Buddhist Tantric Meditation

Dates: Starting February 11th

Day: Thursday

Time: 7:00pm – 8:00pm

Location: Room 302 Buck Health and Fitness Center

Instructor: Tashi Armstrong (srhodes@suscom-maine.net)

Cost: Free

From the Buddhist point of view 98% of our experience is created by habitual patterns of thought and projection -- this is the storyline which we are continually telling ourselves as we daydream through our lives. Inevitably this collapses, every moment in small ways when reality intrudes -- but also in big ways, for example at the moment of our own death. Buddhist meditation asks the intriguing question: what exists beyond habitual thought and projection? Who are we when we cut through the storyline of self? Though we constantly entertain and occupy ourselves to keep this “habit self” going, eventually it falls apart.

Buddhist meditation is actually the practice of letting habitual mind fall apart through sitting in undistracted awareness. Only by doing this simple practice can we glimpse and gain stability in the unbounded luminosity that lies beyond the habitual self -- the experience of fresh, present wakefulness called enlightenment.

This Class will used advanced but accessible meditation techniques from the Dzogchen and Mahamudra traditions of Tibetan Buddhism. Tashi Armstrong is a ngakpa or lay practitioner/ yogi of the Dzogchen and Mahamudra schools of Tibetan Buddhism. Tashi was a student of Trungpa Rinpoche in the 1980’s, taking lay vows in 1985. He attended Vajrayana Seminary in 1986 and received his tantric vows in 1994. Tashi currently studies with Chokyi Nyima Rinpoche, a Dzogchen and Kagyu master and abbot of Ka-Nying Shedrup Ling monastery in Bodhnath, Nepal.