



# TIBETAN NYINGMA INSTITUTE

## 2015 Spring Courses

March 23–May 29



### Buddhist Studies and Practices

#### **Buddhist Studies Tutorial: Sustaining Patience, Vigor, and Meditation (DHS211)**

*Thursdays, 1–2:30 PM (March 26–May 28)*

We study the perfections of patience, vigorous effort, and meditative concentration as described in Shantideva's *Introduction to the Bodhisattva Way*, supplemented by mindfulness meditation. Cost: \$180. Instructor: Sylvia Gretchen. *Prerequisite: sincere interest in the Buddha's teachings*

#### **Gateway to Knowledge (DHS207) Tuesdays and Thursdays, 6:15–7:45 PM (March 24–May 28)**

With penetrating analysis, we examine inner and outer phenomena based on *Gateway to Knowledge* by the great nineteenth century Tibetan teacher Lama Mipham. In studying the complex and subtle teachings of this traditional text, we also learn how to approach and read other advanced Buddhist texts. Cost: \$360. Instructors: Sylvia Gretchen and the Buddhist Studies faculty. Students are encouraged to attend the associated workshops "The Wheel of Life" on April 3–4 and "Cutting off Negative Thoughts" on May 16. *Prerequisite: sincere interest in the Buddha's teachings and consent of the instructors.*

### Nyingma Meditation

#### **Beginning Meditation: Calm and Clear (MED103)**

*Morning Session: Tuesdays, 10–11:30 AM (March 24–May 26)*

*Evening Session: Thursdays, 6:15–7:45 PM (March 26–May 28)*

Meditation calms the mind and leads to insight. Students learn how to foster both through clear, simple instructions for beginning or revitalizing a meditation practice. The focus is on the process that leads to insight and overcomes resistance. Cost: \$180. Instructors: Ken McKeon (mornings) and Olivia Hurd (evenings). *For beginners and those wishing to review basic techniques.*

#### **Intermediate Meditation: Meditations to Open the Heart (MED203)**

*Morning Session: Wednesdays, 10–11:30 AM (March 25–May 27)*

*Evening Session: Thursdays, 8–9:30 PM (March 26–May 28)*

Genuine satisfaction, love, and beauty are found within the heart. Silent and guided meditations open the heart to feeling. Students develop new integrity and balance. Cost: \$180. Instructors: Olivia Hurd (mornings) and Hugh Joswick (evenings). *Prerequisite: one year of meditation experience.*

#### **Intermediate Meditation: Shamatha and Vipashyana (MED209) Wednesdays, 8–9:30 PM (March 25–May 27)**

Through two aspects of meditation, calming and insight, the mind is experienced as tranquil and sensitive, alive and brilliant. In this practice course, classic contemplative practices open awareness to deep dimensions within mind. Cost: \$180. Instructor: Hugh Joswick. *Prerequisite: two years of meditation experience.*

#### **Advanced Meditation: The Path of Beauty (MED303) Mondays, 6:15–7:45 PM (March 23–May 25)**

Beauty nourishes our senses and can be a gateway to deeper meditation. The path of meditative beauty enlivens all aspects of our experience: we fall in love with the natural world; fall in love with all living beings; and fall in love with each moment of our lives. Cost: \$180, which includes the "Embodiment of Beauty" workshop on March 28. Instructor: Sylvia Gretchen. Based on Tarthang Tulku's *Seeing the Beauty of Being*. *Prerequisite: three years of meditation experience and consent of the instructor.*

### Nyingma Psychology and Practices

#### **Reclaiming the Heart (NPS101) Mondays, 8–9:30 PM (March 23–May 25)**

This ongoing course is designed to awaken self-knowledge and foster inner joy. Class sessions include powerful non-conceptual meditations. Topics covered in the spring quarter include: unmasking judgments and self-images, breaking the contract with inner pain, contacting authentic being, and trusting the inner teacher. Cost: \$180, which includes the "Self-Image" workshop on April 18. Instructor: Sylvia Gretchen, assisted by Erika Rosenberg. *Students wishing to join this ongoing course must have a background in Nyingma Psychology or Kum Nye and have the consent of the instructor.*

### Skillful Means

#### **Working Well with Knowledge (SKM214) Tuesdays, 8–9:30 PM (March 24–May 26)**

Our modern cultures are making us into knowledge workers: We can benefit from using knowledge well and thinking productively, and we can develop new knowledge and expertise as we learn through experience. Building on materials in the handouts, this practice-oriented course focuses on interacting well with others and cultivating our mental resources, so that knowledge will illuminate all our activities. Cost: \$200, which includes the "Resolving Problems" workshop on May 2. Instructors: Barr Rosenberg and Santosh Philip.

## Time, Space, and Knowledge

**Time, Space, and Knowledge: Perspectives and Practices (TSK108)** *Wednesdays, 6:15–7:45 PM (March 25–May 27)*

Enter visionary teachings on Time, Space, and Knowledge (TSK) through this thought-provoking course. Seminar-like instruction opens a path of transformative inquiry lightly but directly probing the lived experience of 'time', 'space', and 'knowledge'. Cost: \$180. Instructor: Ken McKeon. *For students of all levels.*

**The Translucent Person (TSK102)** *Tuesdays, 6:15–7:45 PM (March 24–May 26)*

The openness of space surrounds us. Yet, there is also space within—the space between internal structures and the intangible, immeasurable psychological spaces that constitute the person we are. This course explores our embodiment as space. Based on the Time, Space, and Knowledge vision, introspective exercises and transformative inquiry disclose the translucent nature of solid 'boundaries'. Surfaces and partitions become windows that illuminate the very heart of space. Cost: \$180. Instructor: Ken McKeon. *Prerequisite: Background in meditation and familiarity with the TSK vision.*

**Tibetan Language Courses:** Beginning Level III (*Thursdays, 8–9:30 PM, Cost: \$180*); Intermediate Level III (*Fridays, 6:15–7:45 PM, Cost: \$180*); and Tibetan Tutorial (*Fridays, 4:30–5:45 PM, Cost: \$180*)

**Visit [www.nyingmainstitute.com](http://www.nyingmainstitute.com) for Spring Workshops!**

*The Nyingma Institute does not discriminate on the basis of race, color, sex, national, and ethnic origin.*

## NYINGMA INSTITUTE

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***Spring 2015 Classes***

## Kum Nye (Tibetan Yoga)

*The gentle movement, massage, and breathing practices of Kum Nye promote physical and emotional health as they bridge the gap between the material and the spiritual.*

**Working with Lower Body Energy (KNR102)** *Wednesdays, 6:15–7:45 PM (March 25–May 27)*

This course presents Kum Nye exercises that energize the belly, hips, legs, and spine. Bringing awareness to the lower part of the body counteracts the tendency to focus on thoughts and personality, allowing us to reconnect to the vitality of full embodiment. Cost: \$180. Instructor: Jack van der Meulen.

**Advanced Kum Nye: Focus on the Senses (KNR302)** *Mondays, 8–9:30 PM (March 23–May 25)*

Advanced Kum Nye practice reaches inward toward subtle aspects of experience. Exercising mind and senses through harmonizing breath, awareness, and feeling expands the depth and appreciation of each of the senses. Cost: \$180. Instructors: Santosh Philip and Donna Morton. *Prerequisite: two years of Kum Nye practice.*

**Sunday Morning Kum Nye (KNR107)** *Sundays, 10 AM–Noon (every Sunday)*

Re-awaken a spirit of ease and appreciation through gentle Tibetan Yoga practices that relax and rejuvenate. Each session includes movement, massage, and breathing exercises. Cost: \$15 per session. Instructors: Jack van der Meulen, Santosh Philip, and Dave Abercrombie. *This drop-in class is for all levels of students.*