

THE NALANDA INSTITUTE
2008 Practice-Oriented Programs

Description of the Programs: *The immediate purpose of these TNI practice-oriented programs is to be aware of one's current level of dharma practice without false assumption and to take oneself to the subsequent level of realization and transformation.* These following programs can be participated in by practitioners either sequentially or independently, however, a sequential order is recommended. These three practice programs are designed to be suitable for different level of disposition, interest, taste, and personal needs. Three programs include Theravadan, Mahayana Bodhisattva, and Vajraya practices. Individual description for each program can be available separately or in the near future. *The definitive purpose of these programs is to establish a substantial foundation for the advanced level of study and practices Jan-Dec 2009.* Individual practitioners who successfully complete one of these programs of 2008 will also automatically qualify for a Comprehensive 2009 Dharma Program. Jamyang as a principle teacher of TNI practice programs will guide and train program leaders and participants thorough out the year 2008. The assessment or evaluation of these programs will be conducted at the middle of the year (first week of July) and end of the year.

1. MINDFULNESS MEDITATION PRACTICE PROGRAM

A. REQUIRED TEXTBOOKS

1. Eight Mindful Steps to Happiness: Walking the Buddha's Path
By Bhante Henepola Gunaratana
2. Mindfulness with Breathing: A Manual for Serious Beginners
by Ajahn Buddhadasa Bhikkhu
3. Kindness, Clarity, and Insight: 25th Anniversary Edition
by The Fourteenth Dalai lama, Tenzin Gyatso
4. Visions Volume 1 Manjushri Press (TNI bookstore)

B. PROGRAM LEADERS: 1. Jan Vleck jvleck@comcast.net

C. FREQUENCY PRACTICE: Daily practice up to 60 minutes (30 min. formal session and 30 min. daily life activity)

D. GROUP PRACTICE MEETING: Every third Sat. 3pm to 6:30 pm. (5:30 pm 6:30pm meeting with Jamyang)

2. BODHISATVA ALTRUISTIC PRACTICE PROGRAM
(Shamatha and Altruistic thoughts)

A. RECOMMENDED TEXTBOOKS:

1. [Attention Revolution, The](#)
Unlocking the Power of the Focused Mind

B. Alan Wallace, Author
Daniel Goleman, Foreword

2. Shamada and Altruism based on Excerpts from “The Beautiful Ornament of the Three Visions” by Ngorchen Khinchog Lhundrup and **“Three levels of Spiritual Perceptions”** By **Deshung Rinpoche**

3. TRAINING THE MIND AND CULTIVATING LOVING KINDNESS
by Chogyam Trungpa, with new foreword by Pema Chodron

4. VISIONS: A TREASURY OF SAKYA TEACHINGS
Volume 4 (TNI bookstore)

B. PROGRAM LEADERS: 1. Robert Saunders Robertssaunders@comcast.net

C. FREQUENCY PRACTICE: Daily practice up to 60 minutes (30 min. formal session and 30 min. daily life activity)

D. GROUP PRACTICE MEETING: Every third Sat. 3pm to 6:30 pm. (5:30pm to 6:30 meeting with Jamyang)

3. VAJRAYANA TRANSFORMATIVE PRACTICE PROGRAM

A. Group practice focuses on TNI Cherizig practice, Or

B. Individual specialized practice such as Vajrayogini, Hivajra, Kalachakara and so on are encouraged as practice program.

A. REQUIRED TEXTBOOKS

1. [Creation & Completion](#)

Essential Points of Tantric Meditation, with a Commentary by Khenchen Thrangu Rinpoche

Jamgon Kongtrul, Author

Thrangu Rinpoche, Author | Sarah Harding, Translator

Sarah Harding, Editor | Sarah Harding, Introduction

2. [Becoming the Compassion Buddha](#)

Tantric Mahamudra for Everyday Life

Lama Thubten Yeshe, Author

Robina Courtin, Editor | Geshe Lhundub Sopa, Foreword

3. [Taking the Result as the Path](#)

Core Teachings of the Sakya Lamdré Tradition

Cyrus Stearns, Translator

His Holiness Sakya Trizin, Foreword

4. VISIONS Volume 3 Manjushri Press (TNI bookstore)

B. PROGRAM LEADERS: Bob Harris tepzepi@gmail.com

C. FREQUENCY PRACTICE: Daily practice up to 60 minutes (30 min. formal session and 30 min. daily life activity)

D. GROUP PRACTICE MEETING: Every third Sat. 3pm to 6:30 pm.

COOPERATIVE PRACTICE AND DISCUSSION FOR ALL PARTICIPANTS:

-Complete assigned textbooks

-Participate TNI annual long-weekend retreat in May 2008 (Enlightenment month)

-Maintain practice log/general/graph. The content should include date, duration of session, what type of meditation practices, and personal experience about the meditation practice.

-Practice program leaders monthly meetings on every third Sat. of the month 3pm to 6:30 pm with potluck.

-Practice program leaders or group participants share highlights of reading discussions and meditative practices during 1st and 2nd Thursday discussion time for a total 30 min. and expect questions from the Thursday group

COMPLETION OF THESE PRACTICE PROGRAMS (Graduation in November 20th Anniversary):

-Fulfill a total of 100 practice hours (Begins in Tibetan New year on Feb. 7, 2008)

-Attend all monthly practice program monthly meetings

-Participate in TNI Annual long-weekend retreat

-Register as a pledge member of TNI to support maintaining dharma activities

FIVE STAGES (Paths) OF DEVELOPMENT (Structure/Time Practice Guidelines)

1. **Accumulation Stage: (Jan.3-Feb.6, 2008)** During this stage practitioners focus on the orientation to the structure of the program, obtaining textbooks, meditation accessories, finding suitable time for the daily practice, informing about practice schedule with partners, and completing psychological preparedness for the practice commitments.
2. **Application Stage: (Feb.7-May retreat 2008)** During this stage practitioners settle with a particular schedule and program and engage with the actual practice. The initial meditation is divided into two forms of practices: A formal meditation session (mindfulness, shamada and chenrizig practices) for thirty minutes and informal daily life activities practice for another practice per day (cleaning mindfully, cleaning with concentration and altruistic intention, and cleaning with the awareness of sounds of mantra.

3. **Seeing Concrete Development Stage: (May retreat-July 30, 2008)** During this stage practitioners experience the early indication or actual direct realization and experiences of particular practice programs. Practitioners also gain actual taste of the practice and enhance commitment as well as enthusiasm with one's practice. In essence, one will experience concrete progress in the practice compared to non-structured practices.
4. **Familiarizing Stage: (Aug.1-Jan. 30, 2009)** During this stage practitioners maintain improved practices and manage any obstacles such as lapse or relapse of previous dispositions.
5. **Resultant Stage: (Feb.7, 2009)** During this stage practitioners successfully complete designated practice program and integrate realization and transformation in one's daily life. All participants will celebrate and rejoice beneficial deeds and practices.

Role of Jamyang and Members:

After a thorough assessment and reflection on the role of the teacher and students at TNI, I have thought to develop a different model of my role with TNI members. Because of my understanding of the preciousness of life and time, the need of focus in the service of teaching and connection with karmically linked practitioners, I have decided to focus on a limited number up to maximum 25 students whom I consider as core members of TNI. This teacher and student ratio, ranging from a few students to 25, has been a previous Tibetan tradition, and I will adopt it to bring concrete support and attention toward committed students.

I will be also available to the public or new visitors at the Thursday meditation meetings but the focus will remain with the core members. If you consider to be a core member, you are encouraged to become TNI pledged members and support our dharma activities based on their capacities, interest and time. Off course, we will still maintain the scholarship policy "no one will be turned away because of limited financial resources". Now on I will address all members as practitioners instead of students starting this year because I am not interested in looking for students but would like to support practitioners.

In conclusion, I hope that I have expanded my new year's comment on the importance of developing a structure practice programs for our practitioners. Your comments and inputs based on altruistic intention are encouraged in order to strengthen our practice programs.

Jamyang Tsultrim, founder and director of TNI dharma teaching and practice programs, completed this program description and information on the auspicious Parinirvana Day of Sakya Pandita, Kunga Gyaltsen on the 14th of 11th Tibetan lunar month with a genuine intention to benefit dharma practitioners and TNI organization. This simple deed will also greatly cause to bring a genuine happiness and peace within the mental streams of all living beings and its interdependent universe. Sarva Mangalam!