

**Class: Taking the Mind's Nature as the Path -- Part Two**

**Book: *Luminous Clarity*, by Khenchen Thrangu**

**Where: BIBS**

**When: Friday evenings 6:30 - 7:30 starting October 13, 2017**

"We need to realize the nature of all things or all phenomena in order to overcome or transcend our bewildered and confused projections. Nevertheless, in practice, we emphasize viewing the nature of our mind because by looking at the mind, it is easy to see this empty nature directly, which is not true of looking at external phenomena. If we realize the nature of mind, we overcome all suffering."

-- *Luminous Clarity*

We will be practicing specific meditations including several of the ones from Chapter 9 of our previous book, *Mind at Ease*. Students who took the summer class presumably already have this book. For those who do not, a copy of each of those meditations will be provided by email.

The first assignment from *Luminous Clarity* is the Preface and Chapters 1 ("Introduction") and 2 ("Cultivating Bodhicitta"). Be assured that these chapters are very short; that first assignment consists of less than 20 pages.

NOTE: Since the first class is less than one week from now, we realize that this is short notice. If you manage to obtain the book and complete the first reading assignment by next Friday that would be excellent. If not, don't worry, we will make allowances because of the unfortunate short notice.

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Robert Sperry has been studying and practicing Buddhism since 1969, including practices in the Theravada, Zen, and Vajrayana traditions. In 2001 he received instruction from the Dzogchen master Namkhai Norbu. In 2008 he began Mahamudra practice as a student of Khenchen Thrangu Rinpoche and has continued that practice without interruption. He encourages others to explore how the Buddhist teachings and practices relate to their own lives.