

# Lesson 1

## The practice of meditation

**Read** the practice of meditation, basic instructions, and guidelines by Chogyam Trungpa Rinpoche handout.

### Investigations

What does leading a good life mean to you? Are specific attitudes influencing your opinions and potentially causing challenges in your meditation practice? And how do these attitudes, if any, impact your daily life?

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How do we encourage a sense of being?

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What do you think Trungpa Rinpoche means by being in contact? What do you think may prevent oneself from being there or being present?

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What do you think Trungpa Rinpoche means by - 'on the way' and 'at the destination' simultaneously?

'One should try not to suppress thoughts in meditation, but just try to see their transitory nature, their translucent nature' (Chogyam Trungpa Rinpoche).

Write a paragraph on what you feel this sentence means and what Trungpa Rinpoche introduces to the meditation practitioner.

## Exercises

### 1. Being meditation practice.

Follow the guidelines provided by Trungpa Rinpoche and create a daily practice. Practice daily and set aside 20 minutes, preferably in the morning.

### 2. Deepening your practice:

‘As you exhale, follow the breath outward. Try to actually identify with it rather than just watching it. The in-breath naturally follows when the lungs are empty; just let it happen without particularly paying attention to it. (Chogyam Trungpa Rinpoche)

What would the difference be between watching the breath and identifying with it?

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Why do you think the out-breath is emphasised?

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## Lesson reflections

The passages I like from this lesson were (list your favourite passages):

1. 

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2. 

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3. \_\_\_\_\_

The main ideas I got from this lesson are:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Is there anything in this lesson that is unclear or vague? Is there any terminology that you do not understand?

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## Zoom Catch-up

Questions in preparation for seminar catch-up.

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