 67-121
"How to See the Great Eastern Sun," Chögyam Trungpa
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Class Four: Vipashyana—The Transition from Shamatha to Vipashyana

<i>The Manual for Shamatha Instructors</i> , Chögyam Trungpa.....	SCSB
"Vipashyana" from the <i>1973 Seminary Transcripts</i>	SCSB
"Prajna and the Six Discoveries" from <i>1980 Seminary Transcripts</i>	SCSB
"Four Categories of Vipashyana" from <i>1979 Seminary Transcripts</i>	SCSB
Summary of the Four Categories of Vipashyana	SCSB
<i>Turning the Mind Into An Ally</i> , "Wisdom and Emptiness," Sakyong Mipham	
<i>Myth of Freedom</i> , "Mindfulness and Awareness," Chögyam Trungpa, pp.48-52	
Course from the Shambhala School of Buddhist Studies: Vipashyana and Union	

Class Five: Contemplation

Turning the Mind Into An Ally, "Jumping Into the Heart of Buddha," and "Instructions for Contemplative Meditation" by Sakyong Mipham

Class Six: Special Issues

Shambhala Care and Conduct	SCSB
<i>The Manual for Shamatha Instructors</i> , Chögyam Trungpa.....	SCSB
"Becoming a Dharmic Person," Chögyam Trungpa	SCSB
Summary of the Seven Characteristics of a Dharmic Person	SCSB
"Creating an Environment of Sanity," Chögyam Trungpa	SCSB
<i>Heart of Buddha</i> , "Alcohol as Medicine or Poison," Chögyam Trungpa, p.185	