



Diamond Mountain University
2008-2009 School Year

Course Catalog
&
Schedule

Updated for Spring term 2009
5/7/09

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DMU 2008-2009 Courses & Registration

This section describes each of the courses available at Diamond Mountain University in the Fall, Winter, and Spring terms, as well as prerequisites, and schedule of classes.

The term dates are:

- | | |
|-------------|---|
| Fall term | October 6—November 9, 2008
Registration: September 28—October 4, 2008 |
| Winter term | February 23—March 29, 2009
Registration: December 7—February 9, 2009 |
| Spring term | May 22—July 5, 2009
June 3—June 17, 2009 – mid-term break and working in the Retreat Valley
Registration: April 17—May 15, 2009 |

Please read this section carefully to determine the courses you'd like to enroll in. We suggest you also refer to the schedule to make sure that your desired courses don't conflict with each other.

All classes are offered free; see catalogue listing for prerequisites. Registration is required. Students are responsible for covering the cost of course materials.

If you're planning to attend DMU, be sure to register online **before the registration period closes**: <http://www.diamondmtn.org/dmu>.

For any questions, contact the Registrar at: dmreg@dmes.org.

2008-2009 school year at a glance

	Fall	Winter	Spring
Diamond Abbey			
Foundations of Freedom (XIII, XIV, XV); DM	x	x	x
Ticket to Heaven (II, III,IV); DM	x	x	x
Enlightened Business School			
Karmic Management Training (VI, VII, VIII); DM	x	x	x
School of Healing			
Connecting the Cores of Inner & Outer Bodies ; DM	x		
Ayurvedic Bodywork ; DM			x
School of Meditation			
Bok Jinpa (XIII, XIV, XV); DM	x	x	x
Bok Jinpa (VII, IX, tba); DM	x	x	x
Bok Jinpa (VII, IX, VIII); Tucson	x	x	x
Meditation 101 ; DM			x
Path of Realizations (V); DM	x		
Samadhi Sunrise ; DM	x	x	x
School of Sacred Dance and Movement			
Asana Yoga Teacher Training (II, III, I); DM	x	x	x
Beginners Yoga ; DM	x	x	x
Dance ; DM	x	x	x
Dance Studio ; DM	x	x	x
Light and the Wish ; DM		x	
Tai Chi Chuan ; DM	x	x	
The Secret Garden (I, II); DM	x		x
Tibetan Heart Yoga ; DM	x	x	x
Yoga Basics ; DM	x	x	x
School of Secrets			
Enchanted Path to Ecstasy (II); Tucson	x		
Green Tara (I, II); DM		x	x
Heart Path to Ecstasy III; DM	x		
Tantra (XIII, XIV, XV); DM	x	x	x
School of Simplicity			
Building ; DM	x	x	x
School of Solitude			
Le Su Rung Wa ; DM			
Yogi's Diet ; DM	x	x	
School of Song			
Kirtan ; DM	x	x	x
Nada Yoga ; DM			x
Singers Workshop ; DM			x
Songs of Devotion ; DM	x	x	
School of Tongues			
Colloquial Tibetan study group ; DM	x		x
Hypertexting ; DM	x		
Introduction to Sanskrit (I); Tucson	x		
Introduction to Tibetan ; DM	x	x	x
Intermediate Sanskrit (I); Tucson	x		
Literary Tibetan (II); DM			x
Middle Kingdom ; DM		x	
Sacred Classics Translator (XIII, XIV, XV); DM	x	x	x
Sanskrit Sound and Symbol ; DM		x	
Sanskrit – The Translators Course (I, II, III); Tucson	x	x	x

	Fall	Winter	Spring
School of Tongues (cont.)			
Sanskrit study group ; DM	x		
Scriptural Tibetan (II, III); DM	x	x	
School of Wisdom			
ACI 4 ; DM	x		
ACI 5 ; DM		x	
ACI 6 ; DM			x
ACI 10 ; DM	x		
ACI 11 ; DM		x	
ACI 12 ; DM			x
ACI 16 ; DM	x		
ACI 16 ; Tucson			x
ACI 17 ; DM		x	
ACI 18 ; DM			x
Box of Jewels ; DM	x		
Chasing the Bard ; DM			x
Christian Mandala III ; DM			x
Cracking the Code of Emptiness (VII, VIII, IX); DM	x	x	x
Diamond Cutter In-Depth (II, III, IV); DM	x	x	x
Debate I study group ; DM	x	x	x
Debate II study group ; DM			x
Explorations in Emptiness , DM		x	
Hatha Yoga Pradipika (I, II, III); DM	x	x	x
Meditations on Emptiness ; Tucson		x	
Song in My Heart ; DM		x	
The Source of All My Good ; Tucson	x		
Worldsavers (I, II); DM		x	x
	Fall	Winter	Spring
Seminars and Other Activities			
ACIP ; DM	x	x	x
Debate ground ; DM & Tucson	x	x	x
Daily practice ; everywhere	x	x	x
Service ; everywhere	x	x	x

ACI Intensive Teacher Training Program

Diamond Mountain University offers a complete direct transmission of the traditional 18 courses of the Asian Classics Institute (ACI). This intensive program makes you highly qualified to become a member of the worldwide network of teachers for these courses.

Purpose

The purpose of the ACI Intensive Teacher Training program is to provide the opportunity for serious students to complete their 18 ACI open courses as soon as possible, so they can qualify to enter the Tantric Course Series program. The ACI open courses provide an in-depth review of the major subjects covered in the Tibetan monastic system, including the Five Great Books and *lam rim* topics.

A detailed description of each of the 18 courses is available here:

<http://www.acidharma.org>.

Readings

The course material is also available on the ACI website, and students should download and print readings, homeworks, quizzes, and final to bring with them to Diamond Mountain. If you're comfortable reading the material on your laptop, that's perfectly fine.

Assignments

We will follow the class format — reading, homework, quiz, final exam requirements, etc. — very close to the way Geshe Michael Roach did when originally offering these courses in New York City in the 1990s. Each class has a 15-minute meditation assignment, which is a requirement to contemplate the issues noted, and may be done while taking a walk, driving a car, etc. (In other words, it doesn't need to be during one's deep morning meditation practice time.)

There is also a requirement to participate in debate on the class material, on the Diamond Mountain or Tucson debate grounds.

There are no prerequisites, and it's not necessary that students take the courses in order – although there certainly is benefit to doing so. There are some who take the review courses before taking the corresponding basic courses, in which case, the review courses (16-18) act as a preview.

Children are permitted to attend class with parents, assuming that the parent uses good judgment about the class flow.

To remain enrolled in the course, students must complete all assignments on time. If a student misses more than one class, or does not complete a homework or quiz by the next class session, the student will not be permitted to continue in the course. We are very strict about this so that students really learn the material well. Collaborating with other students to complete your homework is allowed and encouraged.

Students are not permitted to audit the courses (attend without doing the assignments). Instructors of the ACI Intensive have completed all if not most of the 18 ACI open courses themselves and are experienced ACI teachers. In keeping with "Teacher Training" theme, students of the ACI Intensive should bring to their studies the motivation to learn the material well so they will be equipped to share this knowledge with others in the future.

Note: To support students learning the material well, only one ACI review course may be taken in any one term.

The ACI Intensive will offer the following two sets of courses:

1. Through Spring 2010, all of the ACI review courses (courses 16-18) will be offered once each year at DMU, in order to accommodate the requirement to take the review courses from a live instructor (rather than via correspondence course format).
2. At least one non-review course (courses 1-15) may also be taught during each DMU term, depending on student needs. The selection of individual courses will be strongly weighted toward the course needs of students. The specific non-review courses that will be offered during each term will be announced on the DMU website prior to the start of that term.

Faculty

Courses will be taught by senior teachers from both Diamond Mountain and centers around the world where the ACI courses are taught.

Schedule

Fall term

ACI Course 4 — Proof of Future Lives (Level 1 of Buddhist Logic and Perception (*Pramana*))

Days & times: Tuesdays and Thursdays, 1-3pm

Dates: 10/7, 10/9, 10/14, 10/16, 10/21, 10/28, 10/30, 11/4, 11/6

Faculty: Jerome Giovinazzo

Location: Jamyang, Diamond Mountain

ACI Course 10 — A Guide to the Bodhisattva's Way of Life, Part I (Level 3 of Middle-Way Philosophy (*Madhyamika*))

Days & times: Tuesdays and Thursdays, 3:15-5:15pm

Dates: 10/7, 10/9, 10/14, 10/16, 10/21, 10/28, 10/30, 11/4, 11/6

Faculty: Susan Stumpf

Location: Temple, Diamond Mountain

ACI Review Course 16 — The Great Ideas of Buddhism, Part I

Days & times: Tuesdays and Thursdays, 1-3pm

Dates: 10/7, 10/9, 10/14, 10/16, 10/21, 10/28, 10/30, 11/4, 11/6

Faculty: Allison Dey

Location: Temple, Diamond Mountain

Winter term

ACI Course 5 — How Karma Works (Level One of Higher Knowledge (*Abhidharma*))

Days & times: Tuesdays and Thursdays, 1-3pm

Dates: 2/24, 2/26, 3/5, 3/10, 3/12, 3/17, 3/19, 3/24, 3/26

Faculty: Benjamin Kramer

Location: Jamyang House, Diamond Mountain

ACI Course 11 — A Guide to the Bodhisattva's Way of Life, Part II (Level 4 of Middle-Way Philosophy (*Madhyamika*))

Days & times: Tuesdays and Thursdays, 3:15-5:15pm

Dates: 2/24, 2/26, 3/5, 3/10, 3/12, 3/17, 3/19, 3/24, 3/26

Faculty: Darcy Jones

Location: Temple, Diamond Mountain

ACI Review Course 17 — The Great Ideas of Buddhism, Part II

Days & times: Tuesdays and Thursdays, 1-3pm

Dates: 2/24, 2/26, 3/5, 3/10, 3/12, 3/17, 3/19, 3/24, 3/26

Faculty: Allison Dey

Location: Temple, Diamond Mountain

Spring term

ACI Course 6 — The Diamond-Cutter Sutra (Level 1 of Middle-Way Philosophy (*Madhyamika*))

Days & times: Tuesdays and Thursdays, 1-3pm

Dates: 5/26, 5/28, 6/2, 6/18, 6/23, 6/25, 7/2

Faculty: Michael Brannan

Location: Jamyang House, Diamond Mountain

ACI Course 12 — A Guide to the Bodhisattva's Way of Life, Part III (Level 5 of Middle-Way Philosophy (*Madhyamika*))

Days & times: Tuesdays and Thursdays, 3:15-5:15pm

Dates: 5/26, 5/28, 6/2, 6/18, 6/23, 6/25, 7/2

Faculty: Bets Greer

Location: Temple, Diamond Mountain

ACI Review Course 16 — The Great Ideas of Buddhism, Part I

Days & times: Mondays and Fridays, 7-9pm

Dates: 5/22, 5/25, 5/29, 6/1, 6/19, 6/26, 6/29, 7/3

Faculty: Jim Dey

Location: Three Jewels, Tucson (314 E. 6th St.)

ACI Review Course 18 — The Great Ideas of Buddhism, Part III

Days & times: Tuesdays and Thursdays, 1-3pm

Dates: 5/26, 5/28, 6/2, 6/18, 6/23, 6/25, 7/2

Faculty: Ven. Lobsang Gyelse

Location: Temple, Diamond Mountain

ACIP

The Asian Classics Input Project, (ACIP) since 1989, has created digital databases of Tibetan Buddhist texts and Sanskrit manuscripts and has widely distributed these texts, free of charge, to students and scholars throughout the world. Our current database has thousands of titles and over 300,000 searchable pages. Through your service, you will learn the way ACIP organizes the data after it is received from our overseas input centers.

You can sign up to serve ACIP while you're at DMU, and you can also work on projects remotely by e-mailing Ven. Jigme at jigmepalmo@asianclassics.org.

Geshe Michael Roach, Lama Christie McNally, John Brady, and Ven. Jigme Palmo will be present to help with the hands-on ACIP work. You will be trained in identifying and selecting the titles and texts, cataloging, and preparing them for release onto our website; as well as hypertexting, which will result in advancing your Tibetan language skills.

Schedule

Fall term

Days & times: Tuesdays and Thursdays, 1-4pm

Dates: 10/7, 10/9, 10/14, 10/16, 10/21, 10/28, 10/30, 11/4, 11/6

Location: Lama House, Diamond Mountain

Winter term

Days & times: Tuesdays and Thursdays, 1-4pm

Dates: 2/24, 2/26, 3/5, 3/10, 3/12, 3/17, 3/19, 3/24, 3/26

Location: Lama House, Diamond Mountain

Spring term

Days & times: Tuesdays and Thursdays, 1-4pm

Dates: 5/26, 5/28, 6/2, 6/18, 6/23, 6/25, 7/2

Location: Lama House, Diamond Mountain

Asana Yoga Teacher Training: Keeping Your Students Safe and Full of Joy

The purpose of this course is to prepare all budding yoga enthusiasts with such a deep Dharma background to be teachers of *asana* around the country, particularly in the Tibetan Heart Yoga tradition.

This year-long course is offered over three consecutive terms. The first part was offered in Spring 2008, and continues in the Fall 2008 and Winter 2009. The series begins again in Spring 2009. The course caters to those who are interested in teaching Tibetan Heart Yoga around the country and world. This course supplements your study of Tibetan Heart Yoga by offering the technical training necessary to feel knowledgeable and confident enough to teach public classes.

Students of this course are expected to do a daily *asana* practice, offering teachings weekly at Diamond Mountain or elsewhere, keep a teaching journal, do partner teaching, and take weekly quizzes.

Note: Diamond Mountain University is in conversation with Yoga Studies Institute (YSI) to explore possible affiliation with YSI to have successful completion of this course serve as a fulfillment of their technical training requirement.

Prerequisites and requirements

Students must have a regular *asana* practice and interest in teaching *asana* (or by permission of the faculty). Studies will be centered around studies with Geshe Michael Roach and Christie McNally on Tibetan Heart Yoga.

Readings

Students will be required to get an anatomy book (you'll be notified of the title later), and a book of your choice in the system of yoga you enjoy the most other than Tibetan Heart Yoga. We will also have a revolving library of books.

Instructor

Mira Shani is yoga teacher dedicated to the attainment of total enlightenment for the sake of all living beings. She was raised by a South African mother and an Israeli father who instilled in her an appreciation for many of the world's cultures. She started a trek through India on a mission to find her yoga guru, but instead found Kopan Monastery in Nepal and a life-defining experience as she was introduced to the teachings of Geshe Michael Roach and Tibetan Buddhism. Through her studies, Mira discovered that she could engage her two passions—Yoga and Buddhism—into one integrated life practice: Tibetan Heart Yoga. Mira also studies the Anusara yoga system with John Friend, and teaches yoga and yoga philosophy in both southwest Michigan and Arizona. Mira is a staff teacher of Classics of Yoga and Tibetan Heart Yoga, and a member of the board of Yoga Studies Institute.

Schedule

Fall term – Part II

Days & times: Saturdays, 4:45-6:45pm

Dates: 10/11, 10/18, 10/25, 11/1

Location: Temple, Diamond Mountain

Winter term – Part III

Days & times: Saturdays, 4:45-6:45pm

Dates: 2/28, 3/7, 3/14, 3/21, 3/28

Location: Temple, Diamond Mountain

Spring term – Part I

Days & times: Saturdays, 4:45-6:45pm

Dates: 5/23, 5/30, 6/20, 6/27, 7/4

Location: Temple, Diamond Mountain

Ayurvedic Bodywork for the Subtle Body

Course I: Healing the Heart

Classes will include an introduction to ayurvedic bodywork, a demonstration of the heart treatment, and practice treatments.

Course is open to all; no massage experience required.

More details to follow.

Faculty

Ora Sundara Maimes has been a student of meditation, Buddhism, and yoga for the past twelve years. Originally from California, she met her first teachers in India when she was 18 years old, and soon after met her heart teacher, Geshe Michael Roach, in New York City, with whom she has been studying and serving ever since.

Jamie Plante has been a student of Buddhism and meditation since 1994 and has studied Traditional Chinese and Ayurvedic Medicine at the Santa Barbara College of Oriental Medicine, the Arizona School of Acupuncture and Oriental Medicine, and the California College of Ayurveda. He is the director of the Worldview Institute for New Health, a project dedicated to preserving the ancient literature of traditional medical traditions, and bringing the wisdom of ancient India to modern medicine.

Schedule

Spring term

Days & times: Sundays, 3:15-5:15pm

Dates: 5/24, 5/31, 6/28, 7/5

Location: Temple, Diamond Mountain

Beginners Yoga

Want to start a regular yoga *asana* practice, but find the Tibetan Heart Yoga series too advanced? Come join our many resident *yogis* and *yoginis* as they lead you gently to this wonderful practice to develop your mind and heart, along with your body.

Note: This is not a course, rather a group channel practice. It's best to register, and you can attend as many or as few classes as you wish. Please maintain silence.

Schedule

Fall term

Days & times: Mondays, Tuesdays, Thursdays, and Fridays; 11am-12:30pm
Dates: 10/6, 10/7, 10/9, 10/10, 10/13, 10/14, 10/16, 10/17, 10/20, 10/21, 10/23, 10/24, 10/27, 10/28, 10/30, 10/31, 11/3, 11/4, 11/6, 11/7
Location: Jamyang House, Diamond Mountain

Winter term

Days & times: Mondays, Tuesdays, Thursdays, and Fridays; 11am-12:30pm
Dates: 2/23, 2/24, 2/26, 2/27, 3/2, 3/3, 3/5, 3/6, 3/9, 3/10, 3/12, 3/13, 3/16, 3/17, 3/19, 3/20, 3/23, 3/24, 3/26, 3/27
Location: Jamyang House, Diamond Mountain

Spring term

Days & times: Mondays, Tuesdays, Thursdays, and Fridays; 11am-12:30pm
Dates: 5/22, 5/25, 5/26, 5/28, 5/29, 6/1, 6/2, 6/18, 6/19, 6/22, 6/23, 6/25, 6/26, 6/19, 6/30, 7/2, 7/3
Location: Jamyang House, Diamond Mountain

Bok Jinpa: Setting Your Meditation on Fire

We must see emptiness directly. In order to do so, we must gain a deep intellectual understanding of emptiness, through constant study, debate, and deep meditative analysis. Thus it is essential for us to learn how to place ourselves into deep meditation.

The purpose of the Bok Jinpa course is two-fold: to gain a deeper understanding of emptiness by challenging ourselves with different analyses of emptiness, and through that process, to teach ourselves how to work towards and achieve a state of deep, single-pointed concentration — the platform we need in order to see emptiness directly.

The classes will contain textual studies and written homework; however this is primarily a practice-oriented class that is centered on actually sitting down and trying to focus the mind. So we will be practicing actual meditation training, both in and out of the class. During the length of the course, students must be prepared to alter their morning meditation practice as necessary to complete the assignments of the course.

Course XIII: Mahamudra; Fall 2008

This Fall term of 2008, we will continue our in-depth exploration of how we meditate directly on the mind itself. We will be using the most famous Gelukpa text on Mahamudra, written by the first Panchen Lama, Lobsang Chukyi Gyeltsen (1567-1662), entitled *Chakchen Gyi Tsawa* ཕྱལ་ཆེན་གྱི་ཕྱ་བ།, or *Root Text on the Great Seal*.

The Panchen Lama also wrote an auto commentary to his work, called *Chakya Chenpo'i Tsawa Gyepar Shepa Yangsel Drunme* ཕྱལ་རྒྱ་ཆེན་པོའི་ཕྱ་བ་རྒྱས་པར་བཤད་པ་ ཡང་གསལ་སྒྲོན་མེ།, or *The Clear Light of Elaborate Explanation on the Root Text on the Great Seal*, which we will also use to clarify his root text.

Course XIV: Opening Our Heart; Winter 2009

The purpose of this course

During the thirteen courses of the Bok Jinpa series to date, we have worked hard on a great many ancient texts, but with a primary emphasis on learning to see emptiness directly. This Winter term, we take a moment to pause and refresh our hearts, to sweeten the wisdom with a range of traditional Tibetan teachings on *lojong*: opening our heart. And then of course we will discover, from these *lojong* texts themselves, how very necessary emptiness is to open our heart.

We're planning that you emerge from the course with a constant and living love for all things and all people; even as you make even more breakthroughs in your understanding and experience of ultimate reality.

The classes will contain textual studies and written homework; however, this is primarily a practice-oriented class that is centered on actually sitting down and trying to focus the mind and open the heart. Don't come if you don't want to meditate!! During the length of the course, students must be prepared to alter their morning meditation practice as necessary to complete the assignments of the course.

What we will study

Of course *lojong* itself can be translated as "opening the heart," and many short, poetic pieces on achieving this goal were written by the early Tibetan Buddhists known as the Kadampas, who lived a thousand years ago. We'll be covering a delicious selection of *lojongs* that were not presented in the original ACI *Lojong* Course 14, although they too are drawn from the same magnificent collection of *lojong* wisdom: the *Compendium on Developing the Good Heart*, assembled by the great bodhisattva Muchen Konchok Gyeltsen (1388-1469), an illustrious master of the Sakya tradition.

Here's a taste of the different *lojong* pieces we'll be visiting. One, descended from Lord Atisha (982-1054), teaches us how to open our hearts with the Practice of Kusulu: an offering of our own body found here in an exquisite early form which predates the version found in our Vajra Yogini *sadhana*. In a *lojong* written by the sage Shakya Shri during the same period, we'll be analyzing the emptiness of our body and mind to reach ultimate love. And in a special Eight-Step *Lojong* by Master Kamlungpa (born 1232), we'll be seeing how we use our own breath and blood to sustain the world at large. From these we'll go on to more.

Course XV; Spring 2009

The purpose of this course

We need to see emptiness directly. That is the goal of all our practice. How do we do it? We try to gain a deep intellectual understanding of emptiness, through constant study, debate, and deep meditative analysis. But of course, one very crucial way to open the doorway to understanding emptiness is by opening our own heart. Thus, we will be splitting the focus this term, drawing from more heart-opening practices in order to pave the way for a deeper understanding of emptiness.

The classes will contain textual studies and written homework; however this is primarily a practice-oriented class that is centered on actually sitting down and trying to focus the mind. So we will be practicing actual meditation training, both in and out of the class.

Don't come if you don't want to meditate!! During the length of the course, students must be prepared to alter their morning meditation practice as necessary to complete the assignments of the course.

What we will study

The first part of this course will be a continuation of the heart-opening practices we were studying in Course XIV, from the *Compendium on Developing the Good Heart*, assembled by Muchen Konchok Gyeltsen (1388-1469).

The second half of this course will be devoted to exploring together a few more chapters of Arya Nagarjuna's famous text on emptiness, entitled: *Wisdom: A Song on the Root of the Middle Way*.

Prerequisites and Requirements

This class is designed for people who have been taking the previous Bok Jinpa courses, and have a very solid existing meditation practice. And of course, the most important requirement for anyone who would like to further their meditation is that they are keeping their vows, six times a day. If you are not doing this, your meditation just won't work.

Prerequisites for those who have attended previous Bok Jinpa courses

Please make sure that all your written work (homeworks and finals) and any missed meditations from Course XIV are turned in to Andreana **by Wednesday, May 20**.

Prerequisites for those who have not attended the previous courses

You must talk to Lama Christie McNally personally if you have not attended any of the previous Bok Jinpa courses. Here are the prerequisites you must have completed in order to be eligible for entering into this course.

For each course you have not attended, there is a list of three audio files you must listen to. [Please see below for a list of classes for each course; you can find the audio files on the Diamond Mountain website, <http://diamondmtn.org/downloads/>.] For each class, please do the meditation described in that class three times. Each meditation should be at least 30 minutes long. Then also for each meditation, keep a journal, tracking your meditation date, time of day, length of meditation, subject of the meditation, and brief description of how the meditation went. (There are no required meditations to make up for Courses V, VI, VIII, or XI; but please note you must complete all of Course X. So someone who has not attended any of the previous courses will be required to listen to 35 files, and complete 105 meditations in order to join this next course.) Please make sure these journals are turned in to Andreana K. **by Wednesday, May 20**, if you wish to join this course.

(Special note: Bok Jinpa VIII is also being offered during Spring term in Tucson. The course is open only to those initiated into the DM Vajrayogini lineage. If you wish to attend, write to Giselle Anselin with the details of your initiation: giselleoverseas@hotmail.com.

We may also offer another Bok Jinpa course at Diamond Mountain, but at this writing, we don't yet have it firmed up, so you won't see it on the registration form.

We'll send out an announcement and give you the opportunity to enroll if we get it scheduled.)

Minimum Requirement for Course I, Fall 2004

Listen to the audio files and do the meditations (3x each) for:

Class 3

Class 5

Class 7

Minimum Requirement for Course II, Winter 2005

Listen to the audio files and do the meditations (3x each) for:

Class 3

Class 4

Class 6

Minimum Requirement for Course III, Spring 2005

Listen to the audio files and do the meditations (3x each) for:

Class 1

Class 4

Class 5

Minimum Requirement for Course IV, Fall 2005

Listen to the audio files and do the meditations (3x each) for:

Class 2

Class 4

Class 6

Minimum Requirement for Course V, Winter 2006

There are no required files or meditations for this course.

Minimum Requirement for Course VI, Spring 2006

There are no required files or meditations for this course.

Minimum Requirement for Course VII, Fall 2006

Listen to the audio files and do the meditations (3x each) for:

Class 2

Class 3

Class 6

Minimum Requirement for Course VIII, Winter 2007

There are no required files or meditations for this course.

Minimum Requirement for Course IX, Spring 2007

Listen to the audio files and do the meditations (3x each) for:

Class 2

Class 3

Class 6

Minimum Requirement for Course X, Fall 2007

Listen to the audio files and do the meditations (3x each) for all eight classes.

Minimum Requirement for Course XI, Winter 2008

There are no required files or meditations for this course.

Minimum Requirement for Course XII, Spring 2008

Listen to the audio files and do the meditations (3x each) for:

Class 1

Class 2

Class 3

Minimum Requirement for Course XIII, Fall 2008

Listen to the audio files and do the meditations (3x each) for:

Class 4

Class 6

Class 7

Minimum Requirement for Course XIV, Winter 2009

Listen to the audio files and do the meditations (3x each) for:

Class 1

Class 3

Class 6

All who attend this course must be actively enrolled, auditing is not allowed.

Please bring your favorite meditation cushion or chair!

Faculty

Lama Christie McNally is the spiritual partner of Geshe Michael Roach, and a co-founder of Diamond Mountain. She has trained intensively with Lamas in the great monasteries of India and Nepal, and recently completed a three-year meditation retreat. She is also a translator of ancient Tibetan and Sanskrit texts.

Schedule

Fall term

Part XIII

Days & times: Mondays and Fridays, 8:15-10pm

Dates: 10/6, 10/10, 10/17, 10/20, 10/24, 10/27, 10/31, 11/3, 11/7

Faculty: Lama Christie McNally

Location: Temple, Diamond Mountain

Part VII

Days & times: Tuesdays 5:30-7pm and Saturdays, 1-2:15pm

Dates: 10/7, 10/11, 10/14, 10/18, 10/21, 10/25, 10/28, 11/1, 11/4, 11/8

Faculty: Ben G. and Kristen Walsh

Location: Tuesdays: Temple Yurt, Diamond Mountain; Saturdays: Jamyang House, Diamond Mountain

Part VII

Days & times: Tuesdays and Thursdays, 8-10pm

Dates: 10/7, 10/14, 10/16, 10/21, 10/28, 10/30, 11/4, 11/6

Faculty: Giselle Ansselin

Location: Three Jewels, Tucson (6th Street of 4th Ave)

Winter term

Part XIV

Days & times: Mondays and Fridays, 8:15-10pm

Dates: 2/27, 3/2, 3/9, 3/13, 3/16, 3/20, 3/23

Faculty: Lama Christie McNally

Location: Temple, Diamond Mountain

Part IX

Days & times: Tuesdays 5:30-7pm and Saturdays, 1-2:15pm

Dates: 2/24, 2/28, 3/7, 3/10, 3/14, 3/17, 3/21, 3/24, 3/28

Faculty: Ritesh Bansal and Jaki Fisher

Location: Tuesdays: Jamyang House, Diamond Mountain; Saturdays: Temple, Diamond Mountain

Part IX

Days & times: Tuesdays and Thursdays, 8-10pm

Dates: 2/24, 2/26, 3/5, 3/10, 3/12, 3/17, 3/19, 3/24, 3/26

Faculty: Gisele Anselin

Location: Three Jewels, Tucson (6th Street of 4th Ave)

Spring term

Part XV

Days & times: Mondays and Fridays, 8:15-10pm

Dates: 5/22, 5/25, 6/1, 6/19, 6/26, 6/29, 7/3

Faculty: Lama Christie McNally

Location: Temple, Diamond Mountain

Part VIII

Days & times: Tuesdays and Thursdays, 8-10pm

Dates: 5/26, 5/28, 6/2, 6/18, 6/23, 6/25, 7/2

Faculty: Giselle Anselin

Location: 7190 N. Northlight Dr., Tucson (Off N Camino de la Tierra near West Ina)

If we hold a Bok Jinpa course at DM this term, here's when and where it will be:

Days & times: Tuesdays 5:30-7pm and Saturdays, 1-2:15pm

Dates: 5/23, 5/26, 5/30, 6/2, 6/20, 6/23, 6/27, 7/4

Location: Tuesdays: Jamyang House, Diamond Mountain; Saturdays: Temple, Diamond Mountain

Box of Jewels

In this course we will review *The Yoga Sutra* written by Master Patanjali around 200AD. This classical text serves as the basis for all yoga philosophy in all yogic traditions. In this short text, Master Patanjali goes through the path to enlightenment in several different ways including the five paths, the eight *angas*, the Four Arya Truths, and the method of final transformation of one's mind into the resulting four bodies of an Enlightened being. In this five-class course, we will review each of these remarkable chapters thereby giving a concise yet in depth and comprehensive review of the entire text.

Syllabus

- Class 1: A Diamond that Stops Turning
- Class 2: The Last Maple-covered Donut
- Class 3: The Breath Simply Stops
- Class 4: The Union of Sun and Moon
- Class 5: We must become as Gardeners

Course Requirements

This course has readings, homeworks, and quizzes. Audits are allowed.

Geshe Michael Roach's translation of the relevant verses will be given out in class.

Faculty

Earle Birney started studying yoga and Buddhism in 1995 while on an extended stay in New Zealand where he studied in the Kagyu lineage with Ven. Lama Shedrup. Returning home to British Columbia, he then studied in the Sakya tradition with Ven. Lama Tashi Namgyal. He then completed the 18 courses of the Asian Classics Institute and has been studying and teaching at Diamond Mountain University since its inception. Earle's love of philosophy turned to yoga through the teachings of Geshe Michael Roach, Christie McNally, and Lisa Schrempp. Earle teaches yoga *asana* and yoga philosophy at Diamond Mountain University and has led workshops in California, Arizona, and British Columbia. He is a staff teacher for Yoga Studies Institute and has taught the four chapters of *The Yoga Sutra* at Diamond Mountain.

Naomi Worth met the Dharma in 2002 and promptly decided to join a monastery in France. That never happened, but she has continued studying and learning since then. She has received teachings in the US, India, and Nepal and has been blessed with several exceptional and internationally known teachers. She began attending Diamond Mountain University in the Spring of 2006. She is currently working on completing the 18 ACI Courses, studying the *lam rim* and Master Patanjali's *Yoga Sutra*, and pursuing both Tibetan and Sanskrit languages. She enjoys debating, is a daily yoga practitioner, holds a Bachelor of Science degree from Tulane University, and is a Spanish speaker. She has worked as a teacher in public schools in New York, yoga studio management, and "green" real estate development. She is very grateful

to be at Diamond Mountain University, and wishes to be of maximum service to all beings.

Jill Jancic fell in love with yoga in 2000. In 2005, she completed a training at Sundara Yoga College of Life and finished a Bachelors Degree in Religious Studies at Humboldt State University. In 2007, she began studying at Diamond Mountain University and presently works in California as a yoga teacher, body worker, and tree farmer.

Nicole Davis owes any precious bits of dharma and yoga knowledge that she might have to the many holy teachers that have blessed her path. She lives and works at Diamond Mountain and is honored to pass on the *Yoga Sutra* to you.

Schedule

Fall term

Days & times: Saturdays, 1-2:15pm

Dates: 10/11, 10/18, 10/25, 11/1, 11/8

Location: Temple Yurt, Diamond Mountain

Building

By 2025, at least 3.5 billion people – about half the world's population – will live in areas without enough water for agriculture, industry, and human needs... Worldwide, water quality conditions... have degraded with intensive agriculture and in large urban and industrial areas.

– World Resources Institute, October 2000

Depending on pumped and pressurized ground water increases waste

Worldwide, people who have pressurized water on tap use about a hundred gallons per person per day. Those who must carry water from oftentimes remote water supplies use about ten gallons a day. And most of the difference is waste.

Water Harvesting

Reducing a need on pumped ground water is a focus that will serve the populations of this entire planet, as well as your three-year retreat.

This class will explore the abundance of rain water that is available in the desert for catchment and ultimate use in our remote (and take it home!) retreat cabins. We will complete a cistern at the Lama House, and then construct an easy, and beautiful, cistern at Jamyang House. Time permitting, we will then begin design for a catchment and storage facility on site in the retreat valley that we'll build Winter term.

Faculty

Kathryn Ehrhorn has traveled and lived around the world, with a passion to serve others in discovering the elegance and peace of life lived with the simplest of means. She loves the Sonoran Desert and the abundance of building materials and methods found in this seemingly elusive environment.

Schedule

Fall term

Day & time: Saturdays, 1-5pm

Days: 10/11, 10/18, 10/25, 11/1, 11/8

Location: meet outside the Lama House, Diamond Mountain

Winter term

Day & time: Saturdays, 1-4pm

Dates: 2/28, 3/7, 3/14, 3/21, 3/28

Location: meet outside the Jamyang House, Diamond Mountain

Spring term

Day & time: Saturdays, 1-5pm

Dates: 5/23, 5/30, 6/20, 6/27, 7/4

Location: meet outside the Jamyang House, Diamond Mountain

Chasing the Bard: Buddha and Shakespeare

When Jaques declares,

*All the world's a stage,
And all the men and women merely players:
They have their exits and their entrances;
And one man in his time plays many parts,
His acts being seven ages*

...he seems to be reflecting, in poetic language, one of the core teachings of Tibetan Buddhism. As we learn in *The Wheel of Life*, life in pain cycles through stages, over and over.

In this course we'll look at some of the "problems" of interpretation according to the accepted view of Shakespearean literature (why does Hamlet hesitate? What is the source of Iago's "motiveless" malignancy?), and look to see if we can't make better sense out of them with what we know about Buddhist philosophy. Does Hamlet hesitate because he understands that karmic result of taking violent action will only result in more violence? Is Iago's hatred of Othello due to an old karmic seed?

Bring your ideas, review some central Buddhist tenets, and study the cornerstone of Western Literature.

Requirements: Willingness to learn, and a desire to read (or watch) several of Shakespeare's plays before or during the term.

Faculty

Venerable Lobsang Nyingpo (Eric Brinkman) is an ordained Buddhist monk, teacher, an accredited staff instructor with the Yoga Studies Institute, and Director of the Tibetan Language Hypertext Project. While a student at The Ohio State University, where he graduated magna cum laude in honors with distinction, Ven. Nyingpo wrote and defended an undergraduate thesis on Shakespeare's thematic exploration of murder and revenge in *Hamlet* and *Julius Caesar* (available in the Undergraduate Library). He travels extensively to study and teach and has recently taught classes in Tibetan Heart Yoga in New York City, Indianapolis, Houston, Detroit, Arizona, Hong Kong, Shanghai, Taipei, Tel Aviv, Tokyo, and Prague. Currently, he teaches Tibetan Heart Yoga and Tibetan Language and Debate at Diamond Mountain University.

Schedule

Spring term

Day & time: Mondays, 1:15-2:15pm

Dates: 5/25, 6/1, 6/22, 6/29

Location: Nataraja, Diamond Mountain

Christian Mandala III: The Vision of Divine Love

Purpose/Description

"From henceforth unlike an ordinary man, he does not see the objects of sense with physical vision; he sees them spiritually...as images of things invisible, and their forms are to him formless and shapeless. One might say that he no longer hears any human voice or voices, but only the voice of the Living Word whenever it speaks through a human voice."

St. Symeon the New Theologian, *The Discourses* XIV.3

The purpose of this course is to study the mystical writings of two great Christian saints – chosen from diverse times and cultural backgrounds – in order to gain understanding of the richness and consistency of the Christian spiritual path, and to ask how the witness of these visionaries can inspire and transform our own practice, within our chosen *mandala* of faith.

Through a close reading of key passages from the works of an Eastern Orthodox monk, St. Symeon the New Theologian (949-1022) and a medieval Englishwoman, Julian of Norwich (c.1343-1416), we will explore the vision of Christianity which unfolded for these saints, and study their spiritual advices, which may sound very familiar to Buddhist ears. Course participants should gain understanding of the structure of authentic Christian mystical discourse, and thus find a new capacity to engage in meaningful dialogue between Christianity and the tenets of Buddhist world-view and practice.

This is the third part of a series of courses offered in Fall 2006 and Fall 2007.

Prerequisites and Requirements

There are no prerequisites for this course, apart from a sincere desire to be exposed to the spiritual and intellectual richness of the Christian tradition.

The course has two required texts:

Julian of Norwich, *Showings*, (New York: Paulist Press, 1978)

Symeon the New Theologian, *The Discourses*, (New York: Paulist Press, 1980)

Both of these texts are part of "The Classics of Western Spirituality" series. Students are encouraged to purchase these texts themselves (as photocopying is not allowed without permission of the publisher), but may certainly arrange to share books with another student.

There will be homework and meditation assignments for each class. Audits are welcomed.

Faculty

Eva Natanya has been raised in the Catholic Church since birth, and has been spiritually formed by the weekly experience of the Mass and daily prayer. Professionally, she was a dancer for nine years, first at the New York City Ballet and then at the Royal Ballet of London. During this time, she worked towards the completion of a B.A. degree in Philosophy at Fordham University, NYC's Jesuit academy. Her studies there concentrated in religious philosophy, in both the Christian and Buddhist traditions (as she had begun practicing Japanese Zen meditation from the age of 18, and soon discovered a deep affinity for the Buddha-Dharma.) As her world-view was gradually transformed by a life-changing encounter with the ACI courses of Geshe Michael Roach, she found herself re-discovering the meaning of Christianity on a daily basis. She left the world of dance in 2004, and has since completed a Master's degree in Christian theology from the Dominican School of the Graduate Theological Union in Berkeley, CA. She currently leads retreats and offers ongoing courses on the spiritual path in the San Francisco Bay area.

Schedule

Spring term

Days & times: Fridays, 1-3pm

Dates: 5/22, 6/19, 6/26, 7/3

Location: Jamyang House, Diamond Mountain

Connecting the Cores of the Inner and Outer Bodies: Vayus, Bandhas, and Stability

Purpose and Overview

The purpose of this course is to connect the outer body to the inner body by providing outer body links and landmarks, and connect to the deeper physical body and to the inner body through the *vayus* (channels) and *bandhas* (locks).

Through a deeper understanding of the gross physical anatomy, we go inward and connect to the deeper physical body: location of the *bandhas* and how we engage them functionally and during *asana* practice and other movement practices). We then connect to the more subtle inner body – the five *vayus* or inner winds and their functions and significance in our spiritual practice. Finally, we put it all together as a deepened awareness of our bodies and movement.

Prerequisites and Requirements

Students must have a regular yoga *asana* practice for at least one year, and will be given exercise assignments. Students may audit or take for credit.

Faculty

Yvonne Jaques is a student of Geshe Michael Roach and Lama Christie McNally, and has completed all 18 ACI courses. She is a Staff Instructor of the Yoga Studies Institute for Tibetan Heart Yoga series 1 through 6, has completed all Classics of Yoga courses through YSI, is a fully trained Level 3 corrective, holistic exercise kinesiologist through the C.H.E.K Institute of San Diego, and is a registered yoga instructor through YA and YABC. Yvonne is a graduate of Salt Spring Centre of Classical Yoga (sister centre to Mt. Madonna Center of Yoga). She trained with Diane Lee (author of *The Pelvic Girdle* and many other physical therapy textbooks), and Linda-Joy Lee, world-renowned authorities on the sacroiliac joint and lumbo-pelvic core stability who have developed many courses, among them Connecting to Your Core, Postpartum Health for Moms, Advanced Lumbo-pelvic Hip Complex. Yvonne trained in cervical stabilization protocols with Carol Kennedy, and trained in stabilization of the thorax and shoulder girdle protocols with Sandy Burke, Paul Chek, Diane Lee, Mark Comerford, and Shirley Mottram.

Schedule

Fall term

Days & times: Fridays, 1-3pm

Dates: 10/10, 10/17, 10/24, 10/31, 11/7

Location: Jamyang House, Diamond Mountain

Cracking the Code of Emptiness Course Series

Description

This course series focuses on teachings on emptiness in the Buddhist canon. We're continuing on with our study of the *Diamond Cutter*.

Students are strongly encouraged to join the series at any point; previous enrollment is not required.

Course Series

- I: The Heart Sutra– Fall 2006
- II: The Heart Sutra– Winter 2006
- III: The Heart Sutra– Spring 2007
- IV: Heart Sutra Mantra Revealed – Fall 2007
- V: Two Sutras, One Taste – Winter 2008
- VI: Diamond Cutter In-depth Commentary I – Spring 2008
- VII: Diamond Cutter In-depth Commentary II – Fall 2008
- VIII: Diamond Cutter In-depth Commentary III – Winter 2009
- IX: Diamond Cutter In-depth Commentary IV – Spring 2009

This section will be updated each term, as the series continues.

Please see [Diamond Cutter In-depth Commentary](#) for a description of the Winter 2009 course.

Faculty

Venerable Jigme Palmo (Elly van der Pas) has a master's degree in East-West Psychology from the Institute of Integral Studies in San Francisco. She became a Buddhist in 1989 when she met His Holiness the Dalai Lama, and was ordained as a novice nun in 1991 and fully ordained in 1994.

She served as editor of *Mandala* magazine from 1993-1995, after which she joined Geshe Michael Roach to study in New York. Besides Geshe Michael and Lama Christie McNally, her main teachers have been His Holiness the Dalai Lama, Lama Zopa Rinpoche, and Khen Rinpoche Geshe Lobsang Tharchin. She has been retreat director at Diamond Mountain retreat center in Arizona since it started in 2000, and also works with the Asian Classics Input Project.

Schedule

Fall term- Part VII: Diamond Cutter In-depth Commentary

Day & time: Saturdays, 1-2:15pm

Dates: 10/11, 10/18, 10/25, 11/1, 11/8

Location: Temple, Diamond Mountain

Winter term – Part VIII: Diamond Cutter In-depth Commentary

Days & times: Saturdays, 4:45-6:45pm

Dates: 2/28, 3/7, 3/14, 3/21, 3/28

Location: Temple Yurt, Diamond Mountain

Spring term – Part IX: Diamond Cutter In-depth Commentary

Days & times: Saturdays, 3-4:30pm

Dates: 5/23, 5/30, 6/20, 6/27, 7/4

Location: Temple, Diamond Mountain

Dance

Working with both traditional and modern movement forms, we will explore in our practice the three principles laid out by the First Panchen Lama for why every monk, nun, and yogi should do Sacred Dance; transforming ourselves into the Angel, getting in touch with the inner body (channels, *chakras* and *prana*) and making offerings to our Teacher/Angel.

No dance experience necessary.

Note: This is not a course, rather a group channel practice. It's best to register, and you can attend as many or as few classes as you wish. Please maintain silence.

Facilitators

Coco Korniczky is a choreographer, performer and longtime Buddhist practitioner and teacher. Trained in ballet, modern dance, and the martial arts, Coco has performed at Lincoln Center and is the co-founder of the aerial dance company, 2nd Species.

John Oyzon is a choreographer, performer, musician and DJ who has been featured in STOMP and De La Guarda. He has trained extensively in modern dance, Capoeira and T'ai Chi and is the co-founder of the aerial dance company, 2nd Species.

Coco and John teach dance as part of the spiritual path, engaging students to have fun and embody their compassion and wisdom using both body and mind.

Schedule

Fall term

Days & times: Saturdays and Sundays, 11:30am-12:45pm

Days: 10/11, 10/12, 10/18, 10/19, 10/25, 10/26, 11/1, 11/2, 11/8, 11/9

Location: Temple, Diamond Mountain

Winter term

Day & time: Saturdays and Sundays, 11:15am-12:45pm

Dates: 2/28, 3/1, 3/7, 3/8, 3/14, 3/15, 3/21, 3/22, 3/28, 3/29

Location: Temple, Diamond Mountain

Spring term

Day & time: Saturdays and Sundays, 11:15am-12:45pm

Dates: 5/23, 5/24, 5/30, 5/31, 6/20, 6/21, 6/27, 6/28, 7/4, 7/5

Location: Temple, Diamond Mountain

Dance Studio

Take time to practice movement with Andreana K. and Anatole Nguyen and other movement teachers.

During the Fall term, this is practice time associated with the course [The Secret Garden](#).

Schedule

Fall term

Days & times: Tuesdays, 1-3:30pm; Thursdays, 1-5pm; Fridays, 2:30-3:30pm

Days: 10/7, 10/9, 10/10, 10/14, 10/16, 10/17, 10/21, 10/24, 10/28, 10/30, 10/31, 11/4, 11/6, 11/7

Location: Nataraja, Diamond Mountain

Winter term

Days & times: Tuesdays, 1-3:30pm; Thursdays, 1-5pm

Dates: 2/24, 2/26, 3/5, 3/10, 3/12, 3/17, 3/19, 3/24, 3/26

Location: Nataraja, Diamond Mountain

Spring term

Days & times: Tuesdays, 1-3:30pm; Thursdays, 1-5pm

Dates: 5/26, 5/28, 6/2, 6/18, 6/23, 6/25, 7/2

Location: Nataraja, Diamond Mountain

Debate study group

Debate I

This study group is intended to introduce Diamond Mountain students to the precious system of Buddhist debate. Participants will learn the rules, structure, physical form, and proper flow of this invaluable tool.

The study group will discuss the process of creating a proper debate from questions and concerns in students' own mind and how to use debate as a high form of study to master the teachings.

The study group will use some Tibetan but will be almost entirely in English and is intended for all; from hotshots to rookies, and everyone in between.

Debate II

In this study group, we will use Tibetan source materials to go deeper in the Tibetan Buddhist tradition of debate, as practiced in the main Gelukpa monasteries. But most of the source material will come from ACI Course 13, which has all been translated into English.

Some ability to read Tibetan is required; you should be able to sound out Tibetan words in both Tibetan script and transliterated into roman characters. By the way, it is also recommended that you have finished ACI Course 13 and Debate I, although we will quickly review the basics at the beginning of the term.

Please see also [Geshe Michael's Secret Weapon: The Wisdom Warrior Debate Program](#).

Schedule

Fall term – Debate I

Day & time: Thursdays, 5:30-7pm
Dates: 10/9, 10/16, 10/30, 11/6
Facilitator: Mercedes Bahleda
Location: Jamyang House, Diamond Mountain

Winter term – Debate I

Day & time: Thursdays, 5:30-7pm
Dates: 2/26, 3/5, 3/12, 3/19, 3/26
Facilitator: Geoff Eddy
Location: Temple Yurt, Diamond Mountain

Spring term – Debate I

Day & time: Thursdays, 5:30-7pm
Dates: 5/28, 6/18, 6/25, 7/2
Facilitator: Ben Kramer
Location: Jamyang House, Diamond Mountain

Spring term – Debate II

Day & time: Tuesdays, 5:30-7pm

Dates: 5/26, 6/2, 6/23

Facilitator: Anna Brooks

Location: Temple Yurt, Diamond Mountain

Diamond Cutter In-depth

This course, part of the *Cracking the Code of Emptiness* course series, is based on new translations of *Sunlight on the Path to Freedom*, the only native Tibetan commentary ever written to the *Diamond Cutter Sutra*. It was written by Choney Lama Drakpa Shedrup (1675-1748) and partly translated by Geshe Michael Roach when he taught ACI course VI on the *Diamond Cutter Sutra*. At that time, however, only about half of it was actually used, and this will be the first time that the entire commentary will be translated into English.

This commentary penetrates into the real meaning of the sutra, which describes how our very nature, including our bodies, minds, and identities are not what they appear to be, and goes on to describe and to explain exactly in what manner they do exist. This understanding takes us to the very core of all dharma teachings, and leads to an understanding of exactly how we should live our lives in order to reach the highest goals for ourselves and others.

Prerequisites and Requirements

Although the material will go into the very core of the teachings, the intention is to keep it accessible for the newest students as well, and everyone is welcome to attend. Students can audit or take for credit. Please feel free to come to one class or the entire course series, and visitors are welcome.

Faculty

Venerable Jigme Palmo (Elly van der Pas) has a master's degree in East-West Psychology from the Institute of Integral Studies in San Francisco. She became a Buddhist in 1989 when she met His Holiness the Dalai Lama, and was ordained as a novice nun in 1991 and fully ordained in 1994.

She served as editor of *Mandala* magazine from 1993-1995, after which she joined Geshe Michael Roach to study in New York. Besides Geshe Michael and Lama Christie McNally, her main teachers have been His Holiness the Dalai Lama, Lama Zopa Rinpoche, and Khen Rinpoche Geshe Lobsang Tharchin. She has been retreat director at Diamond Mountain retreat center in Arizona since it started in 2000, and also works with the Asian Classics Input Project.

Schedule

Fall term – Part II:

Day & time: Saturdays, 1-2:15pm

Dates: 10/11, 10/18, 10/25, 11/1, 11/8

Location: Temple, Diamond Mountain

Winter term – Part III:

Days & times: Saturdays, 2:30-4:30pm

Dates: 2/28, 3/7, 3/14, 3/21, 3/28

Location: Temple, Diamond Mountain

Spring term – Part IV:

Days & times: Saturdays, 3-4:30pm

Dates: 5/23, 5/30, 6/20, 6/27, 7/4

Location: Temple, Diamond Mountain

Enchanted Path to Ecstasy

The Enchanted Path approaches the Vajrayogini *sadhana* from the perspective of magic. How is the *sadhana* a magical key? How do we use it to open the door to enlightenment? As her main text, Lama Trisangma will use the translation she did in three-year retreat of Master Ngulchu Dharmabhadra's powerful 'other' commentary, the *Secret Capsule of the Heart*. She will also guide discussions from the textual sources she used while editing a book in 2004 of all the Vajrayogini commentaries previously given by Kyabje Zopa Rinpoche.

These include:

- Khen Rinpoche, Geshe Lobsang Tharchin
- Kyabje Zopa Rinpoche
- Personal interviews with Geshe Jampa Gyatso (late resident teacher at Institut Lama Tsongkhapa)
- Lama Yeshe
- Geshe Ngawang Dhargye
- Master Ngulchu Dharmabhadra (two texts)
- Dechen Nyingbo
- Gelek Rinpoche

Course Prerequisites and Requirements

To attend this course, you must be currently enrolled in the *Tantra* course, and you also must be attending the *Path of Realizations* course and be keeping up with your coursework.

In addition, you must bring at least one question to each class, written down. This will be your admission ticket to class. The question should come from work you have done trying to deepen your experience of the *sadhana* in meditation or in daily life.

Faculty

A long term practitioner and teacher of Tibetan Buddhism, Trisangma is a translator of Tibetan texts and has studied meditation and Buddhist philosophy for more than ten years under the close guidance of some of the greatest living masters of the East and West. She completed a three-year solitary meditation retreat and has taught meditation and Buddhist Philosophy in the U.S. and around the world. She currently teaches at Diamond Mountain University and in Tucson.

Schedule

Fall term – Part II

Day & time: Thursdays, 1-3pm

Dates: 10/16, 10/30, 11/6

Location: 5755 E. River Rd, #3022 – Tucson (east of Craycroft)

Winter term – cancelled

Spring term – cancelled

Explorations in Emptiness: Arya Nagarjuna

This course explores the very core of the ultimate nature of our experience, by looking closely at the fundamental text of the great Indian philosopher of emptiness, and of the Middle Way, Arya Nagarjuna.

We will be informed by the original Sanskrit of his *Muulamadhyamakakaarika* (*The Root verses on the Middle Way*), and wrestle both with his words and his intentions, as well as those of various commentators.

Each class will focus on one chapter of his work, and from it we will seek to create fresh language and fresh understanding.

Course materials

Readings will be supplied in class.

Course prerequisites and requirements

This course is open to those students with enthusiasm and the desire to explore deep wisdom. Audits are allowed.

Faculty

David White is an enthusiastic student and teacher of yoga (Astanga lineage), of Sanskrit, and of Yogic, Buddhist, and Shaivite philosophy and practice.

Schedule

Winter term

Day & time: Sundays, 1-3pm

Dates: 3/1, 3/18, 3/22, 3/29

Location: Jamyang House, Diamond Mountain

Foundations of Freedom Course Series

This 18-course series covers teachings found in the *Vinaya*; that collection of scriptures that includes teachings on the vows of individual freedom. These vows were designed to help people reach enlightenment quickly and to live successfully in a community designed to support spiritual practice.

Students are strongly encouraged to join the series at any point; previous enrollment is not required.

Course Series

- I: Flying to the Top of the Sky: Je Tsongkapa on the Vows of a Novice Nun or Monk, Part I – Fall 2004
- II: Soaring to the Top of the Sky: Je Tsongkapa on the Vows of a Novice Nun or Monk, Part II – Winter 2005
- III: A Wish Giving Jewel: A Blueprint for Making Your Dreams Come True, Part I – Spring 2005
- IV: A Wish Giving Jewel: A Blueprint for Making Your Dreams Come True, Part II – Fall 2005
- V: A Wish Giving Jewel: A Blueprint for Making Your Dreams Come True, Part III – Winter 2006
- VI: A Wish Giving Jewel: A Blueprint for Making Your Dreams Come True, Part IV – Spring 2006
- VII: A Wish Giving Jewel: A Blueprint for Making Your Dreams Come True, Part V – Fall 2006
- VIII: A Wish Giving Jewel: A Blueprint for Making Your Dreams Come True, Part VI – Winter 2007
- IX: A Wish Giving Jewel: A Blueprint for Making Your Dreams Come True, Part VII – Spring 2007
- X: The Power of the Lama: The Ultimate Mentor – Fall 2007
- XI: The Power of the Lama: The Ultimate Mentor, Part II – Winter 2008
- XII: Ticket to Heaven: Vows as Wings – Spring 2008
- XIII: Ticket to Heaven: Vows as Wings, Part II – Fall 2008
- XIV: Ticket to Heaven: Vows as Wings, Part III – Winter 2009
- XV: Ticket to Heaven: Vows as Wings, Part IV – Spring 2009

This section will be updated each term, as the series continues.

Please see [Ticket to Heaven](#) for a description of the Spring 2009 course.

Prerequisites and Requirements

There are no prerequisites for this course, and audits are allowed. Although auditors are very welcome, serious students will find the course to be a rigorous one, with homework and quizzes for each class. You do not need to know Tibetan in order to attend. Classes will consist of both lecture and discussion.

In order to receive a certificate for this course you will be expected to miss no more than two classes, and complete the homework, quizzes, and final for the course. You do not have to be ordained or be planning to become ordained to attend this course, however, for those thinking of becoming ordained, it is strongly suggested that you arrange to make up any classes missed.

Visitors will be welcome and invited to participate in class discussion.

For instructions about joining the webcast, visit:

<http://www.dmes.org/index.php/WebcastInfo>.

Faculty

Ven. Lobsang Chukyi is Director of Diamond Mountain, and one of Geshe Michael Roach and Lama Christie McNally's assistants. She is a popular ACI teacher throughout the world, a professional therapist, and a coach.

Schedule

Fall term – Part XIII

Days & times: Mondays and Fridays, 3:15-5pm

Dates: 10/6, 10/10, 10/17, 10/20, 10/24, 10/27, 10/31, 11/3, 11/7

Location: Temple, Diamond Mountain

Winter term – Part XIV

Days & times: Mondays and Fridays, 3:15-5pm

Dates: 2/23, 2/27, 3/2, 3/6, 3/9, 3/13, 3/16, 3/20

Location: Temple, Diamond Mountain

Spring term – Part XV

Days & times: Mondays and Fridays, 3:15-5pm

Dates: 5/22, 5/25, 6/1, 6/19, 6/22, 6/26, 6/29, 7/3

Location: Temple, Diamond Mountain

Green Tara

Course 2 - The Emerald Tsok, or Circle of Gathering - Spring term

Last term at Diamond Mountain saw a wonderful empowerment granted to a devoted group of students into a very special lineage of Emerald Tara descended from Kyabje Trijang Rinpoche, tutor to His Holiness the Dalai Lama and Root Lama to our own Khen Rinpoche Geshe Lobsang Tharchin.

One of the purposes of this empowerment was to provide the three-year retreatants in particular with a Diamond Way practice that will balance the other practices of this tradition which we are following: Vajra Yogini for the feminine power; Bhairava (Yamantaka) for the man's energy; Kali (in the form of the Lady Who Stops War) for the powerful protective strength; and now Emerald Tara for the peaceful side of the enlightened.

With this new term we will begin a projected series of translations and teachings upon this Goddess which will cover many of her various practices, such as the fire offering; the deep retreat; and the ritual for helping the departed.

We'll be starting with the *Tsok* or Circle of Gathering for her disciples to observe on a monthly basis. We'll be learning this ceremony from the source text by Kyabje Trijang Rinpoche, entitled *The Offering of the Gathering to Emerald Tara, the Wishing Jewel, in the Unsurpassed Tradition*.

If time permits, we'll then go on to an additional practice, such as the daily sadhana, also by Trijang Rinpoche and entitled *A Method from the Unsurpassed Tradition for Reaching Emerald Tara, according to our Immediate Lineage*.

Prerequisites and Requirements

This course is available for credit only, and students are required to keep current with coursework. Weekly homework and quiz is required for admittance to the next week's class. For example, students must bring with them to class two their completed homework and quiz for class one.

This course is open to all those who have been initiated into the practice of Emerald Tara in the Diamond Mountain lineage, from Lama Thupten Pelma, or to new students who contact her well in advance and are granted admittance.

Faculty

Lama Thubten Pelma is an American Tibetan Buddhist nun who for the past 15 years has wholeheartedly dedicated her life to serving her teachers. She very kindly founded the Three Jewels in NYC, which has been a place of refuge for serious Dharma practitioners as well as spiritual seekers.

For the past ten years, Lama Pelma has been a student of the masters at Sera Mey Monastery, in southern India. In 2003 she completed a silent three-year retreat in the high desert of Arizona. She currently resides at Diamond Mountain where she serves as the Retreat Master.

Lama Pelma's daily activities include translating and preserving traditional Tibetan scriptures, studying the ancient practices of yoga and, when she has a moment to herself, writing heartfelt poems. She is also the proud and loving owner of a Shih Tzu puppy named Tsering.

Schedule

Winter term – Part I

Day & time: Saturdays, 4:45-6:45pm

Dates: 2/28, 3/7, 3/14, 3/21, 3/28

Location: Temple, Diamond Mountain

Spring term – Part II

Day & time: Saturdays, 4:45-6:45pm

Dates: 5/23, 5/30, 6/20, 6/27, 7/4

Location: Temple, Diamond Mountain

Hatha Yoga Pradipika

One of the greatest yogic texts ever, the *Hatha Yoga Pradipika* was written in the 1500's by Master Swatmarama. The *Hatha Yoga Pradipika* covers such topics as the lineage of the yoga tradition, how and where to do a retreat, the main *asanas* that prepares one for long periods of meditation, *pranayama*, retention, and diet. All of these are solely for the purpose of *raja* yoga – to allow the practitioner to directly see the ultimate nature of reality and to achieve a state of *kaladanda* or deathlessness.

Part I - Fall 2008

The first course of the *Hatha Yoga Pradipika*, *Asanas and Emptiness*, presents the entire first chapter: a history of how yoga has come down to us and what the poses do to us spiritually; how to prepare ourselves for yoga; the most important physical *asanas*; the most important *asanas* for meditation; how to eat right for yoga; how to get yourself to do yoga regularly.

The most famous book on yoga ever written is of course the *Yoga Sutra*; but it doesn't actually say anything about how to do the specific poses or *asanas* of yoga. The source for all the systems of yoga followed in the world today is another book called *Light on the Yoga of Sun and Moon*, or *Hatha Yoga Pradipika* in Sanskrit. The Indian yogi Swatmarama wrote this wonderful explanation of the entire physical and spiritual path of yoga about 500 years ago.

Part II - Winter 2009

The second course, *Pranayama and Emptiness*, covers the entire second chapter along with many selections from the fourth. The second chapter introduces the practice of *pranayama*; outlines the pre-requisites to practicing *pranayama* (one must have a teacher, an *asana* practice, eat properly, and observe the *yamas* and *niyamas*); reviews the *koshas* (emptiness, karma, inner body, *prana*, breath, outer body, external world); explains the need to bring winds into central channel so as to see emptiness directly and creating your body of light; compares Indian and Tibetan practices of alternate nostril breathing; warns against dangers of improper *pranayama* practice; presents the six *kriyas*, eight kinds of capsules, and two divisions within capsule practice; and offers signs of success in *pranayama* practice. Selections from the fourth chapter on emptiness cover the state of dissolution and the end of breath. The course also addresses the many karmic causes and cures for *lung* disorders.

Part III - Spring 2009

In this course we will look at many essential components of *hatha* yoga practice which allow one to gain mastery over the subtle body and to transform one's reality into "the kingdom of heaven."

Topics include the sources of our lineage of *hatha yoga*, *kundalini* or inner fire and its many meanings, the role of our spiritual Guide in wakening this inner fire, and how the inner fire works to open the *chakras* or energetic knots. From there we will examine the meaning of "seal," or *mudra*, the sleeping of *kundalini*, and how it is awakened, the five distinctions of how the inner fire feels as it grows, as well as a list of the ten seals.

We will also look at the "great seal" or *mahamudra* from the perspective of the mental practice through an additional reading from Tibetan sources on the Six Flavors of Emptiness – thus joining the physical and mental practices of *Mahamudra*.

Additionally, we will study the *bandhas* or locks, the practice of breath retention, practicing with a divine partner, signs of progress of wind in the central channel, steps of the withdrawal of the world, and the concept of *kaivalya*.

The end of the course focuses on the four stages of inner yoga, the sounds of the central channel, and lastly, a look ahead at the fourth course of the series.

Prerequisites and Requirements

There are no prerequisites for this course, and students may take for credit or audit. There will be readings, quizzes, and a final. Readings will be handed out in class.

Faculty

Earle Birney started studying yoga and Buddhism in 1995 while on an extended stay in New Zealand where he studied in the Kagyu lineage with Ven. Lama Shedrup. Returning home to British Columbia, he then studied in the Sakya tradition with Ven. Lama Tashi Namgyal. He then completed the 18 courses of the Asian Classics Institute and has been studying and teaching at Diamond Mountain University since its inception. Earle's love of philosophy turned to yoga through the teachings of Geshe Michael Roach, Christie McNally, and Lisa Schrempp. Earle teaches yoga *asana* and yoga philosophy at Diamond Mountain University and has led workshops in California, Arizona, and British Columbia. He is a staff teacher for Yoga Studies Institute and has taught the four chapters of the *Yoga Sutra* at Diamond Mountain.

Schedule

Fall term

Days & times: Mondays and Fridays, 3:15-5:15pm

Dates: 10/6, 10/10, 10/17, 10/20, 10/24, 10/27, 10/31, 11/3, 11/7

Location: Jamyang House, Diamond Mountain

Winter term

Days & times: Mondays and Fridays, 3:15-5:15pm

Dates: 2/23, 2/27, 3/2, 3/6, 3/9, 3/13, 3/16, 3/20

Location: Jamyang House, Diamond Mountain

Spring term

Days & times: Mondays and Fridays, 3:15-5:15pm

Dates: 5/22, 5/25, 6/1, 6/19, 6/22, 6/26, 6/29, 7/3

Location: Jamyang House, Diamond Mountain

Heart Path to Ecstasy

In the fall term of 2008, we continue with the *Heart Path to Ecstasy*, an explanation of the practice of Vajra Yogini (the Angel of Diamond) by Tuken Rinpoche Lobsang Chukyi Nyima, also known as Dharma Vajra (1737-1802).

This is the third course devoted to this text, which is an older commentary on this practice which has been used by many Lamas, such as Pabongka Rinpoche, as the basis of their presentations in the years since Lama Dharma Vajra.

The full title of the work is *Heart Path to Ecstasy: A Presentation of the Extraordinarily Profound Steps of Practice for the Stages of Creation and Completion in the Teachings of the Holy Angel of Diamond, Naropa's Lady of the Sky*. This commentary uses the Eleven Yogas of the great Sakya master Sachen Kunga Nyingpo as the basis of its explanation of the stage of creation, and then goes on to the stage of completion by way of the classical presentation called The Central Channel.

During each of the courses on this text, we are reading selections from both the creation-stage section and the completion-stage section. In covering the Eleven Yogas of the creation stage, we'll be paying special attention to points of explanation found only in Master Tuken's commentary, and not in the other two commentaries we've been using (those of Pabongka Rinpoche Dechen Nyingpo and Master Ngulchu Dharma Bhadra).

Highlighted in the creation-stage sections for this third course is Master Tuken's explanation of the symbolism of each part of the body of the Holy Angel of Diamond; an explanation which is more detailed than any other in the texts of our immediate lineage.

For the completion-stage section, we'll go very gradually through the inner body and basic practices, emphasizing foundation techniques that students can begin to practice at home.

Prerequisites and Requirements

Students must have successfully completed Parts I & II of this course. No exceptions will be made for students who didn't complete the work.

This course is available for credit only.

Faculty

Lama Ani Pelma is an American Tibetan Buddhist nun who for the past 15 years has wholeheartedly dedicated her life to serving her teachers. She very kindly founded the Three Jewels in NYC, which has been a place of refuge for serious Dharma practitioners as well as spiritual seekers.

For the past ten years, Lama Pelma has been a student of the masters at Sera Mey Monastery, in southern India. In 2003 she completed a silent three-year retreat in the high desert of Arizona. She currently resides at Diamond Mountain where she serves as the Retreat Master.

Lama Pelma's daily activities include translating and preserving traditional Tibetan scriptures, studying the ancient practices of yoga and, when she has a moment to herself, writing heartfelt poems. She is also the proud and loving owner of a Shih Tzu puppy named Tsering.

Schedule

Fall term – Part III

Days & times: Saturdays, 4:45-6:45pm

Dates: 10/11, 10/18, 10/25, 11/1

Location: Temple, Diamond Mountain

Hypertexting

Do you want to create the causes to be able to understand and translate Tibetan? Work on a project to create a Tibetan hypertext dictionary and help others learn Tibetan. Would you like to understand what Geshe Michael is teaching in the Sacred Classics Translator course? Would you like to understand the Tibetan he speaks in the Karmic Management Training course? Would you like to be able to read the Tibetan scriptures in Bok Jinpa, ACI, or any of your other courses?

In this course we'll be using Hypercontext, a software tool developed by Aaron Cram for Diamond Mountain use, to link Tibetan with the English in translations finished by Geshe Michael Roach and Lama Christie McNally. The results of our work will join others to build a live, online Tibetan contextual dictionary. We'll practice hypertexting translations done for ACI and DMU, including the Sacred Classics Translator Course taught by Geshe Michael.

Prerequisites and Requirements

No previous knowledge of Tibetan is required, although an ability to sound out Tibetan words would be helpful. You'll need access to a laptop (PC or Mac) and have a willingness to learn.

Before the first class, install Hypercontext, available from this site:

<http://hypercontext.sourceforge.net/>.

For instructions on joining this class remotely via webcast, visit this site:

<http://www.dmes.org/index.php/WebcastInfo>

Faculty

Venerable Lobsang Nyingpo (Eric Brinkman) is an ordained Buddhist monk, staff teacher for YSI, and the Director of the Tibetan Hypertext Language Project. He studied at the Namgyal Institute of Tibetan Studies for three years and for five months at the Drepung Loseling Monastic college, before coming to Diamond Mountain, where he has been teaching Tibetan language and Debate.

Schedule

Fall term

Days & times: Tuesdays, 4-5:15pm (GMT -07:00)

Dates: 10/7, 10/14, 10/21, 10/28, 11/4

Location: Lama House, Diamond Mountain

Karmic Management Training

Diamond Cutter View, Part II

Course VI; Fall 2008

In the Spring term, we began a review of *The Diamond Cutter*, in conjunction with the preparation of a special Tenth Anniversary Edition of the book, and a sequel entitled *Karmic Management*.

We're doing this review, before we continue with the rest of the projected Karmic Management Training Series, for several reasons. First of all, there has been a great demand worldwide for a basic, online audio/video review of the book. In preparing the Tenth Anniversary Edition, we've received estimates from people in 25 different countries that up to 3 million people worldwide are using the methods found in the book, much more than we ever imagined, with editions in 15 languages now and increasing monthly (next up: Japanese, Bulgarian, Vietnamese).

Secondly, we're trying to fulfill particular demand from both Chinese and Tibetans for more online materials in their own languages. During the previous term, Geshe Michael translated himself simultaneously into Tibetan for the Tibetan audience; and then Mandarin and Cantonese versions were prepared and posted online for free download within a few days, due to noble efforts by friends in Shanghai and Hong Kong.

Thirdly, we're trying to provide a channel for informal exchange between individuals around the world using the book, as well as study and discussion groups that have popped up globally over the past ten years. The review lectures will be available on <http://www.diamondcuttergroups.com>, a new website which is putting these informal groups in contact with each other. And lastly, we're hoping that the review will help students who wish to give informal talks or instruction on this revolutionary new business approach throughout the world, as a preliminary to receiving more formal training through organizations like Karmic Management or Harmonium Consulting.

Diamond Cutter View, Part III

Course VII; Winter 2009

Naturally we all feel uncomfortable if anyone ever refers to spiritual things as a "business." But the fact is that if we are to take care of our fellow sufferers sprinkled around the planet, we need to be able to get organized: to pull off big projects that have a real effect on the needs of big numbers of people.

In short, if we're really going to be serious about helping others, we need to know how to run a business—even if it's developing sponsors for a project to save ancient Tibetan manuscripts or fundraising for 30 three-year retreat meditation cabins.

And so we've been going through *The Diamond Cutter*, a Buddhist business book, and *Karmic Management*, its sequel, to learn ancient methods of cutting straight to

the sources of reality in order to create prosperity and run large projects that help a lot of people. These books have been used successfully by over one million people in more than 30 countries to create billions of dollars of new business, in a way that helps the world and also leaves us happy, healthy, and contented.

During this particular Karmic Management course we'll be continuing with the karmic correlations that are presented in *The Diamond Cutter*. It's true that what goes around comes around, but there's this matter of *similar content*: if I want a certain kind of thing to happen, then I have to provide that same general kind of thing first to someone else, so that the karmic boomerang circles back to me.

The rules for this similarity are very subtle (a few inches off on the return flight, and we hit our nose instead of the palm of our hand); they have been laid out over the centuries by great Lamas, and in this class we'll be carefully going through more of them, every term coming closer and closer to the place where any student in the class who's been *listening* with some regularity is *much better equipped* to assure the success of every project and task they ever undertake, from big round houses to a single short meditation session.

More Karmic Correlations

Course VII; Spring 2009

Recently two Diamond Mountain students went to sort of a family reunion with about 30 relatives from all over the country. One cousin that nobody knew very well started talking to them and, after hearing they were interested in Buddhism, started talking about a book she had bought. "It has this special section where it talks about the real causes, the actual karma, behind all kinds of common business problems. This has been so helpful to me in my work that I keep the book in the drawer of my desk at the office. Maybe you've heard about this book..."

So yes, in this term's business course we'll be continuing with our discussion of what we call "the correlations": what are the exact karmas behind all different kinds of problems that come up in business, so you can fix them right away. In the upcoming courses, we'll be talking for example about the karma to make a cooperative effort (such as a group project) succeed; how to deal with forms of dishonesty that are common in your particular career or industry; what to do if you run into a boss who speaks to you in an insulting way; and how to reverse any effects that years of tough workdays might be having on your personal appearance.

We'll also continue, in this course, with our "real-life" business project: retreat programs at DM for youth, the elderly, and Native Americans; with added emphasis on health care initiatives and ecological projects. We'll be going through steps like the creation of a mission statement; a pilot project; and identifying karmic business partners. By the end of the term, we're going to have an attractive business prospectus completed for potential sponsors.

Prerequisites & Requirements

This course is open to all students, with no prerequisites. It is being offered live and on a time-delay download. The classes are presented live in both English and Tibetan, and are translated for later download into both Mandarin and Cantonese dialects of Chinese. Students who attend regularly inevitably end up understanding things deeply and getting invited to join in on major Diamond Mountain projects that help thousands of people around the globe. We'd love to see you there.

Students off site can watch the course live, online. For instructions, visit: <http://www.dmes.org/index.php/WebcastInfo>. While it's not required that you register in order to participate in the webcast, if you are registered, you'll receive notices of any updates.

Faculty

Geshe Michael Roach is the founder of the Asian Classics Institute, author of *The Diamond Cutter*, and the first American geshe. For more information about Geshe Michael, please visit: <http://www.diamondmtn.org/roots>.

Schedule

Fall term – VI

Day & time: Fridays, 5:30-7:30pm

Dates: 10/10, 10/17, 10/24, 10/31, 11/7

Location: Temple, Diamond Mountain

Winter term – VII

Day & time: Fridays, 5:30-7:30pm

Dates: 2/27, 3/13, 3/20

Location: Temple, Diamond Mountain

Spring term – VIII

Day & time: Fridays, 5:30-7:30pm

Dates: 5/22, 6/19, 6/26, 7/3

Location: Temple, Diamond Mountain

Kirtan: Opening the Heart

During the 2008-09 school year, we'll continue with our regular *kirtan* singing sessions.

The *kirtan* classes have come to be an important part of the Diamond Mountain community experience. The Saturday evening session helps us open our hearts in preparation for the Tantric Series classes which follow directly afterwards.

The many talented musicians in our midst will continue to help lead the *kirtan* as well.

The *kirtan* singing sessions are open to all participants, with no prerequisites or other requirements. Just come and let go and sing with us.

Faculty

Geshe Michael Roach is the founder of the Asian Classics Institute, the author of *The Diamond Cutter*, and the first American geshe. For more information about Geshe Michael, please visit: <http://www.diamondmtn.org/roots>.

Lama Christie McNally is the spiritual partner of Geshe Michael Roach, and a co-founder of Diamond Mountain. She has trained intensively with Lamas in the great monasteries of India and Nepal, and recently completed a 3-year meditation retreat. She is also a translator of ancient Tibetan and Sanskrit texts.

Schedule

Fall term

Day & time: Saturdays, 7-8pm

Dates: 10/11, 10/18, 10/25, 11/1

Location: Temple, Diamond Mountain

Winter term

Day & time: Saturdays, 7-8pm

Dates: 2/28, 3/7, 3/14, 3/28

Location: Temple, Diamond Mountain

Spring term

Day & time: Saturdays, 7-8pm

Dates: 5/30, 6/20, 6/27, 7/4

Location: Temple, Diamond Mountain

Le Su Rung Wa: Get fit for deep spiritual practice

This course will investigate practices that support the whole body for intense spiritual practice in retreat and at home.

Support the nervous system, respiratory system, muscular/skeletal system, immune system, and subtle body system.

The course will cover:

- * Diet
- * Natural medicines, including herbs, foods, and supplements
- * Lifestyle changes catered to the individual
- * *Lung* control
- * Exercise
- * Solid foundational understanding of Ayurveda

Prerequisites and Requirements

This course is open to all students who have in interest. Audits are allowed.

Faculty

Ted Lafferty is a teacher with the Yoga Studies Institute and is certified in Jivamukti Yoga and Tibetan Heart Yoga. He has taught both yoga *asana* and yoga philosophy in Europe, Asia, and North America. Ted studied nutrition at the Institute of Holistic Nutrition and teaches nutrition and runs a weight loss program that allows people to use their spiritual path to achieve their physical goals. He is the teacher in a soon to be released Yoga DVD by "Good Balance." Ted spends his time between his home in Canada and traveling to study and teach.

Schedule

Spring term — Cancelled

Literary Tibetan II

This course is for those students who already have a command of the Tibetan alphabet and can correctly pronounce Tibetan syllables, words and sentences – but do not yet know what the Tibetan actually means. This term we will present Tibetan syntax and how to translate scriptural Tibetan, building up from simple phrases through to clauses and complete sentences.

The focus will be on understanding the role in Tibetan language of syntax and of particles in connecting words to each other to form meaning. The instruction will be heavily example-oriented and student participation based.

Prerequisites and Requirements

Students should have completed the Introduction to Tibetan study group or have the ability to accurately pronounce Tibetan with instant recognition.

Reference readings will be distributed to students in each class, and there will be homeworks and quizzes for each class. Audits are allowed.

Faculty

Drakpoy Dewa has been a student of Geshe Michael Roach and of the ACI courses since 2000 and is a founding faculty member of DMU. He has completed all 18 ACI courses and first learned with Tibetan alphabet from Winston McCullough at DM in 2001. He has studied Tibetan translation with Lama Christie and Geshe Michael at DM since 2003 and has also studied with Lama Choedak in Australia.

Drakpoy Dewa is Geshe Michael's teacher assistant for the Sacred Classics Translator Program since the inaugural term (Fall 2004). He has studied Tibetan language since 2001 and attended the inaugural language studies program at Sera Monastery in 2005. Drakpoy Dewa has previously taught the introductory scriptural Tibetan course at both DMU and in New York City.

Schedule

Spring term

Days & times: Tuesdays and Thursdays, 5:30-7pm

Dates: 5/26, 5/28, 6/2, 6/18, 6/23, 6/25, 7/2

Location: Temple, Diamond Mountain

Light and the Wish: Dance as Spiritual Practice

The purpose of this course is to offer a method of dance that can be integrated into your spiritual practice and used as a path of transformation. This method will enable you to embody and integrate the teachings of Tibetan Buddhism into one's daily life.

This class will follow the ideas of sacred dance as a path of transformation. The first and last 15 minutes of class will be used for improvisational dance. During the first five classes we will focus on specific techniques and exercises for identifying with and becoming the divine through dance. We will then use the last three classes for creating a piece, which will be presented at the end of the term.

Syllabus

- Class 1: Identifying physical patterns and perceptions of ones self
- Class 2: Creating the deity whom you will surrender to and become
- Class 3: Embodying the deity
- Class 4: Experiencing the world as the deity
- Class 5: Performing the holy work of the deity
- Class 6: Create piece
- Class 7: Create piece
- Class 8: Create piece

Prerequisites and Requirements

Although we will explore dance as a method of tantric practice, this is an open class. There are no readings, quizzes, debates, or finals. The students might be asked to write, draw, or create an image of the deity in order to further identify with her. This is a class dependent on the collaborative efforts of those participating. The work here is done in class.

Students should be prepared to work together exploring the techniques of contact improvisation.

Students will use ideas and visualizations of their own divinity in order to deepen their understanding of karma and emptiness.

We will create an end of term performance piece where participation is encouraged but not required.

Auditing is allowed, but regular attendance is strongly encouraged. Our goal and intention is for students to integrate what you learn into your daily activities and commit yourself to the process of becoming an enlightened being through the art sacred dance.

Faculty

When Kendra Rickert was nine, she started training in the method of Cecchetti Ballet. At the College of Santa Fe, she trained in the modern techniques of Martha Graham and Merce Cunningham; but went on to receive her BFA in Acting. She then danced principle roles at Pacific Conservatory of the Performing Arts in California. Next, she trained and performed with the performance artist Guru Rachel Rosenthal. She now divides her time between DMU, New York, and Los Angeles and is excited to incorporate these precious Buddhist philosophies into her dance.

Schedule

Winter term

Days & times: Mondays and Fridays, 3:30-5pm

Dates: 2/23, 2/27, 3/2, 3/6, 3/9, 3/13, 3/16, 3/20

Location: Nataraja, Diamond Mountain

Meditation 101

We will cover the benefits and purpose of a regular meditation practice, its proper preparation and how to personalize its preliminary practices. We will study the obstacles to deep meditative states of mind and how to apply the antidotes to them. We will meditate together in two short sessions each class, using the meditation topics from students' other course assignments.

Prerequisites and requirements

There are no prerequisites for joining this course. A daily meditation journal will serve in lieu of homeworks, quizzes, and a final exam, to be turned in to the teacher on a weekly basis. This is a credit-only course, requiring full attendance and the completion of the meditation journal for course credit.

Faculty

A Buddhist practitioner since 1990, Susan Stumpf has studied under Geshe Michael Roach since 1998. She has been both a student of and teacher at Diamond Mountain since it began in 2004. She teaches the Asian Classics Institute courses and practice modules on a regular basis in between DMU terms, and has completed 11 solitary meditation retreats and countless group retreats. A student of Lama Christie McNally's Bok Jinpa: Setting Your Meditation Practice on Fire course at DMU, she is happy to share her experience and knowledge in how to develop a strong personal meditation practice.

Schedule

Spring term

Day & time: Mondays, 1-3pm

Dates: 5/25, 6/1, 6/22, 6/29

Location: Temple, Diamond Mountain

Meditations on Emptiness

In this course we will study some of the most profound teachings of emptiness in the Mahayana Sanskrit tradition, using paralleling citations from Arya Nagarjuna's *Mulamadhyamakakarika* and Master Shantideva's' classical presentation of emptiness in Chapter 9 of his *Guide To The Bodhisattva's Way Of Life*. There will be a guided meditation on emptiness accompanying each class.

Syllabus

Class 1: Introduction to the Two Truths

Guide, verses 9.1-14; Nagarjuna, Chapter XXIV ("Examination of the Four Arya Truths")

Class 2: The Different Schools of Emptiness

Guide, verses 9.15-28; Nagarjuna, Chapter XXVII ("Examination of Views")

Class 3: Things are Empty, and They Work

Guide, verses 9.30-56; Nagarjuna, Chapter XVII ("Examination of Action and Their Fruits")

Class 4: The Emptiness of Persons

Guide, verses 9.57-77; Nagarjuna, Chapter XVIII ("Examination of Self and Entities") and Chapter IX ("Examination of What Comes Before")

Class 5: The Emptiness of Phenomena, Part 1

Guide, verses 9.73-87; Nagarjuna, Chapter IV ("Examination of the Aggregates")

Class 6: The Emptiness of Phenomena, Part 2

Guide, verses 9.88-110; Nagarjuna, Chapter VI ("Examination of Desire and the Desirous"); *Guide*, verses 88–105

Class 7: The Emptiness of Cause and Effect

Guide, verses 9.111-150; Nagarjuna, Chapter I ("Examination of Conditions") and Chapter XIV ("Examination of Connection")

Class 8, Nirvana and Samsara

Guide, verses 9.151-167; Nagarjuna, Chapters XII ("Examination of Suffering"), XVI ("Examination of Bondage"); and XXV ("Examination of Nirvana")

Prerequisites and Requirements

This course is open to all students, and audits are allowed. There will be readings, homework, quizzes, and meditations. Students are encouraged to purchase *Transcendent Wisdom: A Commentary on the Ninth Chapter of Shantideva's Guide to the Bodhisattva's Way of Life*, by H. H. the Dalai Lama, Snow Lion Publications, 1988.

Faculty

Since 2000, Venerable Sumati Marut has been teaching Buddhism in North America and internationally, including Asian Classics Institute courses, meditation, retreats, Yoga Philosophy and Sanskrit language and translation.

He is the founder and spiritual director of the Asian Classics Institute, Los Angeles (www.aci-la.org), and the Asian Classics Institute, Cape Ann. He is also a founding member of the Board of Directors and Staff Instructor of the Yoga Studies Institute (www.yogastudiesinstitute.org).

Venerable Marut is on the faculty of Diamond Mountain University as a professor of Sanskrit, and teaches in-depth courses in Tucson, most recently based on classic texts such as the *Bhagavad Gita* and Master Shantideva's *Guide to the Bodhisattva's Way of Life*. His 30 years of study and teaching as a professor of comparative religion brings a wealth and depth of knowledge to these classes, renowned for their comprehensibility and humor.

Schedule

Winter term

Days & times: Tuesdays and Thursdays, 7-9pm

Dates: 2/24, 2/26, 3/5, 3/10, 3/12, 3/17, 3/19, 3/24, 3/26

Location: Chinese Cultural Center – Tucson (1288 West River Rd.)

Middle Kingdom: An Introduction to Chinese Language and Culture

The students of Diamond Mountain University are perfectly prepared to travel the world and teach highest Dharma. This course will give DMU's students another set of tools to travel as well-educated Americans in China. This will enable DMU students to be even more effective abroad and reach a greater audience with the teachings of world-view.

We will use excerpts from Tang dynasty poetry, the *Heart Sutra*, and contemporary Chinese pop culture to supplement a strong beginner's language course that is based on Princeton University's Mandarin syllabus. This course will combine cultural studies with language learning.

Syllabus

Class 1: Entering the Middle Kingdom – Early history; language class one

Class 2: Gate of Heavenly Peace – Chinese geography and ethnicity; language class two

Class 3: Ancient Sages and Modern Politicians: Confucius, Lao Tzu, and the Buddha; Mao Tse Tung, the Soong Sisters, Sun Yat Sen, Chiang Kai Shek, and Zhou En Lai; language class three

Class 4: Journey into Aesthetics: Chinese literature and art; language class four

Class 5: Take A Look – China Today; language class five

Prerequisites and Requirements

This course is open to all students who have an open mind and time to complete course work: weekly readings, language practice, memorization, homework, map drawing, and a final project. Audits are not allowed. All material will be available in class.

Faculty

Jessica Kung currently teaches Tibetan Heart Yoga and the Classics of Yoga all over Asia in both Mandarin and English. She is a staff teacher of the Yoga Studies Institute and a certified Jivamukti Yoga teacher. She served as co-tour manager for the first World View Asia tour, and as a live translator for Geshe Michael Roach and Lama Christie McNally's teachings. Most recently, she was assistant tour manager for the third Asia tour and a presenter at the 2008 Asia Yoga Conference. She received her B.A. *cum laude* from Yale University.

Jessica received Mandarin and Chinese culture directly from her parents, Chung wu Kung and Ann Lee Chen. They are both translators for the United Nations and raised their daughter bilingual. Jessica has made over four teaching trips to Asia, two of which were with Geshe Michael Roach and Lama Christie McNally. She has taught yoga and dharma in Mandarin, and has served as a live translator for Geshe Michael and Lama Christie's teachings in Asia.

Kristina Pao Cheng currently teaches Tibetan Heart Yoga and Classics of Yoga throughout Asia. She completed four years of Mandarin Studies at Princeton University and at Beijing University Summer Program. She is a staff teacher of the Yoga Studies Institute and a certified Jivamukti Yoga teacher. Part of the original vision for the first World View Asia Tour, she is dedicated to spreading the teachings throughout Asia and was assistant tour manager for the third annual Asia Tour. She is also an international presenter at both the Omega Women of Yoga Conference and at the Asia Yoga Conference, Hong Kong.

Kristina received Cantonese and Chinese culture directly from her parents, Edgar Cheng and Doreen Pao. They are both leaders in the Hong Kong business world, and have raised their daughter to be bilingual. Kristina is a Hong Kong resident, and teaches and travels throughout in Asia. She has been teaching in Asia for over five years and made two teaching trips with Geshe Michael Roach and Christie McNally. She wrote her Princeton thesis on the poetry and architecture of Chinese cities.

Schedule

Winter term

Days & times: Mondays, 1-3pm

Dates: 2/23, 3/2, 3/9, 3/16, 3/23

Location: Temple, Diamond Mountain

Nada Yoga: Making a Joyful Sound

In this class we will learn basic exercises to open up our vocal chords and our hearts. Each week we will cover some aspects of music and sound theory and we will sing and make music together. We will learn some of the more unique traditions of throat singing, circular breathing, Gregorian Chanting, rhythm, and poly-rhythmic coordination.

This is a hands-on class, open to anyone willing to sing and make sounds.

No Pre-requisites, no homework, no skill needed. Drop the books for an hour and come make a joyful sound.

Faculty

Will Duncan began studying sacred music at the Naropa Institute in 1990. He studied classical Indian music for three years at the Ali Akbar College of music and lived in India for one year to continue studies of music and dance. He has performed as a musician with dance companies throughout North America.

Other resident musicians will be joining Will.

Schedule

Spring term

Days & times: Sundays, 5:30-6:30pm

Dates: 5/24, 5/31, 6/28, 7/5

Location: Temple, Diamond Mountain

Path of Realizations

Since higher realizations are built on more basic ones, how can we expect to achieve total enlightenment if we haven't succeeded in stabilizing the most basic realizations in our minds? Flash insights come and go; they don't stay with us as realizations. How can we establish these powerful states of mind so deeply that they inform every single thing we do, waking and sleeping?

The Path of Realizations looks at these questions through the material of the *lam rim*. We do look at the technical and intellectual meaning of each of the steps, but our main focus is on bringing these teachings into our daily lives. This process is crucial for anyone who hopes to transform themselves.

We will be steadily working through one of the greatest and most comprehensive texts ever written: Lama Tsongkapa's *Lam Rim Chenmo, The Great Treatise on the Stage of the Path to Enlightenment*.

Our emphasis for this course is in developing experiential realizations. Any success will require a significant investment of your time. However, we will encourage you to complete the bulk of the coursework between terms.

Course V; Fall 2008

In Course V this Fall term, we will focus on what it means to take Refuge, the benefits of taking Refuge, and the precepts themselves. We will also begin Lama Tsongkapa's encyclopedic chapter, the *Varieties of Karma*.

Course VI; Spring 2009

In Course VI, we will go more deeply into the teachings on karma, looking at causes and their effects in detail. We will discuss the practice of ethical behavior by exploring the four powers, and we'll conclude the teachings shared with those of small capacity by briefly touching on the attitude of such a person. We'll then move on to the mental training for the stages of the path shared with those of medium capacity.

Prerequisites and Requirements

We welcome new students. There are no prerequisites for any student joining this class for the first time.

If you were in Course IV, your coursework from Course IV and any make-up work promised to us from previous courses is due – by mail or in-person – by the first class of the term.

If your intention is to listen to these classes online without coming to class, we would like you to enroll in the Correspondence Course. To do so, contact Trisangma or

Peter Watson directly at: peterwatson1@gmail.com. We ask that you study the courses in the order they were taught, beginning with Course 1, class 1 (Spring 2007).

It is only offered for credit, it may not be audited.

Faculty

The course is taught by Trisangma and Peter Watson. A long term practitioner and teacher of Tibetan Buddhism, Trisangma is a translator of Tibetan texts and has studied meditation and Buddhist philosophy for more than ten years under the close guidance of some of the greatest living masters of the East and West. She completed a three-year solitary meditation retreat and has taught meditation and Buddhist Philosophy in the U.S. and around the world. She currently teaches at Diamond Mountain University and in Tucson.

Since 2003 Peter has attended intensive Tibetan Buddhist study programs in both London and the U.S. He completed the two-year Foundation of Buddhist Thought program under Geshe Tashi Tsering, while studying the ACI courses full time with Trisangma. He has been studying with Geshe Michael Roach since 2004 and is a full time student at Diamond Mountain University where he and Trisangma study and develop new course material together.

Schedule

Fall term – V

Day & time: Saturdays, 2:30-4:30pm

Dates: 10/11, 10/18, 10/25, 11/1, 11/8

Location: Temple, Diamond Mountain

Winter term – cancelled

Spring term – cancelled

Sacred Classics Translator

Course XV; Spring 2009

In this term's Sacred Translator Course we continue with our study of perhaps the greatest explanation of emptiness ever written: the *Illumination of the True Thought (Gongpa Rabsel)*, by Je Tsongkapa Lobsang Drakpa (1357-1419), as explained in the masterful commentary of Kedrup Tenpa Dargye (1493-1568), the famed textbook writer of Sera Mey Tibetan Monastery.

In this section of the text, we've been exploring an important question. We all have tremendous amounts of old bad karma in our karmic pocket, millions of seeds in our subconscious. And any one of them might break open and sprout at any time, as a car accident or someone yelling at us. Is there any way that we can just disable these seeds, and make sure that they never go off?

We learn in our commentary that there is a way. One lower school first suggests that we have to stop the "trigger" that sets the karma off, by developing a better view of our world. This view is the one that says, "I am not in control of my body and my mind." That is, we don't really have any power over whether or not a cancer will suddenly strike our body tomorrow. Nor do we have any control over whether our mind is happy at any given moment: these things are beyond our control.

The highest school of Buddhism, counters by saying that this view is not enough to stop our karmic seeds from going off. We need to go farther, and see that the reason we have no control is that everything around us—including our body to our thoughts—is being produced by seeds from how we have treated others in the past. This understanding does indeed give us the power to shut down our past karmas, no matter how bad they might have been.

In our upcoming course we'll be continuing this discussion by exploring various presentations on emptiness which appeared in the original sutras taught by Lord Buddha, including both higher and lower schools of thought. Much of this presentation will involve an examination of the idea of illusion.

We'll be continuing in this course with our new format of including actual traditional Tibetan debating during the class, involving all the students. Advanced students will be asked to continue translating sections of the text as we go. And we will continue to consume huge quantities of (fairly) healthy snacks and have a really good time as we learn to translate the ancient books. Students in the class have been making incredible progress in recent months.

Prerequisites and Requirements

This class is open to all students, without any prerequisites. Just come, and we'll get you up to speed. It's also offered live online.

Hardcore students in the class are being included more and more in many amazing translation and other projects; but even students with no interest in foreign languages are really enjoying the lively feeling in the room as we explore holy ideas. Please feel welcome to join us; we'd love to have you.

For students who live off-site, especially in other countries in much different time zones, we have an archive of the classes that you can access at any time online after the actual class takes place, accessible from <http://www.diamondmtn.org/downloads>.

For instructions about joining the webcast, visit: <http://www.dmes.org/index.php/WebcastInfo>. We also have a chat room set up during the class times where both students and more experienced scholars can offer comments, corrections, and suggestions directly to Geshe Michael even as the translation class is going on. We believe that in this way we can all contribute to a finished translation that will be of the highest quality, and have fun working together as we create it. And so if you are already an established translator of Tibetan, we hope that you will consider "stopping in" online whenever you can.

Faculty

Geshe Michael Roach is the founder of the Asian Classics Institute, author of *The Diamond Cutter*, and the first American geshe. For more information about Geshe Michael, please visit: <http://www.diamondmtn.org/roots>.

Schedule

Fall term – XIII

Day & time: Mondays, 5:30-7:30pm (GMT -07:00)

Dates: 10/6, 10/20, 10/27, 11/3

Location: Temple, Diamond Mountain

Winter term – XIV

Day & time: Mondays, 5:30-7:30pm

Dates: 3/2, 3/9, 3/16, 3/23

Location: Temple, Diamond Mountain

Spring term – XV

Day & time: Mondays, 5:30-7:30pm

Dates: 5/25, 6/1, 6/29

Location: Temple, Diamond Mountain

Samadhi Sunrise

This experiential meditation course is named after the description of its goal: the sunrise-like quality of expansiveness of the mind in *samadhi*. Students will develop the ability to reach the meditational level needed to see emptiness directly. The method of meditation is based on the *Anapanasati Sutra*, as expanded by Upasaka Culadasa (Master John Yates).

Each two-hour class will consist of instruction on how to apply the antidotes to overcome meditative obstacles, how to create the causes and conditions for making on-cushion progress, sitting meditations, and experiments in cultivating close awareness.

Prerequisites and requirements

This course is open to all students. There will be no coursework outside of class, and audits are allowed.

Faculty

Brian Pearson has been a student of Tibetan Buddhism for over ten years. He has completed all 18 ACI courses and meditation modules. Brian has been a student of the great accomplished meditator Upasaka Culadasa since 2002, and a student of Geshe Michael Roach since 2000. Brian is dedicated to reaching and maintaining the meditation levels needed to gain realizations and experiencing ultimate reality directly.

Schedule

Fall term

Days & times: Saturdays, 2:30-4:30pm

Dates: 10/11, 10/18, 10/25, 11/1, 11/8

Location: Jamyang House, Diamond Mountain

Winter term

Days & times: Sundays, 1-3pm

Dates: 3/1, 3/18, 3/22, 3/29

Location: Temple, Diamond Mountain

Spring term

Days & times: Sundays, 1-3pm

Dates: 5/24, 5/31, 6/28, 7/5

Location: Temple, Diamond Mountain

Sanskrit

The languages of more than half the modern world trace back to the sacred tongue of India, Sanskrit. And as the first Dalai Lama writes, every person who becomes enlightened then speaks in Sanskrit. It is said that the sounds of this holy language even sing within the deep channels of our inner body.

Diamond Mountain University offers a serious program in Sanskrit aimed at making the student a competent translator of the Buddhist, Hindu, and other important sacred books of ancient India.

You will be guided to a technical mastery of the written language and then beyond this into speaking, chanting, and even debating in the sacred tongue; then you'll go still further, into the actual experience of the religious states and meditation levels that are the subject of most Sanskrit literature.

This year we repeat the Introduction to and Intermediate Sanskrit course series, as well as continue the Sanskrit study group.

Note: these courses are cancelled for Winter and Spring terms.

Please see [Sanskrit Sound and Symbol](#) and [Sanskrit – The Translators Course](#).

Introduction to Sanskrit

Purpose

This three-term course series will provide students with an introductory exposure to the Sanskrit language. In the first term of the introductory course, students will learn the fundamentals of Sanskrit, including the alphabet, transcription, introductory *Sandhi* (word combination rules), and noun declination. We will also study and memorize Sanskrit verses from Master Shantideva's *Guide to the Bodhisattva's Way of Life*.

Assignments

There will be weekly homeworks, quizzes, and memorization, as well as an in-class final exam.

Audits are allowed. Those who take Parts II or III for credit need to have completed the coursework for the previous term's course before classes begin.

Readings

Readings from the classical Buddhist Sanskrit texts will be provided in handouts at each class meeting. For those students who wish to do advanced work, we recommend obtaining a copy of Michael Coulson's book on Sanskrit (Teach Yourself Books), 2nd edition, before class begins.

Intermediate Sanskrit

This three-term course series is to allow students who have completed the Introduction to Sanskrit course series to continue learning this language.

The course will be organized around chapters in Michael Coulson's *Sanskrit: A Complete Course for Beginners*, supplemented by translation and memorization exercises from original Buddhist Sanskrit texts. Homework assignments from the Coulson book, quizzes, and a final examination will be required.

Prerequisites

Completion of all the requirements for the DMU Introduction to Sanskrit course (or its equivalent) is required. Also, before the course begins, students need to review the first seven chapters of Michael Coulson's *Sanskrit: A Complete Course for Beginners*.

For admission into the Intermediate Sanskrit course, students must have completed the following Exercises from the Coulson book by the beginning of the Fall term:

- 2A
- 2B
- 3A
- 4A
- 5A
- 6A
- 7A

Students should bring their completed Exercises to the first class session.

Audits are allowed. Those who take Parts II or III for credit need to have completed the coursework for the previous term's course before classes begin.

Required Text

Michael Coulson, *A Complete Course for Beginners*.

Sanskrit Study Group

Ian Thorson will be facilitating an introductory Sanskrit study group at Diamond Mountain. We will go over the meaning of the words of the Heart Sutra and some of their English cognates. We will learn to decipher the squiggles at a fun, happy pace.

Faculty

David White, who is teaching Introduction to Sanskrit and Intermediate Sanskrit in Tucson, is an enthusiastic student of yoga and its texts, of Sanskrit at DMU and the American Sanskrit Institute, and of Tibetan Buddhism.

Ian Thorson, who leads the Sanskrit study group at Diamond Mountain, has studied Sanskrit at Humboldt University in Berlin, and with Geshe Michael Roach and Lama Christie McNally since 1997.

Schedule

Introduction to Sanskrit

Fall term – Part I

Days & times: Mondays & Fridays, 6-8pm

Dates: 10/6, 10/10, 10/17, 10/20, 10/24, 10/27, 10/31, 11/3, 11/7

Faculty: David White

Location: Three Jewels, Tucson (314 E. 6th St.)

Intermediate Sanskrit

Fall term – Part I

Day & time: Tuesdays, 1-4pm

Dates: 10/7, 10/14, 10/21, 10/28, 11/4

Faculty: David White

Location: Three Jewels, Tucson (314 E. 6th St.)

Sanskrit Study Group

Fall term

Day & time: Thursdays, 3-4:30pm

Dates: 10/9, 10/16, 10/30, 11/6

Faculty: Ian Thorson

Location: Lama House, Diamond Mountain

Sanskrit Sound and Symbol: Learning to Read Devanagari

This course introduces the Sanskrit language, and, starting from scratch, allows students the ability to read the *Devanagari* script. We will learn experientially, create the sounds of the language, and learn to associate those sounds with the *Devanagari* script.

We will chant a lot, and begin to explore texts and *mantras* in Sanskrit, such as the *Yoga Sutras*, *Guide to the Bodhisattva's Way of Life*, and the *Bhagavad Gita*.

We will also start looking at vocabulary appropriate to studies of yoga and Buddhist philosophy, as well as briefly looking at the ways Sanskrit studies can be continued. There's a lot of grammar, and we won't be getting into any of it in this class!

Please also see [Sanskrit – the Translators Course](#).

Course materials

All necessary written material will be provided.

Course prerequisites and requirements

Enthusiasm, a real desire to learn to read Sanskrit, and the ability to stay committed, both in class and in the learning necessary outside of class.

Audits are not allowed.

Faculty

David White is an enthusiastic student and teacher of yoga (Astanga lineage), and of Yogic, Buddhist, and Shaivite philosophy and practice, and of Sanskrit. He studied Sanskrit with the American Sanskrit Institute and with Ven. Marut.

Schedule

Winter term

Days & times: Mondays & Fridays, 1-3pm

Dates: 2/23, 2/27, 3/2, 3/6, 3/9, 3/13, 3/16, 3/20

Location: Temple Yurt, Diamond Mountain

Sanskrit - The Translators Course

Primarily for advanced Sanskritists, this course will also be open to anyone interested in participating in an in-class translation of original Sanskrit texts. Emphasis will be on both accuracy of translation and making the translation comprehensible to ordinary English speakers.

Please see also [Sanskrit Sound and Symbol](#).

Prerequisites and Requirements

Completion of the Readings in Sanskrit course or the instructor's permission. The course will have homework and in-class quizzes. Audits are allowed.

Faculty

Since 2000, Venerable Sumati Marut has been teaching Buddhism in North America and internationally, including Asian Classics Institute courses, meditation, retreats, Yoga Philosophy and Sanskrit language and translation.

He is the founder and spiritual director of the Asian Classics Institute, Los Angeles (www.aci-la.org), and the Asian Classics Institute, Cape Ann. He is also a founding member of the Board of Directors and Staff Instructor of the Yoga Studies Institute (www.yogastudiesinstitute.org).

Venerable Marut is on the faculty of Diamond Mountain University as a professor of Sanskrit, and teaches in-depth courses in Tucson, most recently based on classic texts such as the *Bhagavad Gita* and Master Shantideva's *Guide to the Bodhisattva's Way of Life*. His 30 years of study and teaching as a professor of comparative religion brings a wealth and depth of knowledge to these classes, renowned for their comprehensibility and humor.

Schedule

Fall term – I

Days & times: Thursdays, 1-4pm

Dates: 10/9, 10/16, 10/30, 11/6

Location: Three Jewels, Tucson (314 E. 6th St.)

Winter term – II

Days & times: Thursdays, 1-4pm

Dates: 2/26, 3/5, 3/12, 3/19, 3/26

Location: Three Jewels, Tucson (314 E. 6th St.)

Spring term – III

Days & times: Thursdays, 1-4pm

Dates: 5/28, 6/18, 6/25, 7/2

Location: Three Jewels, Tucson (314 E. 6th St.)

Scriptural Tibetan

The aim of this course is to bring those students who have learned to read Tibetan letters and basic rules of pronunciation up to the point of being able to read and understand full sentences and short paragraphs of classical Tibetan texts. We will continue to work "hands-on" with selections from works by Je Tsongkapa, Khedrup Denpa Dargye, Ngulchu Dharma Bhadra, and other masters, thus familiarizing students with an indispensable basic vocabulary for understanding classical explanations of emptiness and *bodhichitta*.

Each class session will be structured to develop the range of skills which baby translators will need in order to start practicing and advancing on their own. Thus students will be expected to memorize verses and short sentences for individual recitation in class and will be quizzed on the spelling and meaning of 20 new words each week. In-class explanations will cover crucial grammatical particles and sentence structures, and the final exam will require students to produce a translation of a short paragraph of text.

Prerequisites and Requirements

This course is open to students who have completed Scriptural Tibetan I, Scriptural Tibetan II, or equivalent Tibetan reading knowledge by permission of the instructor. This course has homeworks and quizzes for each class. Audits are allowed.

Faculty

This course will be taught by Eva Natanya.

Eva Natanya received a B.A. in Philosophy from Fordham University, a Masters degree in Christian theology from the Graduate Theological Union in Berkeley, CA. She has been a student of the Tibetan language since listening to Geshe Michael Roach's ACI Course I in 2002, and most recently spent a month studying language and debate at Sera Mey Monastery (Nov-Dec 2007). She also completed a year of Intermediate Tibetan at the University of California at Berkeley with Prof. Karma Ngodup, and remains an ongoing student of Geshe Michael's Sacred Classics Translator course.

Schedule

Fall term – Part II

Days & times: Tuesdays and Thursdays, 5:30-7pm

Dates: 10/7, 10/14, 10/16, 10/21, 10/28, 10/30, 11/4, 11/6

Location: Temple, Diamond Mountain

Winter term - Part III

Days & times: Tuesdays and Thursdays, 5:30-7pm

Dates: 2/24, 2/26, 3/5, 3/10, 3/12, 3/17, 3/19, 3/24, 3/26

Location: Temple, Diamond Mountain

The Secret Garden: A Collaboration of Dance and Chakras

Part II: Cultivating Radical Heart; Spring term

Dancing from the inside, we will use the imagination as a powerful tool to remap body and mind. This course will explore where choreography and Asian movement and performance techniques meet the spiritual path.

We all have an ability to embody knowledge and embody spiritual qualities and we will practice how to share that with others.

We'll explore the practical ways that dance helps us in our daily lives by bringing intention and awareness of movement into our way of being in the world.

Early in the term, we'll be joined by Guest Artist Elisa Monte, choreographer and founder of the Elisa Monte Dance Company.

Prerequisites and Requirements

Students must have previously taken at least one dance course at Diamond Mountain or by permission of the instructors. Also, students must also be currently enrolled in either Tantra or one of the ACI courses. Audits are not allowed.

Faculty

Andreana K. has been researching movement for over ten years and exploring dance as spiritual practice for eight years. She has studied Buddhism, meditation, yoga, and dance with Geshe Michael Roach, Lama Christie McNally, Lama Trisangma, Lama Ora Maimes, and Lama Pelma. Her training includes an extensive apprenticeship in classical Indian dance with Asako Takami; Tantric Buddhist dance with Prajwal Ratna Vajracharya, and choreography with Molissa Fenley. Andreana has taught and performed around the world, including San Francisco, New York, Paris, France, Singapore, Prague, and Tucson, Arizona and believes we can save the world, one dance step at a time.

Anatole Nguyen is a devoted student of Sri Dharma Mittra, Geshe Michael Roach, and Lama Christie McNally. A certified yoga teacher and martial artist for seventeen years, he teaches the inner and outer methods of yoga and Buddhism, and has offered classes extensively in New York City, Arizona, and around the world. A raw foods chef, he also holds lectures on nutrition, food preparation, and proper diet for yoga practitioners. As a classically trained pianist and club DJ, Anatole is also dedicated to serving the world by bringing the sacred vision of both music and dance to people everywhere.

Schedule

Fall term

Days & times: Mondays and Fridays, 3:30-5pm

Dates: 10/6, 10/10, 10/17, 10/20, 10/24, 10/27, 10/31, 11/3, 11/7

Location: Nataraja, Diamond Mountain

Spring term

Days & times: Mondays and Fridays, 2:30-4pm

Dates: 5/22, 5/25, 6/1, 6/19, 6/22, 6/26, 6/29, 7/3

Location: Nataraja, Diamond Mountain

Singers Workshop

Level I; Spring term

This course offers professional training to develop and open a voice properly, freeing your voice and deeply opening your heart in song. Students will learn classical methods and warm ups as well as begin to work on individual solo pieces at performance standards. For the non-singer, this course offers a chance to open up and let out what's inside in a safe supportive environment.

In Level One we will learn the basics of breath control and support, teaching how to support a full breath and expand your capacity when singing. Training will also focus on how to relax the voice, avoid straining notes, as well as hitting pitch and emotion with a song.

Live accompaniment will be provided with warm ups and solo arrangements on piano by Kevin Warren.

Prerequisites and Requirements

Having a basic ability to read music is helpful as well as some experience with singing publicly, but not required. Everyone who comes has to sing, but it's ok if you are a beginner, no "just watching." Students will be expected to do song selection, daily warm-ups outside of class time, and learning their music. Audits are not allowed.

Faculty

Mercedes Bahleda has been trained professionally as a singer since the age of 8 when she began her first private voice lessons and vocal recitals. In high-school she placed and competed in honors brackets of classical choral performance leagues, singing both soprano and alto arrangements, and went on to major in performance arts at New York University where she graduated with honors in 1993. She has worked with some of the best vocal coaches available in NYC and went on to receive "stand out" music reviews for her off Broadway vocal performances while working as an actress in NYC.

Recently she trained with Indian Classical Raga teacher Vacenta in Mysore India and has just released her second album following "Mercy Songs" featuring the music of the Tibetan Heart Yoga Series, "Path to Bliss".

Schedule

Spring term

Days & times: Fridays, 1:15-2:15pm

Dates: 5/22, 6/19, 6/26, 7/3

Location: Nataraja, Diamond Mountain

Song in My Heart

The purpose of this course is to strengthen world view. Students will leave the course with a plan to achieve some concrete goal using karmic principles, as well as a better understanding of karma and emptiness.

The course will review karma and emptiness, and will provide a plan how to strengthen world view and become a master of karma, instead of its victim. It will review part of ACI 5 – How Karma Works (Level One of Higher Knowledge (*Abhidharma*)), and make it a concrete information to apply in one's own life. It should be useful both for veteran Diamond Mountain students and newbies.

Syllabus

Class 1: Introduction to world view; how to become a karmic master. Course outline. Purification and merit collection. The big of picture how to use world view to our advantage.

Class 2: Karma laws

Class 3: Karmic factors

Class 4: Vows

Class 5: Mastering the mental afflictions – conventional and karmic methods

Class 6: Personal plan for achieving personal goals

Class 7: One more case study – health / partnering / something else

Class 8: Speeding spiritual progress – using the Lama, keeping the vows, the perfections, advanced.

Class 9: Sharing personal stories, encouragement to implement material and teach it to others.

Course prerequisites and requirements

Students should have an open mind, spiritual intelligence, and caring. Students will be expected to present a personal plan for strengthening world view. Homeworks are optional, and auditing is allowed.

Faculty

Arie Tzvieli was born in 1948 and lived in Israel until 1984, where he married and had three wonderful children, and finished a D.Sc in Computer Science, and several EST workshops.

In the U.S. since 1984, he started practicing Buddhism after meeting Ram Dass in 1989; first *Vipasyana* and then *Mahayana*. In 1988, he started taking ACI courses, and received his first *tantric* initiation with Khen Rinpoche. Arie has been attending Diamond Mountain University since 2004, and has taught various ACI courses in New Jersey.

Schedule

Winter term

Days & times: Tuesdays & Thursdays, 3:15-5:15pm

Dates: 2/24, 2/26, 3/5, 3/10, 3/12, 3/17, 3/19, 3/24, 3/26

Location: Jamyang House, Diamond Mountain

Songs of Devotion

"Devotion is sweet in the beginning, sweet in the middle and sweet in the end. Wisdom will dawn by itself when you practice the yoga of devotion. It gives the highest, undecaying bliss. Devotion is the pleasant, smooth, direct road to God."

–Swami Shivananda

Songs of Devotion is an ongoing exploration of how to open the heart and mind through music, devotion, and surrender to the divine. Each class brings together stories, scriptures, and poetry from the great traditions and masters of the past with devotional music from all around the world. Topics will vary each term.

No prerequisites, no homework, no attendance requirements.

Faculty

Ora Sundara Maimes has been a student of meditation, Buddhism, and yoga for the past twelve years. Originally from California, she met her first teachers in India when she was 18 years old, and soon after met her heart teacher, Geshe Michael Roach, in New York City, with whom she has been studying and serving ever since.

Jamie Plante has been a student of Buddhism and meditation since 1994 and has studied Traditional Chinese and Ayurvedic Medicine at the Santa Barbara College of Oriental Medicine, the Arizona School of Acupuncture and Oriental Medicine, and the California College of Ayurveda. He is the director of the Worldview Institute for New Health, a project dedicated to preserving the ancient literature of traditional medical traditions, and bringing the wisdom of ancient India to modern medicine.

Mercedes Bahleda is a long-time student of Buddhism, yoga, and kirtan. She's been leading kirtan at Diamond Mountain for the past three years, and is skilled in helping us all find our voice for devotion.

Will Duncan began studying sacred music at the Naropa Institute in 1990. He studied classical Indian music for three years at the Ali Akbar College of music and lived in India for one year to continue studies of music and dance. He has performed as a musician with dance companies throughout North America.

Kevin Warren has been gracing Diamond Mountain with his voice and musicality for two years.

Schedule

Fall term

Day & time: Sundays, 1-3pm

Dates: 10/12, 10/19, 10/26, 11/9

Location: Temple, Diamond Mountain

Winter term

Day & time: Sundays, 3:15-4:15pm

Dates: 3/1, 3/18, 3/22, 3/29

Location: Temple, Diamond Mountain

The Source of All My Good: An Overview of the Steps on the Path to Enlightenment

In this course we will review the entire Tibetan Buddhist path – from taking a spiritual teacher to reaching enlightenment. We will use as our root text Je Tsongkapa's classic, *The Source of All My Good*, and will also draw on the great commentaries on the *Lam Rim* by Je Tsongkapa and Pabongka Rinpoche. Students will be encouraged to memorize the root text and will be instructed in a meditation with detailed visualizations designed to imprint the *Lam Rim* deep within the mind.

We will cover the following topics during the course of the term:

- "The source of all my good..." The root of the path – how to take a Lama, how to think about a Lama, how to act toward the Lama. Introduction: History of *Lam Rim* and Je Tsongkapa, why we need the steps of the path, how we should approach the *Lam Rim*.
- "The excellent life of leisure..." Leisure and fortune.
- "Fleeting as the bubbles in the sea froth of a wave..." The steps shared with those of the lesser scope, how to take the essence of this life, the existence of future lives, death meditation, refuge.
- "Ever to be careful..." Karma and purification, the four forces.
- "I can never get enough..." Steps shared with those of medium scope, Nirvana, the fact of suffering.
- "The essence of my practice..." The three extraordinary trainings.
- "Everyone my own mother..." Steps shared with those of the greater scope, how to think like a Bodhisattva, exchanging self for others and seven-step cause and effect method for developing bodhicitta.
- "Freeing them all..." How to act like a Bodhisattva: *Paramitayana*, part 1: the perfections of giving, ethics, patience, and joyful effort.
- "The path where quietude and insight join together..." How to act like a Bodhisattva: *Paramitayana*, part 2: the perfections of meditative concentration and wisdom.
- "Where I become myself the keeper of the diamond..." Discussion on verses 10-14 and entering the diamond path.

Prerequisites and Requirements

This course is open to all students, and audits are allowed. You will be asked to memorize the *Source of All My Good*, complete homeworks, take quizzes, and meditate on these topics over the course of the term.

We will be using the following texts: *Preparing for Tantra: The Mountain of Blessings*, by Je Tsongkapa, Mahayana Sutra & Tantra Press, 1995; selections from Je Tsongkapa's *Lam Rim Chenmo*; and *Liberation in the Palm of Your Hand: A Concise Discourse on the Path to Enlightenment*, by Pabongka Rinpoche, Wisdom Publications, 1997.

Faculty

Since 2000, Venerable Sumati Marut has been teaching Buddhism in North America and internationally, including Asian Classics Institute courses, meditation, retreats, Yoga Philosophy and Sanskrit language and translation.

He is the founder and spiritual director of the Asian Classics Institute, Los Angeles (www.aci-la.org), and the Asian Classics Institute, Cape Ann. He is also a founding member of the Board of Directors and Staff Instructor of the Yoga Studies Institute (www.yogastudiesinstitute.org).

Venerable Marut is on the faculty of Diamond Mountain University as a professor of Sanskrit, and teaches in-depth courses in Tucson, most recently based on classic texts such as the *Bhagavad Gita* and Master Shantideva's *Guide to the Bodhisattva's Way of Life*. His 30 years of study and teaching as a professor of comparative religion brings a wealth and depth of knowledge to these classes, renowned for their comprehensibility and humor.

Schedule

Fall term

Days & times: Tuesdays and Thursdays, 8-10pm

Dates: 10/7, 10/14, 10/16, 10/21, 10/28, 10/30, 11/4, 11/6

Location: Chinese Cultural Center, Tucson (1288 West River Rd.)

Tai Chi Chuan

A Spiritual Warrior, or Bodhisattva, should practice any skill that can be used to help others. This term we will practice the Yang long form of Tai Chi Chuan, an internal system of ancient kung fu as practiced in China by ancient Chinese masters. Our goal as martial arts practitioners is to go beyond ourselves, to learn to push past our limits, and reach the extent of our physical abilities. Of course, this means learning to focus our *prana* – in the Chinese system called *chi*. In order to do this we will practice meditation, learn *chi gung* exercises and sections of a *tai chi* form, and the practice of push hands.

In Winter term we will continue learning the Yang style long form of Grand Ultimate Fist (Tai Chi Chuan), along with the practical application of these movements (self-defense), in an effort to learn how to move *prana (chi)* in a *yang*, rather than *yin*, way of movement. Again, the ultimate goal, to move and effect *prana* to reach our enlightenment, is supported by the meditation on spiritual warrior training (*bodhicitta*)—learn to be the hero!

Practice to fight so you don't have to, move *prana*, and change your world!

This practice group will be facilitated by Ven. Lobsang Nyingpo.

Note: This is not a course, rather a group channel practice. It's best to register, and you can attend as many or as few classes as you wish. Please maintain silence.

Schedule

Fall term

Days & times: Fridays, 11:45am-12:45pm

Dates: 10/10, 10/17, 10/24, 10/31, 11/7

Location: Temple, Diamond Mountain

Winter term

Days & times: Mondays & Fridays, 11:45am-12:45pm

Dates: 2/27, 3/2, 3/6, 3/9, 3/13, 3/16, 3/20, 3/23, 3/27

Location: Temple, Diamond Mountain

Tantra Course Series

Course XIII: A Bridge to the Stage of Completion; Fall 2008

The planned seven-year DMU course in the higher teachings of Buddhism—known as *Vajrayana*, or the Diamond Way—has proceeded successfully through its first two phases. First was a one-year review of the open teachings, the *lam-rim* or steps of the path, with the First Panchen Lama's *Path to Bliss*.

Next we completed our study of the stage of creation, the Eleven Yogas, of the Angel of Diamond, Vajra Yogini. We passed thus four years, utilizing about ten classic texts but concentrating on the *sadhana* (the ritual for reaching the Angel) and commentary composed by Dechen Nyingpo Pabongka Rinpoche, heart teacher of the heart teacher of His Holiness the present Dalai Lama.

In this fall's course, we begin the transition into the stage of completion, a study which will require two more years, culminating then in the DM Three-Year Retreat, where we'll attempt to perfect all these practices and... reach enlightenment.

First we'll be closing up some final details of the Eleven Yogas: we still need to cover the Practice of the Inconceivable, and certain of the Practices of Daily Life—especially the Yoga of Wandering, or *Sindhur Langalli*. For these we'll be concluding several texts we've been studying, especially *The Stairway for Those of Goodness and Fortune*, by Dechen Nyingpo, on the art of tantric retreat; the retreat ritual text of the same Lama; the final sections of His commentary to the *sadhana*; and final sections of the commentary of Lama Quicksilver's commentary.

We'll then begin a study of *Drumsong of the Gods*, an important commentary on the Vajra Yogini practice by Master Yangchen Druppay Dorje (1809-1887), heart disciple of Lama Quicksilver. This is based on the famous Angel of Diamond prayer of Tsarchen Dorje Chang; like the prayer itself it will provide an essential review of all Eleven Yogas, and then bridge us on to one of the finest presentations of the completion-stage practices of the inner body, for this same Angel. And then we'll be off on the stage of completion, for another five years.

This course is open to all students empowered in the Diamond Mountain lineage who have caught up in the twelve courses to date, either at DMU or from one of the DM lineage holders, provided they have the permission of the teachers of this class to attend.

Course XIV: The Six Yogas of Naropa, Part I; Winter term

Fall term marked the completion of the first two of the three major stages in the Diamond Mountain course in the teachings of the Diamond Way. That is, in the first year of our studies we completed the required preparation for these teachings, by studying the steps of the path according to *The Path to Bliss*, by His Holiness the First Panchen Lama.

The second stage came over the next three years, while we carefully learned every detail of the Eleven Yogas in the stage of creation for the secret teachings of the Angel of Diamond, Vajra Yogini, as they were passed down to the matchless sage Naropa.

Now we are properly prepared to begin our formal studies of the stage of completion. This stage we will be learning again from Master Naropa; but this time from his famed Six Yogas. In the Winter term we will cover the first part of these six, and then in the Spring term the second part.

In our opinion, the greatest explanation of the Six Yogas ever written is that of Je Tsongkapa (1357-1419); it is the subject of his great classic, *The Book of Three Beliefs*. As usual, students will be getting an original translation of this text, with the accompanying Tibetan. This work was completed by Lama Christie and Geshe Michael during the first three-year retreat, after receiving the complete instructions of the text and practice from two eminent Lamas of Sera Mey Tibetan Monastery.

This first part of the Six Yogas includes, among many other topics, a description of the inner body of *chakras* and channels. And so we'll be supplementing the course with a thorough and masterful presentation on this subject which was delivered by Lama Christie during the eighth course of the Bok Jinpa advanced meditation series.

These readings include exquisite and unparalleled descriptions of the inner body culled from the writings of Je Tsongkapa, Choney Lama Drakpa Shedrup (1675-1748), and Changkya Rinpoche Ngawang Lobang Chunden (1642-1714).

We will also be supplementing the course with actual completion-stage practices of the Vajra Yogini tantra, primarily as presented in the *Drumsong of the Gods*, composed by Master Yangchen Druppay Dorje (1809-1887) and translated by Lama Christie.

Course XIV is open to all students empowered in the Diamond Mountain lineage who have caught up in the thirteen Diamond Way courses to date, either at DMU or from one of the DM lineage holders, provided they have the permission of the teachers of this class to attend.

Course XV: The Six Yogas of Naropa, Part II; Spring term

This term in the Diamond Way course at Diamond Mountain we continue with our study of the stage of completion, from both the Vajra Yogini tradition and the Six Yogas of Naropa.

In the Vajra Yogini teachings, we'll be continuing through the twelve deep practices of the completion stage, covering three important methods from the "Greater Practice of the Central Channel" shared by both the Mother and the Father secret traditions. These will be drawn from two important commentaries: the *Heart Essence of the Angels*, by Pabongka Rinpoche Dechen Nyingpo (1878-1941), and the *Drumsong of the Gods*, by Master Yangchen Druppay Dorje, Lobsang Chumpel (1809-1887).

For the Six Yogas, we'll be continuing through the *Book of Three Beliefs*, composed by Je Tsongkapa (1357-1419) and perhaps the greatest presentation of this

important tradition ever. We'll begin with a continuation of the most crucial of the yogas, Inner Fire, with instructions on getting winds into the central channel. And then we'll be going on to subjects like the Body of Illusion, the Practice of Dreaming, and the Clear Light, in conjunction with an examination of how we pass through the process of death.

These two traditions then will guide us through the ancient practical instructions, in essence, for turning ourselves into a sacred Angel who possesses the power to come to every being in need, on every planet there is, and guide them to perfection as well.

Course XV is open to all students empowered in the Diamond Mountain lineage who have caught up in the fourteen Diamond Way courses to date, either at DM or from one of the DM lineage holders, provided they have the permission of the teachers of this class to attend.

Faculty

Geshe Michael Roach is the founder of the Asian Classics Institute, author of *The Diamond Cutter*, and the first American geshe. For more information about Geshe Michael, please visit: <http://www.diamondmtn.org/roots>.

Lama Christie McNally is the spiritual partner of Geshe Michael Roach, and a co-founder of Diamond Mountain. She has trained intensively with Lamas in the great monasteries of India and Nepal, and recently completed a 3-year meditation retreat. She is also a translator of ancient Tibetan and Sanskrit texts.

Schedule

Fall term – Course XIII

Days & times: Saturdays, 8pm-12:30am and Sundays, 4:30*-6:30pm

Dates: 10/11, 10/12, 10/18, 10/19, 10/25, 10/26, 11/1, 11/8**, 11/9

Location: Temple, Diamond Mountain

*Geshe Michael and Lama Christie request that students arrive at the Temple at 3:15pm on Sundays to be with their vajra family.

**November 8th is *tsechu*; details to be announced.

Winter term – Course XIV

Days & times: Saturdays, 8pm-12:30am and Sundays, 5:30*-~7:30pm

Dates: 2/28, 3/1, 3/7, 3/8, 3/14, 3/21**, 3/22, 3/28, 3/29

Location: Temple, Diamond Mountain

*Geshe Michael and Lama Christie request that students arrive at the Temple at 4:30pm on Sundays to be with their vajra family.

**March 21st is *tsechu*; details to be announced.

Spring term – Course XV

Days & times: Saturdays, 8pm-> and Sundays, 6:30pm->

Dates: 5/23*, 5/24, 5/30, 5/31, 6/20, 6/27, 6/28, 7/4, 7/5

Location: Temple, Diamond Mountain

*May 23rd is Yamantaka *tsok*; details to be announced.

Teachings of the Future Buddha

In this course we will investigate what is really meant by the term "Buddha nature."

We will cover the following topics over the course of the term:

- About the text: On the name of the text; the prediction of Araya Asanga; How Arya Asanga was granted the text; the five books of Maitreya; the progression of the five books; the six questions of the king; how high was the Arya.
- The seven diamond-like visions: the translator pays respect; the seven diamond-like visions; the two forms of each vision; why they are like a diamond; on the number of the seven; on the order of the seven.
- Becoming a shelter for the world: the student the book was meant for; the meaning of the jewel; taking shelter in the Buddha; the qualities of the coming Buddha; Gyaltsab Je on the qualities.
- The sun of the holy Dharma: Neither is not isn't; the way it all begins; curing the sickness; gaining the Dharma Jewel.
- Death and realized beings: How free is a realized being? The seven lifetimes; realized beings and the truth of suffering; to the body of illusion; death and the way of mantra; the realized taking birth again; how much trouble you avoid by seeing emptiness.
- Nine images for the concealed Buddha: An introduction to the nine images; the ugly lotus; the bee with honey; the essence within a piece of grain; the gold coin dropped in a cesspool; the treasure buried in a poor man's hut; the sprout within a small fruit; the status of the Victor within a ragged cloth; the world emperor in the womb of a poor woman; the golden statue covered with mud.
- Buddha nature is emptiness – the sources: a definitive explanation of Buddha nature; some debates about Buddha nature; the five wisdoms and the five heaps.
- Other schools on Buddha nature: Positions of the ancient Indian schools; some debates on the Indian schools; teachings on the idea of "other-emptiness" (*shentong*); some practical meditations of the "other-emptiness" school; discussions on Buddha-nature from His Holiness the Third Karmapa; Gyaltsab Je's critique of "other-emptiness."
- In the end, all paths are one: About the names "vehicle," "listener," and "self-made Buddha;" kinds of self-made Buddhas; the three tracks and the three scopes; who holds the three tracks; the three degrees of selflessness; in the end, the ways are three; in the end the ways are one; where the higher path is entered; is there a beginning or an end to suffering; how the Buddhas awaken them.

- The Twelve Deeds of the Buddha: Introduction to the Twelve Deeds; some detail on the Twelve Deeds and the person who performs them; Who was he before? Who performs the deeds? The tantric view; celebrating the deeds; the whole story; declaring yourself to the world.

Prerequisites and Requirements

The course is open to all students, and audits are allowed. This course has readings, homeworks, quizzes, final, and meditation assignments. Students should download course readings, homeworks, quizzes, and final from this site: http://www.aci-la.org/teach_marut_indepth.html. Be sure to print out the homework, quizzes, and final so that you can hand them in.

Faculty

Since 2000, Venerable Sumati Marut has been teaching Buddhism in North America and internationally, including Asian Classics Institute courses, meditation, retreats, Yoga Philosophy and Sanskrit language and translation.

He is the founder and spiritual director of the Asian Classics Institute, Los Angeles (www.aci-la.org), and the Asian Classics Institute, Cape Ann. He is also a founding member of the Board of Directors and Staff Instructor of the Yoga Studies Institute (www.yogastudiesinstitute.org).

Venerable Marut is on the faculty of Diamond Mountain University as a professor of Sanskrit, and teaches in-depth courses in Tucson, most recently based on classic texts such as the *Bhagavad Gita* and Master Shantideva's *Guide to the Bodhisattva's Way of Life*. His 30 years of study and teaching as a professor of comparative religion brings a wealth and depth of knowledge to these classes, renowned for their comprehensibility and humor.

Schedule

Spring term

Course cancelled

Tibetan

Introduction to Tibetan study group

This study group is for anyone who has an interest in learning Tibetan, but finds the whole thing just too daunting. We will demystify the Tibetan characters and explain the rules of pronunciation, and you will be amazed at how quickly you will be reading and writing Tibetan words. It's easier than you might think.

Colloquial Tibetan study group

This study group is designed to give students an introduction to spoken Tibetan. We will use course material from various sources, including *Practical Tibetan* and the *Tibetan Phrasebook*. Emphasis will be on learning grammar and vocabulary; students should be able to sound out Tibetan letters and previous study of Tibetan is recommended.

Note: This study group is required for those participating in the Diamond Mountain Overseas Study Program.

Please also see [Sacred Classics Translator](#), [Hypertexting](#), [Literary Tibetan II](#), and [Scriptural Tibetan](#).

Schedule

Introduction to Tibetan

Fall term

Days & times: Mondays and Fridays, 1-2:30pm

Dates: 10/6, 10/10, 10/17, 10/20, 10/24, 10/27, 10/31, 11/3, 11/7

Faculty: Ben Kramer

Location: Temple Yurt, Diamond Mountain

Winter term

Days & times: Mondays and Fridays, 1-2:30pm

Dates: 2/23, 2/27, 3/2, 3/6, 3/9, 3/13, 3/16, 3/20

Faculty: Stella Karkowski

Location: Jamyang House, Diamond Mountain

Spring term

Days & times: Mondays and Fridays, 1-2:30pm

Start date: 5/22, 5/25, 6/1, 6/19, 6/22, 6/26, 6/29, 7/3

Faculty: Daniel Garcia

Location: Temple Yurt, Diamond Mountain

Colloquial Tibetan

Fall term

Days & times: Tuesdays and Thursdays, 3:15-4:45pm

Dates: 10/7, 10/9, 10/14, 10/16, 10/21, 10/28, 10/30, 11/4, 11/6

Faculty: Evan Osherow

Location: Jamyang House, Diamond Mountain

Spring term

Days & times: Tuesdays and Thursdays, 3:15-4:45pm

Dates: 5/26, 5/28, 6/2, 6/18, 6/23, 6/25, 7/2

Faculty: Beau Peterson

Location: Jamyang House, Diamond Mountain

Tibetan Heart Yoga

Heart Yoga is an inspiring combination of traditional physical poses of yoga (*asana*), breathing practices (*pranayama*) and meditation, and includes unique instructions for understanding how yoga really works. Heart Yoga places a special focus on your breath and thoughts during yoga practice so that we intentionally work from the 'inside out'. By working from the inside as well as the outside, your yoga practice becomes infinitely more powerful, affecting all areas of your life.

Heart Yoga classes will rotate instructors providing an opportunity for students to experience a variety of styles. Appropriate for all levels.

Please bring a yoga mat.

Yoga Studies Institute Staff and Affiliated Teachers will be leading daily (every day except Wednesday) Heart Yoga on a rotating basis.

Note: This is not a course, rather a group channel practice. It's best to register, and you can attend as many or as few classes as you wish. Please maintain silence.

Fall term

Days & times: Thursdays through Tuesdays, 9:30-11:30am

Dates: 10/6, 10/7, 10/9, 10/10, 10/11, 10/12, 10/13, 10/14, 10/16, 10/17, 10/18, 10/19, 10/20, 10/21, 10/23, 10/24, 10/25, 10/26, 10/27, 10/28, 10/30, 10/31, 11/1, 11/2, 11/3, 11/4, 11/6, 11/7, 11/8, 11/9

Location: Temple, Diamond Mountain

Winter term

Days & times: Mondays, Tuesdays, Thursdays, and Fridays, 9:30-11:30am; Saturdays and Sundays, 9:30-11am

Dates: 2/23, 2/24, 2/26, 2/27, 2/28, 3/1, 3/2, 3/3, 3/5, 3/6, 3/7, 3/8, 3/9, 3/10, 3/12, 3/13, 3/14, 3/15, 3/16, 3/17, 3/19, 3/20, 3/21, 3/22, 3/23, 3/24, 3/26, 3/27, 3/28, 3/29

Location: Temple, Diamond Mountain

Spring term

Days & times: Mondays, Tuesdays, Thursdays, and Fridays, 9:30-11:30am; Saturdays and Sundays, 9:30-11am

Dates: 5/22, 5/23, 5/24, 5/25, 5/26, 5/28, 5/29, 5/30, 5/31, 6/1, 6/2, 6/18, 6/19, 6/20, 6/21, 6/22, 6/23, 6/25, 6/26, 6/27, 6/28, 6/29, 6/30, 7/2, 7/3, 7/4, 7/5

Location: Temple, Diamond Mountain

Ticket to Heaven: Vows as Wings

Description

Every enlightened being traveled the same road that we are traveling now. They know all of the obstacles, short cuts and fastest routes. Wouldn't you like to know them as well? Come join us as we study and translate one of the most ancient Buddhist texts about taking the highest form of individual freedom vows: the full ordination ceremony for monks. The ceremony comes directly from Lord Buddha to us. You don't have to want to become ordained, or know any Tibetan for this course. Your intention to get out of suffering quickly is the best preparation for this course.

This course in Spring term is Part XV of the Foundations of Freedom course series.

Prerequisites and Requirements

There are no prerequisites for this course, and audits are allowed. Although auditors are very welcome, serious students will find the course to be a rigorous one, with homework and quizzes for each class. You do not need to know Tibetan in order to attend. Classes will consist of both lecture and discussion.

In order to receive a certificate for this course you will be expected to miss no more than two classes, and complete the homework, quizzes, and final for the course. You do not have to be ordained or be planning to become ordained to attend this course, however, for those thinking of becoming ordained, it is strongly suggested that you arrange to make up any classes missed.

Visitors will be welcome and invited to participate in class discussion.

For instructions about joining the webcast, visit:

<http://www.dmes.org/index.php/WebcastInfo>.

Faculty

Ven. Lobsang Chukyi is Director of Diamond Mountain, and one of Geshe Michael Roach and Lama Christie McNally's assistants. She is a popular ACI teacher throughout the world, a professional therapist, and a coach.

Schedule

Fall term – Part II:

Days & times: Mondays & Fridays, 3:15-5pm

Dates: 10/6, 10/10, 10/17, 10/20, 10/24, 10/27, 10/31, 11/3, 11/7

Location: Temple, Diamond Mountain

Winter term – Part III:

Days & times: Mondays & Fridays, 3:15-5pm

Dates: 2/23, 2/27, 3/2, 3/6, 3/9, 3/13, 3/16, 3/20

Location: Temple, Diamond Mountain

Spring term – Part IV:

Days & times: Mondays & Fridays, 3:15-5pm

Dates: 5/22, 5/25, 6/1, 6/19, 6/22, 6/26, 6/29, 7/3

Location: Temple, Diamond Mountain

Worldsavers

Okay, so it's not a real course but it's one of the most exciting hours you'll spend in the whole week at Diamond Mountain. The advanced Diamond Way courses at DMU take place on Saturday and Sunday evenings, and we always take an extended break in the middle of them.

During this break, Geshe Michael Roach and Lama Christie McNally sit together with groups of DMU students who are working on special projects around the entire globe, which have a profound impact on thousands of people.

You might sit in on an ACIP meeting and end up going to Mongolia with Indiana Jones 'JB' Brady to save ancient Buddhist manuscripts. You might end up with a group that puts together one of the coolest Tibetan art exhibits New York has ever seen. You might get sent down to some beach in Mexico to save turtles and start a whole new yoga movement.

We decided to open up these break meetings to anybody who wants to help the world—we've decided to get all you Worldsavers there. You don't need to be enrolled in the advanced courses to drop by in one of these breaks and fish around for just the cool mission in life that you always dreamed of.

So come and see.

Faculty

Geshe Michael Roach is the founder of the Asian Classics Institute, author of *The Diamond Cutter*, and the first American geshe. For more information about Geshe Michael, please visit: <http://www.diamondmtn.org/roots>.

Lama Christie McNally is the spiritual partner of Geshe Michael Roach, and a co-founder of Diamond Mountain. She has trained intensively with Lamas in the great monasteries of India and Nepal, and recently completed a 3-year meditation retreat. She is also a translator of ancient Tibetan and Sanskrit texts.

Schedule

Winter term – Course I

Days & times*: Saturdays, ~9 or 10pm and Sundays, ~6 or 7pm

Dates: 2/28, 3/1, 3/7, 3/8, 3/14, 3/22, 3/28, 3/29

Location: Temple, Diamond Mountain

Spring term – Course II

Days & times*: Saturdays, ~10 or 11pm and Sundays, ~8 or 9pm

Dates: 5/24, 5/30, 5/31, 6/20, 6/27, 6/28, 7/4, 7/5

Location: Temple, Diamond Mountain

*When you see all the advanced students heading for the bathrooms or scarfing cookies that means break has started, and we'd love to see you there.

Yoga Basics

Yoga Basics will focus on just that – the basics of yoga *asana* practice. Although we all hear that *asana* practice is not about getting into any one particular pose or being able to touch your lips to your toes, with proper alignment we will be able to approach poses that seemed unattainable while deepening our experience of the poses without injury or disillusionment.

These classes are for those just starting out on their journey of *asana* practice and for those more experienced who wish to take a slower and more gentle class that will focus on proper alignment, breathing, *drishti*, and sequencing. The emphasis of this class will be on learning basic techniques that one can then use in one's *asana* practice outside of class.

In Spring term, Earle Birney leads the Saturday class and Yvonne Jaques is filling in for Lisa Schremp on Sundays.

Note: This is not a course, rather a group channel practice. It's best to register, and you can attend as many or as few classes as you wish. Please maintain silence.

Schedule

Fall term

Days & times: Saturdays and Sundays, 11:15am-12:45pm

Dates: 10/11, 10/12, 10/18, 10/19, 10/25, 10/26, 11/1, 11/2, 11/8, 11/9

Location: Jamyang House, Diamond Mountain

Winter term

Days & times: Saturdays and Sundays, 11:15am-12:45pm

Dates: 2/28, 3/1, 3/7, 3/8, 3/14, 3/15, 3/21, 3/22, 3/28, 3/29

Location: Jamyang House, Diamond Mountain

Spring term

Days & times: Saturdays and Sundays, 11:15am-12:45pm

Start date: May 23, 2009

Location: Jamyang House, Diamond Mountain

The Yogi's Diet

The purpose of this course is to teach students how to use food intake to improve their spiritual practice. This course teaches the basics of nutrition, cooking, and eating while on retreat and out of retreat. We'll cover cooking off the grid, and what *lung* is and how to deal with it. We'll also cover how to cook for large groups and the art of serving retreats, as well as why to eat organic and how to be a healthy vegetarian.

Prerequisites and Requirements

This course is open to all students who have an interest in doing retreats and serving people in retreat. Audits are allowed.

Faculty

Ted Lafferty is a teacher with the Yoga Studies Institute and is certified in Jivamukti Yoga and Tibetan Heart Yoga. He has taught both yoga *asana* and yoga philosophy in Europe, Asia, and North America. Ted studied nutrition at the Institute of Holistic Nutrition and teaches nutrition and runs a weight loss program that allows people to use their spiritual path to achieve their physical goals. He is the teacher in a soon to be released Yoga DVD by "Good Balance." Ted spends his time between his home in Canada and traveling to study and teach.

Schedule

Fall term

Days & times: Tuesdays, 5:30-7pm

Dates: 10/7, 10/14, 10/21, 10/28, 11/4

Location: Jamyang House, Diamond Mountain

Winter term

Day & Time: Saturdays, 1-2:15pm

Dates: 2/28, 3/7, 3/14, 3/21, 3/28

Location: Jamyang House, Diamond Mountain

DMU Activities

This section describes the activities that are required of students and staff in addition to coursework.

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Geshe Michael's Secret Weapon: Wisdom Warrior Debate Program

Over the last 2,000 years, monks have used a lively form of spiritual debating as an incredible tool for mastering the deep ideas of Buddhism. Once you get a taste of it, you'll never want to stop. It's absolutely the funnest way to **learn your stuff extremely well**, so that you can **really help other people** with authentic, powerful spiritual ideas that have become a deep part of your very being, because you've debated them over and over with your friends.

Learning to debate in the Tibetan monastic style will be required of all students at Diamond Mountain, forever. You can debate any subject of any of the DMU courses, and we will. You will be required to debate at least once a week in the debate ground at either the Diamond Mountain or Tucson campuses, and then a second time each week either at one of these campuses or with one or more friends in a place of your choosing. (Students who commute from other locations will be asked to set up a similar situation in their own area.)

You will need to devote at least one hour per debate session to each of the courses you are taking (a total of two hours per week), so please consider this requirement in deciding how many courses you're going to sign up for. You are welcome to cover the debating for two of your courses in a single evening on the debate ground, and we'll set you up that way.

A large part of the debate sessions will be spent in what is known as *gorim*. Here the debaters all sit down together first to chant some lovely prayers (such as the *Heart Sutra*), and then meditate silently as a group. This group meditation is very moving and powerful; it is said that as individuals our concentration is like a single pencil, easy to break—but that a group meditation is like a thick bundle of sticks and almost impossible to break.

The tradition of our lineage requires that we review any class we are granted by a teacher at least three times before the next class. The debate ground is meant to help you honor this custom. The debate program will automatically give you two solid reviews per week, and you'll quickly learn to spend some time preparing before debates, since **no written materials are allowed in the debate ground**.

Throughout the year, Geshe Michael will work both in classes and on the debate ground to help everyone learn the basic format of debate, an essential before progress can be made. Don't worry if you've never done it; we'll start from scratch. It's very common to be a little nervous about starting debate, especially if you're a quiet sort of person, but we'll be helping everyone on that too. You will come to love debate as the joyful exploration of truth between spiritual brothers and sisters, and you won't feel self-conscious or nervous. You'll learn not only logic, but the delightful Tibetan way of dancing and hollering as you debate.

We at DMU believe that the debate ground will distinguish the quality of your education here from anywhere else. First you'll learn to debate one-on-one with random partners from the classes you are taking. Then you'll move on to a group of fellow students from your classes. Finally, we'll learn some of the formal debates where teams of students from various classes and levels get together.

An important feature of debate at DMU is that we will use the debate ground to sharpen our language skills. Debate in Tibet is traditionally done in a unique mix of colloquial and classical speech: something like "O art thou out of thy mind?" This will give you an extraordinary opportunity to learn both classical Tibetan (and thus read any Tibetan book written in the last thousand years) and spoken Tibetan, which can only be learned in real-life situations like the debate ground (and which will put you in a position to visit Tibetan monasteries or Lamas anywhere in the world to further your spiritual studies). If you're interested in learning Tibetan, there is no better way anywhere.

Diamond Mountain is pleased to announce that we will also be offering debate instruction in Sanskrit, the language that all enlightened beings are said to speak as their own tongue. All of what we know of Buddhism came from the early Sanskrit classics of India. Debating in Sanskrit died out over 1,000 years ago, with the destruction of Buddhism in India. We want to revive this sacred art, and create a generation of Westerners who can translate and teach the ancient classics in their original tongue, in the language Lord Buddha himself spoke.

Almost half the world's languages—from Iran to Iceland to America—are derived from Sanskrit roots; a person who's good at Sanskrit can see the front page of The New York Times as just a page of very corrupt Sanskrit. And so we resonate with this sacred mother tongue automatically, and it can take our spiritual lives to depths we never dreamed of.

If you're not into learning Tibetan or Sanskrit, please don't worry at all—the debate ground will be designed to accommodate everybody, and there will be English-only groups. The great thing about the debate ground though is that you may surprise yourself, and learn one of these holy languages by accident!

You don't need to bring anything to debate ground except a rosary and a small cushion if you wish. The one absolute necessity is that you bring your humility—the willingness to listen, and question; examine yourself, your ideas, make mistakes, and learn, with joy.

See also the [Debate study group](#).

Schedule

Formal debate grounds

Days & times:

Diamond Mountain: Tuesdays and Thursdays, 7-10pm

Tucson: Tuesdays and Thursdays, 6-7:30pm

Locations:

Diamond Mountain: Temple debate courtyard

Tucson: Himmel Park, on Tucson Blvd. south of Speedway

Daily Spiritual Practice Requirement

In addition to their regular courses, every participant of Diamond Mountain University (students and staff) will be required to maintain a daily spiritual practice including four different elements. This requirement has been created for two reasons. First of all, these practices will get you enlightened as quickly as possible, so that you can really be of help to other suffering beings.

Secondly, we will all be kinder to each other, and there will be more harmony, if everyone is actually practicing and not just talking about practice. This requirement is especially important for teachers and staff, since there is a temptation to get busy and ignore your own daily spiritual "feeding." And this then makes people grumpy and unkind towards each other, which ruins the whole purpose of the university in the first place.

IN ORDER TO FACILITATE THIS REQUIREMENT, THERE WILL BE NO UNIVERSITY COURSES, SEMINARS, OR WORK ACTIVITIES SCHEDULED BEFORE 1 PM. YOU ARE EXPECTED TO SPEND THE TIME UP TO 1 PM COMPLETING ALL OF YOUR DAILY SPIRITUAL PRACTICES.

If there is a compelling reason why you feel that you cannot meet these daily practice requirements, please contact your Ney Lama. Ney Lamas are empowered to modify these requirements for their charges. If your career or family situation requires you to complete your practice requirements at other hours of the day, this is fine.

We ask that you maintain this schedule at least for the 5 weeks of each term. You may take one day off of channel practice per week, or so on, as you determine with your Ney Lama.

1) Daily Meditation Practice

DMU students and staff are expected to do one hour of meditation practice per day. This may include brief preliminaries done in the same sitting, on your meditation cushion. Either analytical, fixed, or review meditation is fine, although we encourage you to devote some time to fixed meditation on a single object. This requirement is for "real" meditation and does not refer to a recitation practice. Emptiness meditation is extremely important, and *tong-len* and thanksgiving meditations are also vital. We're reserved use of the Temple and Temple Yurt for meditation:

Temple

8-9am: daily

9-9:30am: daily

11:45am-12:45pm: Mondays, Tuesdays, Wednesdays, Thursdays, Fridays

4-5pm: Wednesdays

Temple Yurt

8-9am: daily

9-9:30am: daily

2) Daily Channel Practice

This refers to a session of yoga or any other desired practice (such as Tai Chi, dance, etc.) that has been agreed upon by you with your Ney Lama, and is designed to keep you in good physical health and facilitate the opening up of your inner channels. These sessions typically range from a minimum of 45 minutes to a maximum of 1½ hours. We have several practice group activities scheduled at Diamond Mountain for this purpose; including [Tibetan Heart Yoga](#), [Beginners Yoga](#), [Yoga Basics](#), [Tai Chi Chuan](#), and [Dance](#). The Temple yurt is set aside for individual yoga practice Thursdays-Tuesdays, 9:45-11:45am.

3) Daily Study

Get in the habit of doing at least a small amount of daily study. Obviously this will include your classwork at DMU during terms. This is also a good time to get into the habit of memorizing, at least small amounts of material. It's the stuff that's in your head that you bring to your classes, to help others in a real way.

4) The Book

DMU students and staff are required to pause 6 times daily, to make a notation in their spiritual diary about how well they are keeping their vows.

You can access Geshe Michael's teachings on the book here:
<http://www.dmes.org/index.php/TheBook>.

Service

"I was hungry, and you gave me meat; I was thirsty, and you gave me drink; I was a stranger, and you took me in; naked, and you clothed me; I was sick, and you visited me; I was in prison, and you came to me."

We study the ancient wisdom in order to reach ultimate goals, to be of ultimate help to people trapped in a world of aging and death. But you can't take someone to ultimate bliss if you don't also practice making them a cup of coffee, or coming to them if they're lonely and need help.

Students at Diamond Mountain will be expected to learn 'practical' ways of serving others in the everyday world — it adds a very necessary balance to our spiritual study and meditation practice, giving us a change to see both the divine and the hellish sides of 'normal' life.

During each term at Diamond Mountain, each student will offer service to prisons, schools, nursing homes, community centers, counseling centers, and Diamond Mountain — wherever we can be of benefit to others.

Some students have stepped forward to organize opportunities for you to serve: please see [ACIP](#). You can sign up during registration. And you're most welcome to seek out opportunities on your own.

And then three times each term, we all take a day off from classes and everyone gathers to work together on the Diamond Mountain land – helping to create this place for future generations by getting our hands in the dirt.

Fall term

Thursday, October 23

Monday, October 27

Friday, October 31

Winter term

Tuesday, March 3

Sunday, March 15

Friday, March 27

Spring term

Friday, May 29

Sunday, June 21

Tuesday, June 30

DMU 2008-2009 schedule

Please refer to the class schedules on the next pages, which show all the regularly-scheduled classes for the Fall, Winter, and Spring terms at Diamond Mountain and in Tucson. Make sure that your intended course load doesn't include any conflicting classes!

Fall term

Oct. 6, Monday	First day of classes
Oct. 7, Tuesday	Community dinner & gathering, 7-8pm – Temple
Oct. 9, Thursday	<i>Tsechu</i> , details tba – evening classes cancelled
Oct. 12, Sunday	Community gathering, 3pm – Temple
Oct. 12, Sunday	Deadline for adding, dropping, or changing enrollment in a course
Oct. 19, Sunday	Three-year retreat meeting, 3:15pm - Temple
Oct. 21, Tuesday	Mid-term party – details tba – debate cancelled
Oct. 23, Thursday	Community Service Day, <i>tsechu</i> – details tba (classes cancelled)
Oct. 26, Sunday	Fashion Show Fundraiser, 3:15pm – Temple
Oct. 27, Monday	Community Service Day, Yamantaka <i>tsok</i> (tba) (classes cancelled)
Oct. 31, Friday	Community Service Day (classes cancelled)
Nov. 2, Sunday	Community Service Day (classes cancelled)
Nov. 8, Saturday	<i>Tsechu</i> – details tba
Nov. 9, Sunday	Last day of classes
Nov. 10-14	Master Zheng teachings at DM

Winter term

Feb. 23, Monday	First day of classes; Yamantaka <i>tsok</i> – details tba evening classes cancelled
Feb 24, Tuesday	Community dinner & gathering, 7pm - Temple
Mar 1, Sunday	Community gathering, 4:30pm - Temple
Mar 1, Sunday	deadline for adding, changing, dropping classes
Mar 3, Tuesday	Community service day – all classes cancelled
Mar 6, Friday	<i>Tsechu</i> , details tba - evening classes cancelled
Mar 15, Sunday	Community service day & mid-term – all classes cancelled
Mar 21, Saturday	<i>Tsechu</i> , details tba - evening classes cancelled
Mar 25, Wednesday	Yamantaka <i>tsok</i> - details tba
Mar 27, Friday	Community service day - all classes cancelled
Mar. 29, Sunday	Last day of classes

Spring term

May 22, Friday	First day of classes
May 23, Saturday	Yamantaka <i>tsok</i> , details tba evening classes cancelled
May 29, Friday	Community service day – DM campus classes cancelled
June 2, Tuesday	<i>tsechu</i> , details tba – evening classes cancelled
June 3 – 17	mid-term break – no classes
June 18, Thursday	<i>tsechu</i> , details tba – evening classes cancelled
June 21, Sunday	Community service day & mid-term – all classes cancelled
June 22, Monday	Yamantaka <i>tsok</i> , details tba – evening classes cancelled
June 28-29	Geshe Lotar visit – details tba
June 30, Tuesday	Community service day – DM campus classes cancelled
July 2, Thursday	<i>tsechu</i> , details tba – evening classes cancelled
July 5, Sunday	Last day of classes