



COMPASSION, FEARLESSNESS WISDOM & LOVE

THE VAJRA HEART THREE YEAR PROGRAM AT DEKELING



[HTTPS://DEKELING.COMMUNITY](https://dekeling.community)



COMPASSION



FEARLESSNESS



WISDOM



AND LOVE

Participants will progress in the knowledge, skills and habits to lead a life deeply committed to spiritual awakening while maintaining commitments to family, a job, and their communities.

This is the second presentation for prospective applicants, which takes a deeper look at the program's proposed 6 streams of learning for year one.



SIX STREAMS OF LEARNING



Meditation & Retreat

Formal meditation is the bedrock of awakening.



Conceptual Knowledge

A little study helps you understand the historical and social context of Tibetan Buddhism.



Ritual

Through ritual, you'll learn to experience and express many dimensions of human experience.



Carrying Practice

You'll integrate carrying practice into daily life, expanding learning without adding time.



Service

Service to the community without burnout strengthens confidence and increases presence.



Skillful Means

Compassionate dialogue and other secular skills develop a balanced sense of power and authentic presence.



YEAR ONE: SIX STREAMS OF LEARNING



Meditation and Retreat

- The mind from a Tibetan perspective
- Building the habit of a sitting practice: motivation, obstacles & antidotes
- Essential sharmatha methods for year one
- The body for sitting, the supplies for sitting
- Contraindications for meditation: trauma-informed approaches
- Yidam practice: Chenrezi and the 6 syllable mantra
- Planning and conducting your retreat: at home, online and at a retreat center; alone and in a group



YEAR ONE: SIX STREAMS OF LEARNING

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Conceptual Knowledge

- Buddhism in Brief: what the Buddha discovered and taught
- Buddhist History - the Indian wellspring and the Tibetan influence
- How the path works: Gampopa's teachings
- Introduction to mindfulness: the sutras and early teachings on mindfulness
- Yidam practice - transmission, empowerments and the vajra world
- Thangkas and other supports: introduction to symbols and images in Buddhist practice
- Sages & saints: inspiring luminaries Tibetan Tradition



YEAR ONE: SIX STREAMS OF LEARNING



Ritual

- The function and uses of ritual in spiritual practice
- Ritual feasts: introduction to the Milarepa Tsok
- Daily rituals: bowing, tending an altar and making offerings
- An introduction to mudras and mallas
- Meeting with teachers and other spiritual friends
- Ritual implements as tools of awakening
- Visiting temples, monasteries and shrines
- A few basic notes on Tibetan culture



YEAR ONE: SIX STREAMS OF LEARNING



Carrying Practice

- Lojong: Continuous application of aphorisms
- Tonglen: formal practice and 'pocket' tonglen
- Receiving and honoring life's sacred commitments
- Turning riggers into Teachers: carrying practice in times of adversity
- Gathas and other supports for remembering to practice
- Mindfulness in body, speech and mind
- Views: ways of seeing that end suffering



YEAR ONE: SIX STREAMS OF LEARNING



Service

- Service as contemplative endeavor
- Service without burnout: skillful means for the long term
- The value of a practice community
- Our true place in the order of things
- Humility and the power of a living example



YEAR ONE: SIX STREAMS OF LEARNING



Skillful Means

- Power and presence
- Compassionate dialogue: Level I
- Taming the Inner Critic: Level I
- Introduction to ethics as the foundation for an authentic life of practice
- Dismantling reactive patterns: Level I
- Vows and commitments: Level I



ENGAGING THE PATH

- Sacred Commitments
- The Bodhisattva Path
- Study, Contemplation & Meditation
- Personal Responsibility & Sovereign Right
- Attention, Presence & Personal Power
- Cultivation of the Skills and Habits for a Lifetime of Wholesome Engagement



FORMATION & SPIRITUAL DISCIPLINE

In the beginning, establishing a habit of formal practice, retreat and mindfulness in daily life requires choices, planning, thoughtful attention and discipline.

You decide what's important and together we'll begin to create essential habits.

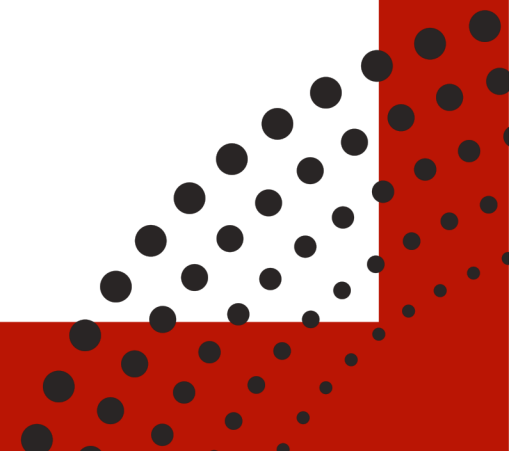


HOW CAN I LEARN MORE?

Contact us at DekelingPDX@gmail.com and we'll set up a Zoom call or meeting to help you learn more.

Watch our website and your in-box for more information.

Registration will commence in late September, 2021.



WHO ARE WE?

Dekeling is a meditation community based in Portland, Oregon. We offer authentic Tibetan Buddhism, made accessible for today's world. Learn more at <https://dekeling.community>





CONTACT DETAILS

Website

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