



Diamond Mountain University
2009-2010 School Year

Course Catalog
&
Schedule

Updated for Spring term 2010
6/2/10

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DMU 2009-2010 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	Regular classes: October 5—October 30, 2009 Residential retreat: October 31—November 8, 2009 Registration: September 20—October 4, 2009
Winter term	February 8—March 14, 2010 Registration: January 12—January 31, 2010
Spring term	May 24—June 27, 2010 Registration: May 19—23, 2010

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 for free; see the catalog listings 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.

Life after Diamond Mountain

Career Interviews with Geshe Michael Roach

The Spring term marks the final course of six years of intensive advanced study for the majority of students at Diamond Mountain University. Many of the students in this course had previously completed an equal number of years in the 18 foundational courses of the ACI program, bringing their total number of years of study to 12 years.

The end of the Spring term then will see our first advanced class graduating from DMU. A good number of the students of this class will be going into a 3-year retreat, which for them will serve as sort of a "PhD thesis." A greater number will be, like the graduates of any other university, spreading out into the world to apply what they have learned, towards making the world a better place for everyone.

DMU will continue to offer the 18 foundational and 18 advanced courses into the future, as well as a variety of new, more specialized courses. Nonetheless, we can expect that there will be a certain degree of uncertainty, even anxiety, for those approaching the end of the formal course series. Many of us have spent a substantial part of our adult lives as professional Dharma students completing these 36 courses of study. Where do we go from here? How can each of us best use what we have learned to benefit the rest of the world?

During the last term of the 12 years of classes, Geshe Michael will be offering private interviews with graduating students who would like some feedback on their plans for life and career after their graduation. The interviews will be scheduled on an individual basis in accordance with the time that he has available; students will be encouraged to book their appointments with him during the first few tantric classes of the term.

2009-2010 school year at a glance

	Fall	Winter	Spring
School of Art			
Digitizing the Wheel of Life ; Tucson	x		
Diamond Abbey			
Foundations of Freedom (XVI, XVII, XVIII); DM	x	x	x
Ticket to Heaven (V); DM	x		
To Deathlessness Do We Part (I, II); DM		x	x
Enlightened Business School			
Diamond Cutter Business Course (IX, X, XI); DM	x	x	x
School of Health			
Medicine Buddha Plant Tour ; DM			x
School of Meditation			
Bok Jinpa (XVI, XVII, XVIII); DM	x	x	x
Bok Jinpa (X, XIII); DM	x		x
Meditation 101 ; DM		x	x
Samadhi Sunrise ; DM	x	x	x
School of Sacred Dance and Movement			
Alignment = Enlightenment ; DM		x	x
Asana Teacher Training ; DM			x
Ballet for Winds and Channels ; DM		x	x
Beginners Yoga ; DM	x	x	x
Dance ; DM	x	x	x
Dance Studio ; DM			x
Dance Yoga ; DM	x	x	x
Mysore Yoga ; DM		x	x
The Secret Garden (III); DM	x		x
Tibetan Heart Yoga ; DM	x	x	x
Yoga Basics ; DM	x	x	
Yoga for Those Who Don't (I, II, III); DM	x	x	x
School of Secrets			
Green Tara (III, IV, V); DM	x	x	x
Tantra (XVI, XVII, XVIII); DM	x	x	x
School of Simplicity			
Building ; DM	x	x	x
Little House in the Retreat Valley ; DM	x		
School of Song			
Bhakti ; DM		x	x
Kirtan ; DM		x	x
Kirtan ; DM	x	x	x
Nada Yoga ; DM	x		
School of Tongues			
Colloquial Tibetan ; DM		x	
Introduction to Tibetan ; DM	x		x
Literary Tibetan (II); DM	x	x	x
Sacred Classics Translator (XVI, XVII, XVIII); DM	x	x	x
Sanskrit Sound and Symbol ; DM	x		
Sanskrit – The Translators Course (IV); Tucson	x		
Tibetan for Sadhana Recitation ; DM			x
Tibetan Translator Study Group ; DM			x
School of Wisdom			
ACI 7 ; DM	x		
ACI 8 ; DM		x	

School of Wisdom (cont.)

	Fall	Winter	Spring
ACI 9 ; DM			X
ACI 13 ; DM	X		
ACI 14 ; DM		X	
ACI 15 ; DM			X
ACI 16 ; DM	X		
ACI 17 ; DM		X	
ACI 17 ; Tucson	X		
ACI 18 ; DM			X
Bhagavad Gita ; DM			X
Cracking the Code of Emptiness (X); DM	X		
Diamond Cutter In-Depth (V, VI); DM	X	X	X
Debate I study group ; DM	X	X	X
Everlasting Rain of Nectar ; DM		X	
Hatha Yoga Pradipika (IV); DM	X	X	
In Search of the Middle Way (I, II, III); DM	X	X	
Mandala Offering ; DM			X
Quiet Retreat Teachings ; DM			X
Scorching Fire to the Demons ; DM			X

Seminars and Other Activities

	Fall	Winter	Spring
DM Fun(d)raising Office ; DM	X	X	X
Hypertexting ; DM	X		
Worldsavers ; 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 7 — The Bodhisattva Vows (Level 2 of Middle-Way Philosophy (*Madhyamika*))

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

Dates: 10/6, 10/8, 10/13, 10/15, 10/20, 10/22, 10/27

Faculty: Rob Haggerty

Location: Temple, Diamond Mountain

ACI Course 13 — The Art of Reasoning (Level 2 of Buddhist Logic and Perception (*Pramana*))

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

Dates: 10/6, 10/8, 10/13, 10/15, 10/20, 10/22, 10/27

Faculty: Eva Natanya

Location: Jamyang House, Diamond Mountain

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

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

Dates: 10/6, 10/8, 10/13, 10/15, 10/20, 10/22, 10/27

Faculty: Allison Dey

Location: Temple, Diamond Mountain

Fall term (continued)

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

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

Dates: 10/5, 10/9, 10/12, 10/16, 10/19, 10/23, 10/26, 10/30

Faculty: Jim Dey

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

Winter term

ACI Course 8 — Death and the Realms of Existence (Level 2 of Higher Knowledge (*Abhidharma*))

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

Dates: 2/9, 2/11, 2/16, 2/23, 2/25, 3/2, 3/4, 3/9, 3/11

Faculty: Darcy Jones

Location: Jamyang House, Diamond Mountain

ACI Course 14 — Lojong, Developing the Good Heart (Level 3 of the Steps to Buddhahood (*Lam Rim*))

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

Dates: 2/9, 2/11, 2/16, 2/23, 2/25, 3/2, 3/4, 3/9, 3/11

Faculty: Ven. Lobsang Gyelse

Location: Temple, Diamond Mountain

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

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

Dates: 2/9, 2/11, 2/16, 2/23, 2/25, 3/2, 3/4, 3/9, 3/11

Faculty: Allison Dey

Location: Temple, Diamond Mountain

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

Spring term

ACI Course 9 — The Ethical Life (Level 1 of Buddhist Discipline (*Vinaya*))

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

Dates: 5/25, 5/27, 6/1, 6/8, 6/10, 6/15, 6/17, 6/22, 6/24

Faculty: Naomi Worth

Location: Temple, Diamond Mountain

ACI Course 15 — What the Buddha Really Meant (Level 2 of The Perfection of Wisdom (*Prajna Paramita*))

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

Dates: 5/25, 5/27, 6/1, 6/8, 6/10, 6/15, 6/17, 6/22, 6/24

Faculty: Alistair Holmes

Location: Jamyang House, Diamond Mountain

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

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

Dates: 5/25, 5/27, 6/1, 6/8, 6/10, 6/15, 6/17, 6/22, 6/24

Faculty: Julie Upton

Location: Temple, Diamond Mountain

Alignment = Enlightenment

Purpose

To understand alignment of the various levels and actions of our bodies (from outermost to innermost) is to facilitate the flow of winds from the side channels into the central channel and reach enlightenment. This course teaches precise alignment – both in physical *asana* practice and in accompanying meditative practices.

Overview

In this two-term *asana* workshop course, we will cover meditation, *pranayama*, *kriya*, preparatory poses, and *asana* practice in each session.

Part I – Winter term

Class 1: Standing poses – rising up as the Angel

Meditation, *pranayama*, *kriya*, preparatory poses, and standing pose *asana* practice. Opening the feet and rooting through the feet. Expanding from the foundation. Exploring alignment and symmetry in all standing poses; analyzing inner (mind) and outer (body) alignment.

Class 2: opening the hips – surrender

Meditation, *pranayama*, *kriya*, preparatory poses, and standing pose *asana* practice. Using meditation to open the hips, using the body to open the mind. Preparing for optimal alignment for hip opening. Assessing symmetry and balance.

Class 3: forward bends - letting go

Meditation, *pranayama*, *kriya*, preparatory poses, and forward bend *asana* practice. Exploring alignment in seated and standing forward bends. Assessing symmetry and balance, obstacles to progress.

Class 4: opening the heart and shoulders – releasing negativity

Meditation, *pranayama*, *kriya*, preparatory poses, and standing pose *asana* practice. Opening the mind and heart and clearing obstacles to prepare for heart opening practice. Opening the thoracic spine and shoulders.

Part II – Spring term

Class 1: backbends - heart opening practices

Meditation, *pranayama*, *kriya*, preparatory poses, and backbend *asana* practice. How correct alignment and unconditional love support deepest backbends and heart opening. Assessing the steps to progress in backbend practice and eliminating common obstacles.

Class 2: hand balances - rising above fear

Meditation, *pranayama*, *kriya*, preparatory poses, and hand balance *asana* practice. Opening the fingers, strengthening the wrists, rooting through the hands. Aligning your body and your mind correctly for a strong and fearless

hand balance practice. Assessing balance and symmetry. Eliminating obstacles to hand balance poses.

Class 3: twists – turning it around

Meditation, *pranayama*, *kriya*, preparatory poses, and twist *asana* practice. Correct alignment for twists. Assessing balance and symmetry. Eliminating physical and mental obstacles to deep twists, deepening your twists.

Class 4: inversions – reverse the flow and turn your world upside down

Meditation, *pranayama*, *kriya*, preparatory poses, and inversion *asana* practice. Aligning your body and mind for inversions. Assessing correct alignment.

Class 5: putting it all together – flow

Meditation, *pranayama*, *kriya*, preparatory poses, and *vinyasa* flow *asana* practice, incorporating all principles of alignment.

Prerequisites and Requirements

Students are required to have a current daily *asana* practice, and to write in a journal about their practice during the course.

Students **must** bring their own yoga mats, straps, and blocks. All other props provided, including: toe separators, dowel rods, foot blocks, small balls, and Swiss Balls.

Audits are allowed.

Faculty

Yvonne Jaques is a faculty member of Diamond Mountain University in Arizona, a graduate of the Asian Classics Institute's eighteen courses paralleling a course of study at a Tibetan Buddhist monastic institution, and a registered yoga teacher and Staff Instructor of the Yoga Studies Institute. She is a graduate of the Salt Spring Centre of Yoga and is certified in Classical Ashtanga and Hatha systems in the lineage of Baba Hari Dass. She is also on the faculty of the Langara College Yoga Teacher Training Program in Vancouver. She is honored to teach Tibetan Heart Yoga in the lineage of her Heart Teachers Geshe Michael Roach and Lama Christie McNally. A movement therapist and C.H.E.K Practitioner (Level 3) in Vancouver since 1991, she is the founder of Wellness Works Integrated Health Services where she seeks to serve others by looking at the entire being as a holistic entity. Through an understanding of how control systems integrate and produce our moment to moment and long term physical, emotional, mental, and spiritual reality, Yvonne creates workshops and customizes movement therapy and yoga programs based on individual assessment. She also teaches motor control re-education and functional movement including Diane Lee's ("The Pelvic Girdle") and Linda-Joy Lee's Connecting to Your Core and Postpartum Health for Moms courses.

Schedule

Winter term

Day & time: Sundays, 3:30-5pm

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

Location: Temple, Diamond Mountain

Spring term - cancelled

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.

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

Spring term

Days & times: Sundays, 3-5pm

Dates: 5/30, 6/6, 6/27

Location: Temple, Diamond Mountain

Ballet for Winds and Channels

Purpose

This course is designed for students of *tantra* who also have some prior training in basic ballet technique. We will develop a regimen of movements and exercises for dancers to incorporate into their daily or weekly practice, whether on retreat or at home. Dancers should come away with clear “body memory” of a sequence of combinations which, with ongoing practice, might become an integral part of their practice of both outer and inner yoga.

Overview

In developing proper alignment, quality of movement, rhythm, sequence, and ballet technique, we will pay particular attention to the ways in which each combination of steps affects the subtle movements of the inner winds, in accordance with the higher teachings of Buddhism and Yoga.

Syllabus

Class 1: Plié, tendu, rond de jambe, passé, relevé

Class 2: Pas de cheval, dégagé, piqué, temps lié

Class 3: Développé, pirouette preparations, balancé

Class 4: Grande battements, révérence, small jumps

Class 5: Adagio, pirouette, jeté, etc.

Prerequisites and Requirements

Students must have Anuttara Yoga empowerment in the Diamond Mountain lineage, some previous ballet training, and a sincere wish to make dance an integral part of their spiritual practice.

Audits are not allowed. Students are required to attend formal classes, as well as at least one private review session on their own between each class.

Faculty

Eva Natanya danced professionally for nine years, first with the New York City Ballet, then with the Royal Ballet of London. As a longtime student of Geshe Michael Roach and Lama Christie McNally, she has continued to explore her understanding of ballet technique in the context of the highest practices of yoga, both inner and outer.

Schedule

Winter term

Day & time: Mondays, 4:30-6pm

Dates: 2/15, 2/22, 3/1, 3/8

Location: Nataraja, Diamond Mountain

Spring term

Day & time: Mondays, 4-6pm

Dates: 5/24, 5/31, 6/14

Location: Nataraja, 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: 10/5, 10/6, 10/8, 10/9, 10/12, 10/13, 10/15, 10/16, 10/19, 10/20, 10/22, 10/23, 10/26, 10/27, 10/29, 10/30
Location: Jamyang House, Diamond Mountain

Winter term

Days & times: Mondays, Tuesdays, Thursdays, and Fridays; 11am-12:30pm
Dates: 2/8, 2/9, 2/11, 2/12, 2/15, 2/16, 2/18, 2/19, 2/22, 2/23, 2/25, 2/26, 3/1, 3/2, 3/4, 3/5, 3/8, 3/9, 3/11, 3/12
Location: Jamyang House, Diamond Mountain

Spring term

Days & times: Mondays, Tuesdays, Thursdays, and Fridays; 11am-12:30pm
Dates: 5/24, 5/25, 5/27, 5/28, 5/29, 5/31, 6/1, 6/3, 6/4, 6/5, 6/7, 6/8, 6/10, 6/11, 6/12, 6/14, 6/15, 6/17, 6/18, 6/19, 6/21, 6/22, 6/24, 6/25, 6/26
Location: Jamyang House, Diamond Mountain

Bhagavad Gita

Purpose

The *Bhagavad Gita* is a superb exposition of the synthesis of different paths of yoga: *karma yoga*, *bhakti yoga*, *raja yoga*, and *jnana yoga*. Its teachings are full of deep philosophy and practical advice for all life situations. It transcends the bounds of religion and race. It is divine wisdom addressed to mankind for all ages for the purpose of transcending suffering and achieving the state of liberation.

The *Bhagavad Gita* is perhaps the most influential yoga text of all time. In our study of this text, we will begin by exploring the scope of Indian literature and see where this text fits into this vast body of knowledge. We will then set the stage for the *Gita* by giving its context within the Sage Vyasa's famed *Mahabharata*. Next, we will look at Arjuna's dilemma in *The Yoga of Despondency* and how this flows into *karma yoga*. From there we will look at the other two classical divisions of the *Gita*: *bhakti yoga* and *jnana yoga*.

The material for this course comes from Geshe Michael Roach and Lama Christie McNally's translation and teachings of the *Bhagavad Gita*, as well as from teachings by Swami Swaroopananda at the Sivananda Ashram in the Bahamas.

Prerequisites and Requirements

This course series is open to all students, and audits are allowed. Readings will be provided 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, Lama 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

Spring term

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

Dates: 5/24, 5/28, 5/31, 6/4, 6/7, 6/14, 6/18, 6/21, 6/25

Location: Jamyang House, Diamond Mountain

Bhakti: Praising our Lord

Purpose

Through this course, we hope to connect with our Lord, our teacher, through music. To loosen the knots at our heart. To lose ourselves in the music.

We'll see how things go... we might just create a strong group of musicians and singers and eventually create a Diamond Mountain sound: a mixture of languages, styles of music, that could perhaps be brought together to create a live devotional music album. We would then release this album and use the proceeds to help fund three-year retreat.

But for now, please just come with open hearts and prayers – and we'll sing them.

Faculty

Kevin Warren began singing to albums at a very young age. There is no one lineage. In this life it all started with John Lennon, Bob Dylan, and Bob Marley. Also the original blues man, Robert Johnson. Kevin's Sufi *sheikh* introduced him to the deep practice of *Dhikr*, the extraordinary practice of repeating God's name (an alchemy of the heart). Kevin learned a little of Indian drumming and *kirtan* from an American master, during the festivals at a Hanuman Temple. This Indian lineage has been the deepest influence. He also studied jazz and blues, and played as a professional musician for many years.

Schedule

Winter term

Day & time: Saturdays, 1-2:30pm
Dates: 2/13, 2/20, 2/27, 3/6, 3/13
Location: Temple, Diamond Mountain

Spring term

Day & time: Saturdays; 1-2:30pm
Dates: 5/29, 6/5, 6/19
Location: Temple, Diamond Mountain

Bok Jinpa: Setting Your Meditation on Fire

We need to see emptiness directly. This is the goal of all our practice.

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.

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.

Course XVI: Fall 2009

This Fall term of 2009, 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 ཕུག་ཆེན་གྱི་རྩ་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 ཕུག་རྒྱ་ཆེན་པོའི་རྩ་བ་རྒྱས་པར་བཤད་པ་ ཡང་གསལ་སྒྲོན་མི།*, 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 XVII: Winter 2010

We will spend the first two classes studying the 1st Panchen Lama's quintessential *mahamudra* text; with this we will have completed the entire text, quite an achievement!

After that, we will be going onto a more esoteric and ancient source of *mahamudra*, something that the First Panchen Lama himself drew from extensively: the Dohas, by Master Saraha. Master Saraha, as you remember, was the Root Lama of Arya Nagarjuna.

Since the Dohas themselves are extremely obscure, we will be using three different commentaries to help us through. The first one is by Master Jamyang Shepa, the famous textbook writer from Drepung Monastery who lived in the 1700s. The latter

two are older texts, by two authors who studied under the same root Lama, Kalachakrapada, known as the founder of the Kalachakra lineage. Their names are Tharpa Jungne Bepa and Avadhutipa, and although their dates are unclear, we believe they were contemporaries of Arya Nagarjuna.

Course XVII: Spring 2010

This last term of before retreat, we will be continuing our studies of Master Saraha's *Dohas*, or Songs. These are esoteric poems written by the Root Lama of Arya Nagarjuna.

And we will be continuing to explore these rather obscure poems with the help of our two commentators, Mokshakaragupta (Tharpa Jungne Bepa) and Avadhutipa.

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 XVII are turned in to Andreana by Sunday, May 23.

Prerequisites for those who have not attended the previous courses:

If you have not attended any of the previous Bok Jinpa courses, you must talk to me personally to request permission to attend this class.

(**Special note:** Bok Jinpa XIII is also being offered during Spring term at Diamond Mountain.)

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 co-founder of Diamond Mountain and Yoga Studies Institute. She is the author of *Tibetan Book of Meditation*, and co-author of *The Tibetan Book of Yoga*, *How Yoga Works*, *The Eastern Path to Heaven*, and *Karmic Management*. 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 XVI

Days & times: Mondays and Fridays, 9-11pm
Dates: 10/5, 10/9, 10/12, 10/19, 10/23, 10/26, 10/30
Faculty: Lama Christie McNally
Location: Temple, Diamond Mountain

Part X

Days & times: Tuesdays, 5:30-7pm and Saturdays, 1-2:30pm
Dates: 10/6, 10/10, 10/13, 10/17, 10/20, 10/24, 10/27
Faculty: Kendra Rickert and Anatole Nguyen
Location: Tuesdays: Jamyang House, Diamond Mountain; Saturdays: Temple, Diamond Mountain

Winter term

Part XVII

Days & times: Mondays and Fridays, 9-11pm
Dates: 2/15, 2/19, 2/22, 2/26, 3/1, 3/8, 3/12
Faculty: Lama Christie McNally
Location: Temple, Diamond Mountain

Part XII - cancelled

Spring term

Part XVIII

Days & times: Mondays and Fridays, 8:30-10:30pm
Dates: 5/24, 5/28, 5/31, 6/4, 6/14, 6/18, 6/25
Faculty: Lama Christie McNally
Location: Temple, Diamond Mountain

Part XIII

Days & times: Tuesdays, 5:30-7pm and Saturdays, 1-2:30pm
Dates: 5/25, 5/29, 6/1, 6/5, 6/8, 6/15, 6/19, 6/22
Faculty: Aaron Cram and Della Dumlao
Location: Jamyang House, Diamond Mountain

Building

This course is the culmination of six years of research and development for the building materials and methods found in the house with the least amount of co2 emissions and pollution in its construction and operation. The class will be building a paper adobe dome for a retreat meditation cabin and caretaker, and make paper adobe blocks for the Peace Shrine. Architecture for the poor, as well as for those who care about protecting life, is the focus of these materials and methods.

Building activities will be arranged to serve your class schedule. Just register for this course, and Kathryn Ehrhorn will be in touch to match you to a project.

Contemporary Thangka

Purpose

The purpose of this course is to use contemporary media to create modern expressions of deities.

Overview

The class will mostly be studio time, with some discussion and critique. We will be creating images of holy beings as a class. Students should come expecting to make things.

Prerequisites and Requirements

Students must be in the Diamond Mountain Tantra course, or by special permission from the teacher. Audits are allowed.

Faculty

Jessica Kung is a highly-trained artist and designer. She has a personal practice of expressing the sacred through art. She worked at The Bloomer Studio for two years, a design atelier that brings ornament and art to architectural work. She has a B.A. in Architecture from Yale University.

Schedule

Winter term - Cancelled

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
- X: Diamond Cutter In-depth Commentary V – Fall 2009
- XI: Diamond Cutter In-depth Commentary VI – Winter 2010
- XII: Diamond Cutter In-depth Commentary VII – Spring 2010

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

Please see [Diamond Cutter In-depth Commentary](#) for a description of the Spring 2010 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 V: Diamond Cutter In-depth Commentary

Day & time: Sundays, 3:30-5pm

Dates: 10/11, 10/18

Location: Temple, Diamond Mountain

Winter term - Part VI: Diamond Cutter In-depth Commentary

Day & time: Sundays, 3:30-5pm

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

Location: Temple, Diamond Mountain

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

Day & time: Sundays, 3:30-5pm

Dates: 5/30, 6/6, 6/27

Location: Jamyang House, 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, 11:15am-12:45pm

Dates: 10/10, 10/11, 10/17, 10/18, 10/24, 10/25

Location: Temple, Diamond Mountain

Winter term

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

Dates: 2/13, 2/14, 2/20, 2/21, 2/27, 2/28, 3/6, 3/7, 3/13, 3/14

Location: Temple, Diamond Mountain

Spring term

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

Dates: 5/29, 5/30, 6/5, 6/6, 6/12, 6/13, 6/19, 6/20, 6/26, 6/27

Location: Temple, Diamond Mountain

Dance Studio

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

Schedule

Spring term

Days & times: Tuesdays & Thursdays, 1-4:45pm

Days: 5/25, 5/27, 6/1, 6/8, 6/10, 6/15, 6/17, 6/22, 6/24

Location: Nataraja, Diamond Mountain

Dance Yoga

A bridge between practices, this practice group continues in the theme introduced by guest artist-teacher Elisa Monte by using yoga to get to dance and dance as another way into the practice of yoga.

By exploring movement of the outer and inner body we will begin to develop our own daily movement practice that works specifically for our unique body, mind, and level of movement experience.

Get aligned, enhance creativity, get healthier, and engage in important channel practices that are essential on a spiritual path to enlightenment. Follow in the footsteps of great yogi dancers such as Je Tsongkapa, Master Patanjali, and the First Panchen Lama.

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

Andreana K. has a background in dance, yoga, martial arts and Asian performance techniques. In 2007 she completed an extensive traditional apprenticeship with Odissi dance master Asako Takami. She is the current artist-teacher in residence for the Diamond Mountain dance program, and teaches dance and meditation around the world.

Born in Australia and a permanent resident of Singapore, Jaki Fisher has danced ever since she can remember. She began by creating her own dances for special beings only she seemed to see. Soon, however she was diverted to rather more formal training in ballet, tap, and Flamenco. In the 1990s she took up lindy hop and performed at the 2000 Edinburgh Fringe Festival. Since 2004 she has been studying sacred dance at Diamond Mountain and is once again dancing for special beings, only this time it seems others can see them too. Jaki is accredited to teach Tibetan Heart Yoga and has taught and led retreats in Singapore since 2005.

Schedule

Fall term

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

Dates: 10/5, 10/9, 10/12, 10/16, 10/19, 10/23, 10/26, 10/30

Location: Temple, Diamond Mountain

Winter term

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

Dates: 2/8, 2/12, 2/15, 2/19, 2/22, 2/26, 3/1, 3/5, 3/8, 3/12

Location: Temple, Diamond Mountain

Spring term

Days & times: Mondays and Fridays, 11:15am-12:45pm

Dates: 5/24, 5/28, 5/31, 6/4, 6/7, 6/11, 6/14, 6/18, 6/21, 6/25

Location: Temple, 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.

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: 10/8, 10/15, 10/22

Facilitator: Naomi Worth

Location: Jamyang House, Diamond Mountain

Winter term – Debate I

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

Dates: 2/11, 2/25, 3/4, 3/11

Facilitator: Naomi Worth

Location: Jamyang House, Diamond Mountain

Spring term – Debate I

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

Dates: 5/27, 6/10, 6/17, 6/24

Facilitator: Naomi Worth

Location: Jamyang House, Diamond Mountain

Diamond Cutter Business Course

Course IX: Fall 2009

In the Diamond Cutter Business Course for this term, we'll continue working through *The Diamond Cutter* business book. During the last few terms, we've been carefully covering the specific solutions to 46 common business problems—that is, dealing with challenges in our life and our business not by manipulating outer circumstances, but by planting the karmic seeds that will automatically ripen into the solution we seek.

In this Fall term's course, we'll be discussing for example the karma for cooperative ventures to succeed; dealing with dishonesty in our industry or profession; ways of avoiding the toll that business takes upon our personal appearance and health; and fixing a situation where people at work are constantly criticizing us.

An integral part of the course is the work of the Diamond Mountain Fund-Raising Office. Any Diamond Mountain student, staff, or visitor is welcome to visit for one or two shifts a week, to work on one of the fundraising projects under Geshe Michael's supervision, in order to learn how to put the principles of *The Diamond Cutter* into actual practice in a specific task that will help the world.

We will also be having special meetings about two special business-class projects. One is a series of talks that are planned in New York for November; these are targeted specifically at working-class people who have lost their jobs or are having a tough economic time during the recent recession—the goal is to spread the idea that generosity leads to prosperity, especially in a difficult economy; and that helping others is the best way to overcome the widespread sense of anxiety that the economy has brought throughout the US and the world. These talks will accompany the release of the new, expanded edition of *The Diamond Cutter*, and the new sequel to the work, *Karmic Management*.

The second project is a series of business seminars and retreats being planned for the Far East at the end of 2009. A large team of Diamond Mountain teachers will be travelling to Taiwan and Hong Kong in order to train groups of business professionals in the principles of *The Diamond Cutter*, including classes on the *Heart Sutra*, yoga, and meditation.

Course X: Winter 2010

In the Diamond Cutter Business Course for this term, we'll continue working through *The Diamond Cutter* business book. During the last few terms, we've been carefully covering the specific solutions to 46 common business problems—that is, dealing with challenges in our life and our business not by manipulating outer circumstances, but by planting the karmic seeds that will automatically ripen into the solution we seek.

In this Winter term course, we'll be finishing up these business problems and then moving on to the concept of an act of truth, and the four ancient rules for planting

mental seeds. This will bring us to the second major section of *The Diamond Cutter*, which covers how to enjoy the financial success we've gained from following the principles presented in the first section. That is, it's one thing to *make* money, but another thing to enjoy it and use it to lead a meaningful life, where we're healthy in both body and mind.

Finally during this course we'll be discussing the progress of the Diamond Cutter Institute (DCI), which is a project undertaken by a number of participants in the Business Course to help introduce Diamond Cutter principles of business worldwide, while at the same time providing a source of income for DMU graduates.

Members of this team have recently undertaken a highly successful tour of four Asian countries to test an educational format consisting of two public talks followed by a 3-day intensive business retreat covering Diamond Cutter philosophy and an executive program of meditation, yoga, and an ethical lifestyle. A staff of about 15 DMU senior teachers participated in every aspect of both the talks and the retreat.

This approach proved extremely popular—in Taiwan, for example, over a thousand people attended the public talks each night, and 200 came to the 3-day retreat. We will be dissecting this experiment to try to develop the approach even further, to bring the benefits of the Diamond Cutter to more and more countries of the world.

The Diamond Cutter Business Course is open to any student or friend of DMU to drop in at any time. There are no formal homework or quiz assignments, but class members are encouraged to get involved with the DMU Fun(d)raising Office, any of the World saver projects, or else the Diamond Cutter Institute. Those attending the class at DMU are requested to wear business attire, since the sessions are filmed for overseas business audiences.

Regular participants please note that the class will be starting exactly on time at 6:30pm Arizona Time (UTC/GMT -7 hours), so that students in other time zones around the world know precisely when to tune in to the on-line webcast of the class.

Note: Please be aware that when the rest of the U.S. is on Daylight Saving Time (which begins March 14, 2010), Arizona remains on Standard Time.

Course XI: Spring 2010

In the final course of the DMU business series, we'll continue making the transition from our six years of the study of the deeper principles behind how things work in any human enterprise, to the practical implementation of these ideas in the world at large. That is: Can we affect a transformation in the very way that the world undertakes any activity at all—can we help trigger a change in the very way that civilization approaches its daily tasks?

And so we'll continue to refine our understanding of the concept of enlightened enterprise, and examine the most effective way that we can present these new ideas to the world, based on our team's recent experiences in places like Detroit, Vienna, and Hong Kong.

Again, our hope is twofold: to change the world, and to prepare ourselves for a productive contribution to this world as many of us transition from more than 10 years of study to the task of sharing what we've learned with the rest of the world, as well as making a livelihood. And what we've seen in the last six months is that every graduate of DMU is more than ready, and trained, to be of great service to our planet, in a very practical way, now.

Regular participants please note that the class will be starting exactly on time at 6:30pm Arizona Time (UTC/GMT -7 hours), so that students in other time zones around the world know precisely when to tune in to the on-line webcast of the class.

Note: Please be aware that when the rest of the U.S. is on Daylight Saving Time (which began March 14, 2010), Arizona remains on Standard Time.

Prerequisites & Requirements

This business class is open to all DMU students and visitors, and is also recorded for free distribution online. We request that students attend in business dress, since the classes are filmed for presentation, for example, among the business community in China and other countries.

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 – IX

Day & time: Fridays, 6:30-8:30pm

Dates: 10/9, 10/23, 10/30

Location: Temple, Diamond Mountain

Winter term – X

Day & time: Fridays, 6:30-8:30pm

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

Location: Temple, Diamond Mountain

Spring term – XI

Day & time: Fridays, 6:30-8pm

Dates: 5/28, 6/4, 6/18, 6/25

Location: Temple, Diamond Mountain

Note: You can join others to view this webcast at the Three Jewels Tucson, 314 E. 6th Street

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 V:

Day & time: Sundays, 3:30-5pm

Dates: 10/11, 10/18

Location: Temple, Diamond Mountain

Winter term – Part VI:

Day & time: Sundays, 3:30-5pm

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

Location: Jamyang House, Diamond Mountain

Spring term – Part VII:

Day & time: Sundays, 3:30-5pm

Dates: 5/30, 6/6, 6/27

Location: Jamyang House, Diamond Mountain

Digitizing the Wheel of Life

Purpose

The purpose of this course is to use contemporary media to create a modern expression of the wheel of life.

Overview

The class will mostly be studio time, with some discussion and critique. We will be creating the wheel of life as a class. Students should come expecting to make things.

Prerequisites and Requirements

This course is open to all students, and audits are allowed. Students will be asked to do some work outside of class, such as taking photos of a specific scene in the wheel of life, or doing research on the Web for a certain kind of image.

Faculty

Jessica Kung is a highly-trained artist and designer. She has a personal practice of expressing the sacred through art. She worked at The Bloomer Studio for two years, a design atelier that brings ornament and art to architectural work. She has a B.A. in Architecture from Yale University.

Schedule

Fall term - Cancelled

DM Fun(d)raising Office

From 1pm to 6pm every day of the week except for Wednesday, students, staff, and visitors to Diamond Mountain are welcome to participate in the Diamond Mountain Fun(d)raising Office (FRO). This is typically about 10 to 20 people with laptops sitting in the Nataraja behind the Lama House, each person working on a specific assignment to help with projects that will enable DMU to grow and serve the world.

During the winter term we'll be concentrating on a number of different projects. One important task is follow-up with the many local participants in December's Diamond Wisdom Tour of Taiwan, Hong Kong, Singapore, and Vietnam. A good number of these people agreed to help sponsor food expenses for the upcoming 3-year retreat on a monthly basis, and of course tracking and accounting will be necessary. Many other opportunities for collaboration in the Far East also arose from this last tour—chances for Diamond Mountain teachers to serve in many capacities there—and this follow-up will be a priority as well.

We are also planning new tours of Latin America, Western and Eastern Europe, and the Far East, and some of this prep work will be taking place at the FRO. In-kind fundraising for the 3-year retreat (soliciting donations of things like solar cells and food staples) will be an additional focus of the Office for this term. Participants in the office will be helping with the construction of the nearby Peace Shrine and Garden during breaks in the day, as well as with the “green” adobe bricks being produced at DMU for this project.

Geshe Michael will be directing the Office, which will be co-directed by Ven. Jigme and Vilma Staiano, especially on any Tuesdays or Thursdays when he is at Rainbow House.

The Fun(d)raising Office is open to all; there are many kinds of tasks, computer but also hands-on physical work (we have a few extra laptops if you need one); and we have a nice snack break in the middle, with a simple but fun dinner for everyone at the end of the day. We'd love to see you (especially the weekenders, on Saturdays). No advance notice necessary, we'll fit you in to a task right away. We do request that, if possible, participants arrive promptly at 1pm and try to stay until 6pm if their class schedule allows. If you do though need to leave early or come late due to another class commitment you are still quite welcome to come.

While it's not required that you register in order to participate, if you are registered, you'll receive notices of any updates.

Schedule

Fall term

Days & times: Mondays, Tuesdays, Thursdays, Fridays, and Saturdays; 1-6pm

Dates: 10/5, 10/6, 10/8, 10/9, 10/10, 10/12, 10/13, 10/15, 10/17, 10/19, 10/20, 10/22, 10/23, 10/24, 10/26, 10/27, 10/30

Location: Nataraja, Diamond Mountain (except for Mondays and Fridays, 1-3:15pm, when the office will meet in the Lama House)

Winter term

Days & times: Mondays, Tuesdays, Thursdays, Fridays, Saturdays, and Sundays; 1-5pm on Sundays, 1-6pm other days

Dates: 2/8, 2/9, 2/11, 2/12, 2/13, 2/14, 2/15, 2/16, 2/19, 2/20, 2/21, 2/22, 2/23, 2/25, 2/26, 2/27, 2/28, 3/1, 3/2, 3/4, 3/6, 3/7, 3/8, 3/9, 3/11, 3/12, 3/13, 3/14

Location: Nataraja, Diamond Mountain (except for Mondays 4:30-6pm, Fridays 4-6pm, Saturdays 1-6pm, and Sundays 1-5pm, when the office will meet in the Lama House)

Spring term

Days & times: Mondays, Tuesdays, Thursdays, Fridays, Saturdays, and Sundays; 1-6pm

Dates: 5/24, 5/25, 5/27, 5/28, 5/29, 5/30, 5/31, 6/1, 6/4, 6/5, 6/6, 6/7, 6/8, 6/10, 6/14, 6/15, 6/17, 6/18, 6/19, 6/21, 6/22, 6/24, 6/25, 6/27

Location: Nataraja, Diamond Mountain (except for Mondays, 4-6pm, Tuesdays, Thursdays, and Fridays 1-3pm, when the office will meet in the Lama House)

Everlasting Rain of Nectar: A Purification Practice

Purpose

Je Tsongkapa said that it is not sufficient for us to do a purification practice once a month or once a year because we are constantly creating negative karma. He firmly believed in the power of this practice to purify any negativities and himself did three and a half million prostrations over the course of his life. We too are all in need of an antidote to our negative actions, speech, and thoughts. Students will leave this course with the knowledge of how to do this practice properly to daily "erase" their negative karmic seeds from multiplying.

Overview

In this course we will cover the three sections of how to purify negative karma, how to collect good karma, and how to properly dedicate this merit, using the four powers. The first part will be a lecture on some of the basic Buddhist tenets and the second part of the class we will all recite and do prostrations together.

Prerequisites and Requirements

This course is open to anyone who is interested — beginner or long-time practitioner — whether they can do a full prostration or not. Students will be expected to memorize the names of the Buddhas learned in the previous class (five at a time). There will be no other requirements, other than, hopefully, doing these prostrations daily. You may want to bring a yoga mat on which to do prostrations. Audits are allowed.

Faculty

Karen Becker "discovered" Tibetan Buddhism in one of the month-long courses on Buddhism at Kopan Monastery in Nepal. After that, she was led to Geshe Michael and she has been studying with Him and Lama Christie since 2000. Karen learned this practice at Kopan monastery in 2004 when she went to do a three-month long Vajrasattva purification retreat. She always does this practice in retreat.

Schedule

Winter term

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

Dates: 2/9, 2/11, 2/16, 2/23, 2/25, 3/2, 3/4, 3/9, 3/11

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
- XVI: Ticket to Heaven: Vows as Wings, Part V – Fall 2009
- XVII: To Deathlessness Do We Part: A Course on Vows, Part I – Winter 2010
- XVIII: To Deathlessness Do We Part: A Course on Vows, Part II – Spring 2010

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

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

Please see [To Deathlessness Do We Part](#) for a description of the Spring 2010 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 XVI

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

Dates: 10/5, 10/9, 10/12, 10/19, 10/23, 10/26, 10/30

Location: Temple, Diamond Mountain

Winter term – Part XVII

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

Dates: 2/8, 2/12, 2/15, 2/19, 2/22, 2/26, 3/1, 3/8, 3/12

Location: Temple, Diamond Mountain

Spring term – Part XVIII

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

Dates: 5/24, 5/28, 5/31, 6/4, 6/7, 6/14, 6/18, 6/21, 6/25

Location: Temple, Diamond Mountain

Green Tara

Course III - Ransoming Death in the Tradition of Emerald Tara - Fall term

During the previous term, the very special group of students who had received initiation from Lama Pelma into the secret practice of Emerald Tara had an opportunity to complete their training in the bimonthly *tsok* or prayer gathering which is unique to this Goddess. They then began their study of the practice of *chi-lu*, or “ransoming death.”

This practice is undertaken when the practitioner themselves, or someone else, has received clear signs that there is some imminent danger to their life—for example, when a person is seriously ill with cancer, or has been gravely injured in a car accident. The Lord of Death is lured to the ritual, and special offerings are made, in a sense, to “purchase” the person’s life back from him.

During the Fall term, the study of this practice will be continued, in great detail. We will be using a traditional Tibetan text called *The New Dawn of Deathlessness*, written by Kyabje Trijang Rinpoche (1901-1981), Root Lama of our own Root Lama, Khen Rinpoche Geshe Lobsang Tharchin, and of His Holiness the current Dalai Lama.

Course IV - Ransoming Death in the Tradition of Emerald Tara - Winter 2010

During DMU’s Fall term, a very special group of students empowered by Lama Pelma into the secret practice of Emerald Tara continued their study of the practice of *chi-lu*, or “ransoming death.”

This practice is undertaken when the practitioner themselves, or someone else, has received clear signs that there is some imminent danger to their life—for example, when a person is seriously ill with cancer, or has been gravely injured in a car accident. The Lord of Death is lured to the ritual, and special offerings are made to “purchase,” in a sense, the person’s life back from him.

During the Winter term, the study of this practice will be continued, in great detail. We will be using a traditional Tibetan text called *The New Dawn of Deathlessness*, written by Kyabje Trijang Rinpoche (1901-1981), Root Lama of our own Root Lama, Khen Rinpoche Geshe Lobsang Tharchin, and of His Holiness the current Dalai Lama.

Lama Pelma’s students are a fun and creative group who really enjoy each other and have worked together to produce some very amazing books and projects.

Course V – Ransoming Spring 2010

In this year's Spring term, we will be continuing with the study of the practice of *chilu*, or "ransoming death."

Again, this practice is undertaken when the practitioner themselves, or someone else, has received clear signs that there is some imminent danger to their life—for example, when a person is seriously ill with cancer, or has been gravely injured in a car accident. The Lord of Death is lured to the ritual, and special offerings are made to "purchase," in a sense, the person's life back from him.

During this term we will be continuing with our study of a traditional Tibetan text entitled *The New Dawn of Deathlessness*, written by Kyabje Trijang Rinpoche (1901-1981), Root Lama of our own Root Lama, Khen Rinpoche Geshe Lobsang Tharchin, and of His Holiness the current Dalai Lama.

Lama Pelma's students are a fun and creative group who really enjoy each other and have worked together to produce some very amazing books and projects.

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 class is open to any Diamond Mountain student who has fulfilled the current prerequisites for attendance, and who requests and receives permission to attend from the teacher, Lama Pelma.

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

Fall term – Part III

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

Dates: 10/10, 10/17, 10/24

Location: Temple, Diamond Mountain

Winter term – Part IV

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

Dates: 2/13, 2/20, 2/27, 3/6, 3/13

Location: Temple, Diamond Mountain

Spring term – Part V

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

Dates: 5/29, 6/5, 6/12, 6/19

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 IV - Fall 2009

In this fourth course of the *Hatha Yoga Pradipika* series, we will start by finishing the *mudras* of the third chapter. These *mudras* are advanced practices which allow the practitioner to use the outer methods of *hatha yoga* to bring on inner realizations.

In the second half of this course we will study the fourth chapter of the *Pradipika*, which focuses on the practices of *nada yoga*, *laya yoga* (dissolution), and on the profound teachings on ultimate reality.

Part IV (continued) - Winter 2010

In our fifth term (!) of study of Master Swatmarama's *Hatha Yoga Pradipika* we reach the fourth chapter of this great text. In this course we study what all the previous chapters of the physical practices of hatha yoga have been leading up to - Raja Yoga! Topics in chapter four include *nada yoga* (the yoga of sound), *laya yoga* (the yoga of dissolution), and *jnana yoga* (the yoga of wisdom).

Here we will see how all the practices of yoga are aimed at the single goal of bringing winds into the central channel to induce states of profound realization - culminating in the yogi's perfect body of light, omniscient mind, and unlimited compassion and love for all beings.

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, as well as a weekly debate requirement. 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, Lama 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, 3:30-5:30pm

Dates: 10/5, 10/9, 10/12, 10/19, 10/23, 10/26, 10/30

Location: Jamyang House, Diamond Mountain

Winter term

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

Dates: 2/8, 2/12, 2/15, 2/19, 2/22, 2/26, 3/1, 3/8, 3/12

Location: Jamyang House, 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 service opportunity 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

Day & time: Mondays, 5-6pm (GMT -07:00)

Dates: 10/5, 10/12, 10/19, 10/26

Location: Lama House, Diamond Mountain

In Search of the Middle Way: Chone Lama on the Indian Schools of Thought

Purpose

Many of us have become quite adept at explaining our own personal view of selflessness and emptiness. How adept though are we at explaining the views of the schools progressively leading up to our own school?

Chone Lama Drakpa Shedrup guides us through each of the 12 non-Buddhist and the four Buddhist schools from Ancient India, teaching us the various world-views and their implications. He introduces clear logical reasoning which demonstrates why each successive view, however useful, is ultimately unable take us all the way to perfect enlightenment.

Study of the various Buddhist and non-Buddhist schools gives us a framework within which we can say, "I have examined it, and can say now that this is the middle-way, freedom from the extremes."

Master Tuken explains that even to properly understand our own school, it is vital to study the schools of others. He says:

If you don't understand even partially the standpoints of other schools,
Then no matter how much you say your own teacher and teaching
Are faultless, your words are like a parrot's:
Mere words, incapable of inducing certainty

Overview

This is the first in a three-course series. We will first introduce tenets and then enter an in-depth study of non-Buddhist Indian schools of thought. In the later courses we will enter a study of the Indian and Tibetan Buddhist schools of thoughts.

Part I: Fall term

The first term will delve into what Chone Lama explains a school of thought is and what it means to be a Buddhist or non-Buddhist school of thought.

We will then delve into his explanation of the non-Buddhist tenets, drawing also upon Indian literatures explaining these systems from perspectives other than that of the Gelukpa Tibetan Buddhist one.

Part II: Winter term

The second term will begin an explanation of Buddhist tenets, treating the schools that assert external meaning: Detail Proponents (*vaibhāṣika*) and Sutrists (*sautrāntika*). We will also begin a treatment of the yogi's way (*yogacaryā*) or Mind-Only (*cittamātra*), looking particularly at how parts of this system become quite valuable in teaching to a yoga audience.

Part III: Spring term

The third term will complete the treatment of the yogi's way and will continue on to treat the schools of Nagarjuna—the so called “middle-way” schools—delving into debates between the Indian masters and between the Tibetan masters of Nyingma, Sakya, Kadam, Kagyu, and Geluk.

Prerequisites and Requirements

This course is open to all students, and audits are allowed. Students will be expected to keep up on readings, which will be distributed in class, as well as debate. Students will be encouraged to do some meditations on self(lessness) of the current tenet under study.

Faculty

Having studied Tibetan Buddhism for the past six and a half years, Jason Dunbar recently spent time studying Chone Lama's tenets commentary with two other Diamond Mountain students at Sera Mey Monastery in India under the direction of Lharumpa Geshe Thubten Lekmon. He also studied Jigme Wangpo's and Sera Jetsun Chukyi Gyeltsen's commentaries on tenets under Lharumpa Geshe Ngawang Samten.

Having spent two years delving into the study of tenets, he felt it a valuable course for ACI students to study, and since Geshe Lothar had instructed Him to translate Chone Lama's commentary on tenets as a text-book for Diamond Mountain it seemed the perfect choice to base the course upon.

Schedule

Fall term – Part I

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

Dates: 10/5, 10/9, 10/12, 10/19, 10/23, 10/26, 10/30

Location: Temple, Diamond Mountain

Winter term – Part II

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

Dates: 2/15, 2/19, 2/22, 2/26, 3/1, 3/8, 3/12

Location: Temple, Diamond Mountain

Spring term – Part III

cancelled

Kirtan: The Joy of Song

Singing has been a sacred act of devotion and a practice utilized for centuries to open the heart and move the inner winds. In this fun interactive class, Geshe Michael and friends will be leading us through some traditional and not so traditional kirtains from the ancient eastern traditions. Chant and be happy with us!

With Geshe Michael Roach, Mercedes Bahleda, Will Duncan, and Kevin Warren.

Schedule

Winter term

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

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

Location: Temple, Diamond Mountain

Spring term

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

Dates: 5/30, 6/6, 6/27

Location: Temple, Diamond Mountain

Kirtan: Opening the Heart

Every Saturday night during the term, before the Tantric Series class meets, everyone at Diamond Mountain gets together at the Temple to participate in kirtan singing led by Lama Christie and Geshe Michael. This custom began with the inauguration of Diamond Mountain University six years ago, and we've found that it has made a tremendous difference in opening our hearts not just for the Tantric Series classes but also for the entire week to come.

Geshe Michael typically warms us up with scales sung to his sitar music, and then Lama Christie leads us in a call-and-response kirtan chant from either ancient India or Tibet. This is the best time during the entire week for everyone, both "commuters" and on-campus students, to get together and enjoy each other in the community created by song. Everyone is very welcome to join in.

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 co-founder of Diamond Mountain and Yoga Studies Institute. She is the author of *Tibetan Book of Meditation*, and co-author of *The Tibetan Book of Yoga*, *How Yoga Works*, *The Eastern Path to Heaven*, and *Karmic Management*. 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

Day & time: Saturdays, 7-8pm

Dates: 10/10, 10/24

Location: Temple, Diamond Mountain

Winter term

Days & times: Saturdays, 7-8pm

Dates: 2/13, 2/20, 2/27, 3/6, 3/13

Location: Temple, Diamond Mountain

Spring term

Days & times: Saturdays, 7-8pm

Dates: 5/29, 6/5, 6/19

Location: Temple, Diamond Mountain

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

Ben Kramer has been a student of Geshe Michael Roach and of the ACI courses for many years, and has studied Tibetan language with Geshe Michael and Drakpoy Dewa, as well as at Sera Mey Monastery in India. Ben has taught Introduction to Tibetan and is the debate master at DMU.

Schedule

Fall term

Days & times: Tuesdays and Thursdays, 5:30-7pm
Dates: 10/6, 10/8, 10/13, 10/15, 10/20, 10/22, 10/27
Location: Temple, Diamond Mountain

Winter term

Days & times: Tuesdays and Thursdays, 5:30-7pm
Dates: 2/9, 2/11, 2/16, 2/23, 2/25, 3/2, 3/4, 3/9, 3/11
Location: Temple, Diamond Mountain

Spring term

Days & times: Tuesdays and Thursdays, 1:30-3pm
Dates: 5/25, 5/27, 6/1, 6/8, 6/10, 6/15, 6/17, 6/22, 6/24
Location: Temple Yurt, Diamond Mountain

Little House in the Retreat Valley

Purpose

With this three-term course, we will create a community space for people to examine their current lifestyles and projected retreat lifestyles, needs, and wants. Students will cultivate a working knowledge of alternatives and off-grid resources, products, and methods of living simply to support informed choice concerning the logistics of long retreat.

Overview

Using off-grid, alternative self-sufficiency research and anecdotal experiences of several Diamond Mountain folks who have lived simply, students will look at lifestyle needs and wants, and start to design a basic plan for as much self-sufficient and economical living as possible during long retreat. The plan will be based on developing self-knowledge of needs and a good foundation in available resources and alternative living methods and their costs which will support informed choice among future retreaters.

Prerequisites and Requirements

This course is open to all; it's not a requirement that participants are planning to do three-year retreat. Homework will be a mixture of research and practical applications of alternative living styles. Students will pick two areas in their lives to begin living as they will in retreat—cooking, laundry, something where they can begin to experience how to live alternatively. There will be a short final exam. Audits are allowed.

Faculty

Allison Dey has been researching and using simple living resources since she left home at 17 in 1976. Her favorite books are Laura Ingalls Wilder's *Little House* series. Allison believes simple living and self-sufficiency must be grounded in realistic expectations and informed choice for successful application. She has lived off-grid and vegan (yes, it's true). As a mom who loves middle class comforts but hates to cook and clean, she developed cost effective and time saving methods for managing her household for more than 20 years.

Schedule

Fall term

Days & times: Saturdays, 3-4:15pm and Sundays, 4-5:15pm

Dates: 10/10, 10/11, 10/17, 10/18, 10/24

Location: Jamyang House, Diamond Mountain

Winter term - cancelled

Spring term - cancelled

Mandala Offering

The last term seems like a very appropriate time to offer instruction on how to offer the universe to our Lamas for all they have done. Students will come away learning exactly how to do the long mandala offering. Why to do it and the reason behind every placement of precious gems (or rice) that are poured on to the mandala plate.

The students should expect to actually make the mandala themselves and learn the accompanying visualization.

Prerequisites and Requirements

This course is open to everyone. Please bring a mandala kit: rings and base.

Helpful hint: For those traveling just have the rings and buy the rice once you get to Arizona.

Audits are allowed.

Faculty

Vilma Staiano is a long-time student of Geshe Michael, and received this teachings from him in New York 15 years ago. She has taught this course a number of times, including at Diamond Mountain.

Schedule

Spring term

Day & time: Saturdays, 2:45-4:30pm

Dates: 5/29, 6/5, 6/19

Location: Jamyang House, Diamond Mountain

Mapping the Subtle Body

Purpose

The purpose of this course is to use contemporary media to create modern expressions of the subtle body.

Overview

The class will mostly be studio time, with some discussion and critique. We will be creating images of holy beings as a class. Students should come expecting to make things.

Prerequisites and Requirements

Students must be in the Diamond Mountain Tantra course, or by special permission from the teacher. Audits are allowed.

Faculty

Jessica Kung is a highly-trained artist and designer. She has a personal practice of expressing the sacred through art. She worked at The Bloomer Studio for two years, a design atelier that brings ornament and art to architectural work. She has a B.A. in Architecture from Yale University.

Schedule

Spring term - cancelled

Medicine Buddha Plant Tour

Students should take this course to know what medicinal plants are growing in the Retreat Valley and around Diamond Mountain University. They should leave the course with a good understanding of which plants can be useful to treat a variety of ailments and how to make simple preparations of plant medicine. This course is designed for people in the Great Retreat, caretakers, and anyone interested in having a garden in this region.

Overview

The course will consist of a medicinal plant tour and hike around the Retreat Valley and Diamond Mountain University with local herbalists. Students should take careful observations and notes. The participants will learn which medicinal plants to have in their gardens in and out of retreat while living in the Southwest. Students will be able to make a very simple plant identification book after the walk which will explain remedies for common ailments.

Prerequisites and Requirements

This seminar is open to everyone. Bring water, hat, sunglasses, sun block, notepad, pen/pencil, a small hardcover journal, and camera to take pictures of plants.

Faculty

Master Herbalist and owner of The Tucson Herb Store, Amanda Brown has a deep connection with the plants of the Southwest Desert. She has studied extensively with Michael Cottingham's Voyage Botanica herbalist program. She is a student of Traditional Chinese Medicine and Ayurveda.

DMU student and employee of The Tucson Herb Store, Bradford Trojan has studied plant medicine as part of the Voyage Botanica curriculum. Bradford is an avid organic gardener and natural foods guru!

Schedule

Spring term

Day & time: Sunday, 3-5pm

Date: 5/30

Location: meet at the Matrix, Diamond Mountain

Meditation 101

This is a beginner's meditation course, to teach the five parts of a successful meditation practice. It will include sufficient practice time as to provide the student with experience in the common Buddhist meditation preliminaries and an introduction into the nine levels of the meditating mind, and corrections and antidotes to meditative problems.

In this twice weekly course, 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.

The course will be repeated each term.

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. Audits are allowed. If taking for credit, students must attend all classes and complete the meditation journal.

This course uses the written materials for the Asian Classics Institute Dharma Essential Course 3: Applied Meditation (Level 2 of the Steps to Buddhahood (*Lam Rim*)), available for free download from this site:

<http://www.acidharma.org/aci/online/onlineDE.html>

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

Fall term

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

Dates: 10/5, 10/9, 10/12, 10/19, 10/23, 10/26, 10/30

Location: Jamyang House, Diamond Mountain

Winter term

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

Dates: 2/8, 2/12, 2/15, 2/19, 2/22, 2/26, 3/1, 3/8, 3/12

Location: Jamyang House, Diamond Mountain

Spring term

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

Dates: 5/24, 5/28, 5/31, 6/4, 6/7, 6/14, 6/18, 6/21, 6/25

Location: Temple, Diamond Mountain

Mysore Yoga

These Mysore yoga classes are conducted in the teaching style of Sri K. Pattabhi Jois. The practice is led on an individual basis, depending of the ability of the student to learn, digest, and assimilate the instruction and the *asanas*. Practitioners work through the series of poses at their own pace with the guidance of the *asana* teacher, Lisa Schrempp. As the student progresses, Lisa helps them to continue in deeper understanding of the practice and asanas, and assists them as they progress through the series. The class is open to all students at all levels.

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

Winter term

Day & times: Sundays, 11:15am-12:45pm

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

Location: Jamyang House, Diamond Mountain

Spring term

Day & times: Sundays, 11:15am-12:45pm

Dates: 5/30, 6/6, 6/13, 6/20, 6/27

Location: Jamyang House, 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 prerequisites, 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

Fall term

Day & time: Sundays, 5:30-6:30pm

Dates: 10/11, 10/18

Location: Temple, Diamond Mountain

Quiet Retreat Teachings

Dvora Tzvieli will teach, in Hebrew, excerpts from the Geshe Michael Roach's Quiet Retreat Teachings from the last Great Retreat at Diamond Mountain.

Schedule

Spring term

Days & times: Tuesdays, 5-7pm

Dates: 5/25, 5/27, 6/1, 6/8, 6/10, 6/15, 6/17, 6/22, 6/24

Location: Nataraja, Diamond Mountain

Sacred Classics Translator

Course XVI; Fall 2009

During the first five years of the Sacred Translator Course Series, we covered a major section devoted to the many ways of proving the fact of emptiness with reasoning. This has all been taken from *An Overview of the Middle Way*, composed by the primary author of the ancient textbooks of our own Sera Mey Tibetan Monastery, Kedrup Tenpa Dargye (1493-1568). This is of course a commentary upon *An Illumination of the True Thought*, written by Je Tsongkapa (1357-1419), teacher of His Holiness the First Dalai Lama.

This work in turn is an explanation of *Entering the Middle Way*, by Master Chandrakirti, who lived during the seventh century and was commenting himself upon the 3rd-century author Arya Nagarjuna, whose *Root Text on the Wisdom of the Middle Way* is considered the greatest commentary of all time upon the emptiness teachings of the Buddha himself.

Now in Course 16 we will continue exploring the second major section of our work, which covers scriptural proofs concerning emptiness. Our author aims to prove that Lord Buddha described specific ideas of voidness in both His teachings on the greater way and the lesser way.

Here are some of the specific questions we'll be covering in this section. Can we establish that, even according to certain lower schools, every realized being there is has had a direct experience of emptiness? Even given that Lord Buddha said that we need to see emptiness in order to remove our negative emotions permanently, was this position universally accepted by later generations of writers in India? How do the different historical schools identify the lack of a self-nature to the person? What exactly is the "view of destruction," which is said to be the root of all pain?

As a final treat in the course, we'll be going through a special section where the opponents of our own school's views get an opportunity to criticize our own views and reassert their own, which further strengthens our own understanding of the highest school's position. We'll also continue in this course to have the best snacks of any Diamond Mountain class, and to devote some time at the end of the class to a major debate, Tibetan style, focusing on one of the subjects covered.

Course XVII: Emptiness and Love; Winter 2010

The Sacred Translator Course Series is designed at helping students (both at Diamond Mountain and on-line) learn to produce translations of traditional ancient scriptures which are clear, accurate, and easily readable.

During the 16 courses of the Series to date, we have been working our way through *An Overview of the Middle Way*, written by Kedrup Tenpa Dargye (1493-1568), who composed a good number of the textbooks used at Sera Mey Tibetan Monastery for the study of emptiness in particular.

The presentations of emptiness found in these textbooks are some of the most thorough and *usable* ever written. Students of Buddhism who avail themselves of

these texts gain incredible insight into the every detail of this most profound and important teaching. One reason for this is that these textbooks are based directly upon the extraordinary writings of Je Tsongkapa (1357-1419), quite possibly the most prolific and authoritative thinker ever in a land of great thinkers.

The *Overview* itself is based upon Je Rinpoche's *Illumination of the True Thought*, one of the greatest presentations of emptiness in history. This work in turn is an explanation of *Entering the Middle Way*, by Master Chandrakirti, who lived during the seventh century and was commenting himself upon the 3rd-century author Arya Nagarjuna, whose *Root Text on the Wisdom of the Middle Way* is considered the greatest commentary of all time upon the emptiness teachings of the Buddha himself.

Our study of emptiness in this term will proceed from an important question in the teachings on emptiness: Is it possible to see emptiness directly without feeling a deep love for all living beings? If the teachings of the Lower Way (where this particular form of love is not emphasized) do correctly describe emptiness, then is there no difference between emptiness in this way and in the Greater Way, or Mahayana?

Towards the end of the course we'll be exploring answers offered to this question not only by Lord Buddha, but also by the coming Buddha—Maitreya—in two important works. These are the *Ornament of Realizations* and *The Higher Line*, or *Uttara Tantra*.

Course XVIII: Emptiness and the Coming Buddha; Spring 2010

The Sacred Translator Course Series is designed to help students (both at Diamond Mountain and on-line) learn to produce translations of traditional ancient scriptures which are clear, accurate, and easily readable.

During the 17 courses of the Series to date, we have been working our way through *An Overview of the Middle Way*, written by Kedrup Tenpa Dargye (1493-1568), who composed a good number of the textbooks used at Sera Mey Tibetan Monastery for the study of emptiness in particular.

The presentations of emptiness found in these textbooks are some of the most thorough and *usable* ever written. Students of Buddhism who avail themselves of these texts gain incredible insight into the every detail of this most profound and important teaching. One reason for this is that these textbooks are based directly upon the extraordinary writings of Je Tsongkapa (1357-1419), quite possibly the most prolific and authoritative thinker ever in a land of great thinkers.

The *Overview* itself is based upon Je Rinpoche's *Illumination of the True Thought*, one of the greatest presentations of emptiness in history. This work in turn is an explanation of *Entering the Middle Way*, by Master Chandrakirti, who lived during the seventh century and was commenting himself upon the 3rd-century author Arya Nagarjuna, whose *Root Text on the Wisdom of the Middle Way* is considered the greatest commentary of all time upon the emptiness teachings of the Buddha himself.

In our study of emptiness in this term, we will continue to explore the question of whether or not those of the lower way are able to perceive emptiness—for if they cannot, then they cannot have reached nirvana; and if they can, then there doesn't seem much point to the presentation of the higher way. We will in particular be examining this question from the point of view of the great books of Lord Maitreya, the Coming Buddha, himself.

Prerequisites and Requirements

This class is open to any student or friend of Diamond Mountain to drop in any time; the only requirement for the class is that you come and enjoy learning the details of the one experience that can get you enlightened, and saving the world, most quickly: the direct perception of emptiness.

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.

It's also offered via live webcast, and available online afterwards.

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.

Regular participants please note that the class will be starting exactly on time at 6:30pm Arizona Time (UTC/GMT -7 hours), so that students in other time zones around the world know precisely when to tune in to the on-line webcast of the class.

Note: Please be aware that when the rest of the U.S. is on Daylight Saving Time (which begins March 14, 2010), Arizona remains on Standard Time.

See also: [Tibetan Translator study group](#).

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 – XVI

Day & time: Mondays, 6:30-8:30pm (GMT -07:00)

Dates: 10/5, 10/12, 10/19, 10/26

Location: Temple, Diamond Mountain

Winter term – XVII

Day & time: Mondays, 6:30-8:30pm (GMT -07:00)

Dates: 2/8, 2/15, 2/22, 3/1, 3/8

Location: Temple, Diamond Mountain

Spring term – XVIII

Day & time: Mondays, 6:30-8pm (GMT -07:00)

Dates: 5/24, 5/31, 6/14

Location: Temple, Diamond Mountain

Note: You can join others to view this webcast at the Three Jewels Tucson,
314 E. 6th Street

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, and audits are allowed. There will be no coursework outside of class, however a daily meditation practice is advised, otherwise no experience will be attained.

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

Day & time: Saturdays, 2:45-4:30pm

Dates: 10/10, 10/17, 10/24

Location: Temple, Diamond Mountain

Winter term

Day & time: Saturdays, 2:45-4:30pm

Dates: 2/13, 2/20, 2/27, 3/6, 3/13

Location: Temple, Diamond Mountain

Spring term

Day & time: Saturdays, 2:45-4:30pm

Date: 5/29, 6/5, 6/19

Location: Temple, Diamond Mountain

Note: You can join others to view this webcast at the Three Jewels Tucson, 314 E. 6th Street

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

Fall term

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

Dates: 10/5, 10/9, 10/12, 10/19, 10/23, 10/26, 10/30

Location: Temple Yurt, Diamond Mountain

Sanskrit - The Translators Course

Purpose

The purpose of this course is to give advanced students of Sanskrit hands-on and guided practice in translating original texts in modern, colloquial English.

Overview

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

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 – IV

Day & time: Thursdays, 1-4pm

Dates: 10/8, 10/15, 10/22, 10/29

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

Winter term – cancelled

Spring term – cancelled

Scorching Fire to the Demons

Purpose

If you have mental afflictions and are interested in removing them, not just studying but making actual progress, you may want to take this course. Students will hopefully leave the course with reduced mental afflictions and a plan to continue reducing them.

Overview

This course will look into effective personalized cooperative development of methods that may reduce the mental afflictions. The course will aim at effectiveness and fun, and empowering the students on the spiritual path. It is going to be a joint venture, not a pouring of wisdom.

Syllabus

Class 1

Course description; The path to enlightenment – purification and collections of merit; General description of the mental afflictions; Identifying a mental affliction each student wants to concentrate on in the course.

Class 2

World view and conventional view, Conventional and karmic menu of methods to fight the mental afflictions, Students' proposed methods.

Class 3

Stories and lies (about how it will be to be free of mental afflictions, about others' intention). Exploration in pairs of personal promising methods; Sharing with class

Class 4

The power of external and internal support. Practicum by acting and getting feedback

Class 5

Prevention. Practicum by acting and getting feedback

Class 6

Helping others and relationships. Practicum by acting and getting feedback

Class 7

External and internal methods. Practicum by acting and getting feedback

Class 8

Students' evaluation of methods and sharing insights; other evaluation methods.

Class 9

All you need is love? What insights and feelings will prevent mental afflictions.

Prerequisites and Requirements

This course is open to all students who have openness and a willingness to be happy. Audits are allowed. Students will be expected to apply introspection, open their minds, apply thinking, and act out in a class setting, and do honest evaluations. Students will develop love and honesty and respect and gratitude, culminating in developing happiness.

Faculty

Arie Tzvieli started practicing Buddhism in 1991, Tibetan Buddhism in 1998, and still suffers from assorted and exquisite mental afflictions, so he is serious about eliminating them and sharing this goal with others.

Schedule

Spring term

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

Dates: 5/25, 5/27, 6/1, 6/8, 6/10, 6/15, 6/17, 6/22, 6/24

Location: Jamyang House, Diamond Mountain

Secret Garden

Part III: Contemporary Sacred Dance in Review; Fall term

This course is for those interested in dance as a platform for transformation. It provides an environment to develop and grow a practice of sacred dance in an authentic and contemporary context.

The emphasis of the classes will be technique, discovering our own personal movement style and making dances, with a gentle introduction to performance. We will especially explore the solo journey in dance choreography and the transition from solo work to duets.

Using dance technique, harmony of inner and outer methods and using the mind as a creative force, and through the living practice of dance we will look for how to stimulate the creative process in daily life.

Discover what is unique and beautiful about yourself. Re-imagine yourself and your world. Practice dance as another method to reach enlightenment.

This course may be used as a review for those who have been a part of the Diamond Mountain dance curriculum or as comprehensive introduction to that curriculum.

Part IV; Spring term

Dance is a path of personal transformation and sharing with others. In this class we will cover physical methods drawn from Contemporary dance, Yoga, Martial Arts and Asian Performance techniques, all designed to redirect the movement of subtle energies in the body and change the way we see ourselves. Simple moving meditations will begin the process of releasing the energetic blocks which cause us to see our world as ordinary. We will reconnect with our imaginations, upon a solid foundation of Buddhist practice and knowledge, working at the level where body and mind come together.

We'll also discuss how to use these methods as an axis in the larger scheme of our relationship to the world, to gain a state of total freedom ourselves, to perfect our love, and to help in an ultimate way.

Students will have the option to explore personal choreographic projects and be mentored through each step of this process.

Improvisation, play and learning to share our experience with others with clarity and intention will be emphasized here. We'll take a careful look at dance and performance as a means of sharing knowledge and energy.

Students will come away with methods they can use in daily practice and throughout the day.

Prerequisites and Requirements

Concurrently enrolled in one other Dance class and either one ACI course or the Tantric series.

Faculty

Andreana K. started dancing and choreographing in San Francisco when she was twenty four. In 2000 she began an apprenticeship with dance master Asako Takami.

For the last ten years she has been researching the inner and outer methods of Yoga and Buddhist dance, bringing inner yoga techniques to contemporary dance.

Andreana began practicing the Dharma twelve years ago. She is in the fifth year of the six year Advanced Studies program at Diamond Mountain where she teaches dance, yoga, and meditation.

Schedule

Fall term

Days & times: Mondays and Fridays, 1:15-3pm

Dates: 10/5, 10/9, 10/12, 10/19, 10/23, 10/26, 10/30

Location: Nataraja, Diamond Mountain

Spring term

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

Dates: 5/28, 6/4, 6/18, 6/25

Location: Nataraja, Diamond Mountain

Tantra Course Series

Course XVI: Kali's Yoga; Fall 2009

During the last two courses of the Tantric Series, we began our exploration of the completion stage, using both the 12 Completion Stage Practices of the secret teachings of Vajra Yogini, and those of the Six Yogas of Naropa. In Course 16, we continue with the 9th through the 11th of the Vajra Yogini practices, known collectively as the "Lesser Practice of the Central Channel."

Our principal source text for these will be the *Drumsong of the Gods*, by Master Yangchen Druppay Dorje, Lobsang Chumpel (1809-1887), based on the prayer of the great Tsarchen Dorje Chang, Losel Gyatso (1502-1566 or 1567). We will also be consulting the *Heart Essence of the Angels*, by Pabongka Rinpoche Dechen Nyingpo (1878-1941) and the *Secret Treasure of the Angels*, by Lama Quicksilver, Ngulchu Dharma Bhadra (1772-1851).

We have completed our formal study of the Six Yogas of Naropa from the great commentary on these teachings by Je Tsongkapa: the *Book of Three Beliefs*. A key though for us personally to succeed in the practices of the completion stage is our practical implementation of the yoga *asanas* and related *pranayama* and other exercises. During Course 16, we'll undertake a survey of major sources for these particular yogic practices from both the Tibetan and Indian traditions. Virtually all the sources for this survey will be works that many students will have been introduced to during the formal courses of the Yoga Studies Institute program; they will include the *Yoga Sutra*; *Light on the Yoga of Sun and Moon (Hatha Yoga Pradipika)*; and the various Tibetan texts presented in each *asana* series of the YSI yoga program.

The end of Course 16 features an empowerment into the secret practice of Kali, otherwise known as Shri Devi, and referred to in this case by the Tibetans as Maksorma: The Lady Who Stops War. She is said to be the fierce emanation of the goddess Sarasvati—the deity of music and writing. We can think of Her as the female equivalent of Bhairava or Yamantaka, the One Who Ends Death, and as someone that we will be able to call upon when we encounter obstacles in our practice: someone who can blast these obstacles away. As part of the empowerment we will be receiving the *sadhana* for Her practice, which forms part of a series of eleven highly secret volumes from Gyumey Tantric College, where our Root Lama, Khen Rinpoche Geshe Lobsang Tharchin, completed His *tantric* studies.

This course is open to all students empowered in the Diamond Mountain lineage who have caught up in the fifteen 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. The empowerment into the practice of Kali will be granted by Geshe Michael and Lama Christie, with the same requirements.

Course XVII: The Practice of a Spiritual Partner; Winter 2010

Students and staff at Diamond Mountain are nearing the completion of a 12-year educational odyssey that has taken us through the entire range of the open and

secret teachings of the Buddhist path. The 18th and final course of the Tantric Series, coming up later in the Spring term, will cover the most exquisite teaching of all: the famous Offering to My Lama (Lama Chupa), by His Holiness the First Panchen Lama. The penultimate course of the series, #17, is devoted to practice with a spiritual partner, which many scriptures describe as the single most powerful way of reaching enlightenment for the good of every living being.

We will be using a wide range of scriptural sources for our study of partner practice. Kyabje Pabongka Rinpoche Dechen Nyingpo (1878-1941), Root Lama of Kyabje Trijang Rinpoche—who in turn is the Root Lama of our own Root Lama, as well as of His Holiness the current Dalai Lama—states in His commentary to the Vajra Yogini tantra that the Sakya master Drakpa Gyeltsen (1147-1216) is a preferred source for partner practice. We will therefore be using as a primary source this master's *Book of Instructions on the Central Channel*, which includes a definitive section on the practice.

We will also be drawing from relevant sections of the *Book of Three Beliefs*, an explanation of the Six Yogas of Naropa by Je Tsongkapa (1357-1419), teacher of His Holiness the First Dalai Lama and founder of the Gelukpa lineage. In addition, we will be covering selections from a great many other works by Je Rinpoche, primarily centering on partner practice as it appears in the Chakrasamvara Tantra, and in Je Tsongkapa's *Book on the Stages of Dissolution*.

Other authors consulted will include His Holiness the First Panchen Lama (1565-1662), as well as additional masters of the Mahamudra teachings; Dechen Nyingpo himself, and other commentators upon the Vajra Yogini practice; and of course Chone Lama Drakpa Gyeltsen (1675-1748) of our own Sera Mey Monastery, who has written clearly and extensively on partner practice.

We will also be reviewing commentaries that we have studied earlier in the Tantra Series for other subjects, but which include sections on practice with a partner. Important sources here will be the renowned presentation on the tantric levels and paths by the Mongol master Chuje Ngawang Pelden (b. 1797) and the wonderful commentary on the vows for partner practice by Khalkha Damtsik Dorje (1781-1855). We will also reach back to Indian sources on partner practice, including *Light on the Yoga of Sun and Moon*, by Svami Svatmarama, one of the most important ancient texts for the practice of physical yoga.

Some of the many aspects of partner practice that we'll be covering include: the necessary qualifications for engaging in this practice; the negative consequences of improper practice; the role of empowerment in partner practice; physical preparation, age, and body type for the practice; the actual method of practice; the goal of this practice in triggering the movement of inner wind, or *prana*, and the subsequent direct perception of emptiness; the necessity of the practice in the pursuit of enlightenment; and some accounts of famous spiritual partners—such as Master Naropa and Lady Niguma, as well as Je Tsongkapa himself and Tangsha Marmo—from traditional biographies.

This course is open to all students empowered in the Diamond Mountain lineage who have caught up in the sixteen 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.

Course XVIII: Offering to Lamas; Spring 2010

We have now reached the 18th term of the Tantric Series at Diamond Mountain University, which is the final term. The Tantric Series now joins the Foundation Series of 18 courses to form a complete 36-course curriculum in both the open and secret teachings of Buddhism—presented directly in 9,500 pages of the original source works, most of them translated into English for the first time.

The Foundation Series closely follows the entire course of study which is undertaken by a *geshe* or master of Buddhism in a Tibetan monastery. The Tantric Series contains the works that a typical close disciple of a Lama might be taken through over many years of training in the secret teachings. The Gelukpa lineage of Tibet, the lineage of the Dalai Lamas, has two tantric colleges, but the course of study doesn't seem to be very extensive or organized. And so the Series at Diamond Mountain really is the first one of its kind.

In the last course of the Series we return to the most important subject of all: surrendering ourselves to our Lama, the One of ultimate kindness. We will be studying the *Offering to Lamas*, known in Tibetan as the *Lama Chupa*. This is one of the greatest writings in the long history of Tibetan Buddhism, and was composed by His Holiness the First Panchen Lama, Lobsang Chukyi Gyeltsen (1565-1662). His Holiness is of course the author of the *Path to Bliss*, or *Delam*, with which we began the Tantric Series—and so we come full circle.

The *Lama Chupa* is actually a ritual of offering to our Lama, and among some high Lamas is considered so important that it is recited in place of the Vajra Yogini sadhana at the monthly Ceremony of the Tenth (Tsechu). As His Holiness points out in the text, it is counted among the secret teachings of the unsurpassed or highest class of the Diamond Way.

To aid us in understanding this rite, we will be working through the translation of the commentary to the practice composed by Sera Mey's own Choney Lama, Drakpa Shedrup (1675-1748). This work is entitled *A Lamp which Illuminates, in Brief, the Meaning of the "Rite for the Offering to Lamas."* We will be supplementing this study with information from a massive commentary called *The Treasure of Advices of the Oral Tradition: A Book of Instruction upon the "Offering to Lamas" which Unravels its Secret Keys*. This was composed by Yongdzin Yeshe Gyeltsen of Tsechok Ling, who lived 1713-1793 and was the *yongdzin* or tutor of His Holiness the Eighth Dalai Lama, Jampel Gyatso. Master Yeshe Gyeltsen is particularly famous for composing a detailed biography of the major Lamas of the lineage of the steps of the path (*lam-rim*) up to His time.

At the end of the term, we will be concluding our study of the secret teachings with a review of the *tundruk* practice, or the Lama Practice for Six Times of the Day, following a version composed by Pabongka Rinpoche Dechen Nyingpo (1878-1941). A daily practice for honoring our Lama—a fitting conclusion to this phase of our formal studies.

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 co-founder of Diamond Mountain and Yoga Studies Institute. She is the author of *Tibetan Book of Meditation*, and co-author of *The Tibetan Book of Yoga, How Yoga Works, The Eastern Path to Heaven, and Karmic Management*. 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 – Course XVI

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

Dates: 10/10, 10/11, 10/17*, 10/18, 10/24, 10/31-11/8**

Location: Temple, Diamond Mountain

**October 17th is Yamantaka *tsok*; details to be announced.

**October 31-November 8th is residential Kali initiation; details to be announced.

Winter term – Course XVII

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

Dates: 2/13, 2/14, 2/20, 2/21, 2/27, 3/6, 3/7, 3/13, 3/14*

Location: Temple, Diamond Mountain

*March 14th is Yamantaka *tsok*; details to be announced

Spring term – Course XVIII

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

Dates: 5/29, 5/30, 6/5, 6/6, 6/12, 6/13, 6/19, 6/26, 6/27

Location: Temple, Diamond Mountain

Tibetan

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.

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.

Please also see [Sacred Classics Translator](#), [Hypertexting](#), [Literary Tibetan II](#), [Tibetan for Sadhana Recitation](#), and [Tibetan Translator study group](#).

Schedule

Colloquial Tibetan

Winter term

Days & times: Mondays and Fridays, 3:15-4:45pm

Dates: 2/12, 2/15, 2/19, 2/22, 2/26, 3/1, 3/8, 3/12

Faculty: Ben Kramer

Location: Temple Yurt, Diamond Mountain

Introduction to Tibetan

Fall term

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

Dates: 10/6, 10/8, 10/13, 10/15, 10/20, 10/22, 10/27

Faculty: Ben Kramer

Location: Temple Yurt, Diamond Mountain

Winter term - cancelled

Spring term

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

Dates: 5/24, 5/28, 5/31, 6/4, 6/7, 6/14, 6/18, 6/21, 6/25

Faculty: Kim Siejak

Location: Jamyang House, Diamond Mountain

Tibetan for Sadhana Recitation

This course is designed to prepare students who wish to make recitation in Tibetan a part of their daily prayer practice, to do so with a good working knowledge of the meaning of each word and phrase. This course will focus especially upon the Vajra Yogini *sadhana*.

Prerequisites and Requirements

Students must have at least one term of Scriptural or Literary Tibetan, and empowerment and prior training in the practice of Vajra Yogaini in the Diamond Mountain lineage. Audits are not allowed.

Students will be expected to do weekly memorization of key terms and daily practice of oral recitation.

Faculty

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 One 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

Spring term

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

Dates: 5/25, 5/27, 6/1, 6/8, 6/10, 6/15, 6/17, 6/22, 6/24

Location: Temple, 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: Mondays, Tuesdays, Thursdays, and Fridays, 9:30-11:30am;
Saturdays and Sundays, 9:30-11am

Dates: 10/5, 10/6, 10/8, 10/9, 10/10, 10/11, 10/12, 10/13, 10/15, 10/16,
10/17, 10/18, 10/19, 10/20, 10/22, 10/23, 10/24, 10/25, 10/26, 10/27,
10/29, 10/30

Location: Temple, Diamond Mountain

Winter term

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

Dates: 2/8, 2/9, 2/11, 2/12, 2/13, 2/14, 2/15, 2/16, 2/18, 2/19, 2/20, 2/21,
2/22, 2/23, 2/25, 2/26, 2/27, 2/28, 3/1, 3/2, 3/4, 3/5, 3/6, 3/7, 3/8, 3/9,
3/11, 3/12, 3/13, 3/14

Location: Temple, Diamond Mountain

Spring term

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

Dates: 5/24, 5/25, 5/27, 5/28, 5/29, 5/30, 5/31, 6/1, 6/3, 6/4, 6/5, 6/6,
6/7, 6/8, 6/10, 6/11, 6/12, 6/13, 6/14, 6/15, 6/17, 6/18, 6/19, 6/20, 6/21,
6/22, 6/24, 6/25, 6/26, 6/27

Location: Temple, Diamond Mountain

Tibetan Translator Study Group

Members of this study group will practice and develop their translation skills by working together on translating the forthcoming section from Master Kedrup Tenpa Dargye's *Uma Chidun (Overview of the Middle Way)* which Geshe Michael Roach is translating in his Sacred Classics Translator course.

Overview

The study group will be just that. We will sit together, take the next section of the text and work on translating it together and in the process discussing key grammatical points that arise.

There will be no formal classes as everything has been covered formally in the Literary Tibetan II course.

The study group will be composed of the graduating students from the three term Literary Tibetan II course, as well as being open to any other students who have this minimum level of Tibetan language skill.

This course is for those students who already have a command of the Tibetan alphabet and can correctly pronounce Tibetan syllables - but do not necessarily yet know what the Tibetan actually means. In this course 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.

Schedule

Spring term

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

Dates: 5/25, 5/27, 6/1, 6/8, 6/10, 6/15, 6/17, 6/22, 6/24

Faculty: Drakpoy Dewa

Location: Temple Yurt, 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 Fall term is Part XVI 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 V:

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

Dates: 10/5, 10/9, 10/12, 10/19, 10/23, 10/26, 10/30

Location: Temple, Diamond Mountain

To Deathlessness Do We Part

Vows have gotten a dirty name in modern Western society. They are called rules, or commitments, and seen as some kind of prison: something to be broken or escaped from, rather than honored and kept.

In this course we will use the vows of a full monk, the foundation of Buddhist Discipline (*Vinaya*), to explore the ultimate purpose of taking vows: freedom itself.

Come join us for an exploration of ties that temporarily bind us so that we can be free. We will talk about the development of vows, benefits of vows, reasons to take vows, the levels of vows and specific vows taken by fully ordained monks. We will apply the vows to our lives in a spiritual community, and discuss ways of living our vows every moment of our lives.

You don't have to have vows or even be thinking of taking vows to benefit from this course.

This course in Winter term is Part XVII 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

Winter term – Part I

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

Dates: 2/8, 2/12, 2/15, 2/19, 2/22, 2/26, 3/1, 3/8, 3/12

Location: Temple, Diamond Mountain

Spring term – Part II

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

Dates: 5/24, 5/28, 5/31, 6/4, 6/7, 6/14, 6/18, 6/21, 6/25

Location: Temple, Diamond Mountain

Note: You can join others to view this webcast at the Three Jewels Tucson, 314 E. 6th Street

Worldsavers

Every weekend at Diamond Mountain, we take an extended break in the middle of each of the two Tantric Series evening classes. This break is designed to give students from throughout the US, and many other countries of the world, an opportunity to sit down and discuss projects that they are collaborating on together; undertaking projects of this sort is in fact one of the main purposes of the tantric class itself, so we consider this time an important part of the class.

During each of these breaks, Geshe Michael meets with groups of Diamond Mountain students and staff to discuss a specific project; these are called the Worldsaver Meetings, since each one is aimed at undertaking some group effort that will bring help, comfort, and understanding to some part of our world. The exact time is flexible, depending upon when the tantric class takes its break.

These Worldsaver Meetings are open to all Diamond Mountain students, staff, and visitors, whether they are attending the Tantric Series class or not.

A brief description of the exact project to be discussed at each meeting will be posted on the Temple door two or three days in advance so people will know if the weekend's meetings are of particular interest to them.

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

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

Dates: 10/10, 10/11, 10/18, 10/24

Location: Temple, Diamond Mountain

Winter term

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

Dates: 2/13, 2/14, 2/20, 2/21, 2/27, 3/6, 3/7, 3/13, 3/14**

Location: Temple, Diamond Mountain

** March 14th is Yamantaka tsok; details are forthcoming

Spring term

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

Dates: 5/29, 5/30, 6/5, 6/6, 6/12, 6/13, 6/19, 6/26, 6/27

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.

This class is led by Earle Birney.

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: 10/10, 10/11, 10/17, 10/18, 10/24, 10/25

Location: Jamyang House, Diamond Mountain

Winter term

Day & times: Saturdays, 11:15am-12:45pm

Dates: 2/13, 2/20, 2/27, 3/6, 3/13

Location: Jamyang House, Diamond Mountain

Spring term

cancelled

Yoga for Those Who Don't

In previous terms we started a special Sunday yoga class especially designed for people who—for various reasons—don't yet have a regular yoga practice. We had a great turnout of about 50 participants, with the aim of establishing us all in a gentle but very powerful daily practice—and as far as we can tell, this seems to have worked pretty successfully.

We feel that this class is important because a daily regimen of yoga is extremely effective in encouraging the inner winds or *prana* to reach a healthy flow. This results in greatly increased energy; a light and “young” feeling; greater flexibility; a resistance to colds and many other physical ailments, as well as arthritis or back problems; and a much deeper capacity for meditation and other spiritual work, especially the inner-body kind.

The Yoga for Those Who Don't class (which we're considering renaming to “Yoga for Those Who Didn't”) will continue this term. We'll be going deeper into the same series of poses, which are based upon the traditional and effective Sivananda system. This features a lot of gentle stretching on the floor and frequent quiet breaks, to prevent the tensing-up that seems to occur in many other yoga sequences.

The Temple may be a bit warm this time of year, and we advise participants to “layer” with a sweatshirt and sweatpants, as well as to bring some sweatsocks and a blanket to cover themselves with during the final relaxation. You can find some non-slip “yoga socks” online that you can wear during the series itself.

Anyone who attended the previous class is welcome to attend; we strongly recommend that you be sure to maintain a very modest but consistent, daily practice in the weeks leading up to the resumption of the class. If you did not attend a previous class but would like to participate in the current one, we would love to consider you for one of the (few) openings left; and please feel assured that you will be able to catch up with no problem.

We basically ask that people who *do not* have trouble maintaining a daily practice attend instead one of the many other fine yoga classes offered at DMU in the morning almost every day of the week.

If you have not attended this class previously and wish to now, we ask that you contact Ven. Lobsang Chukyi at lobsangchukyi@gmail.com to describe your previous yoga experience and help us determine whether the class is right for you.

Yoga for Those Who Don't is led by Geshe Michael Roach and Ven. Lobsang Chukyi.

Schedule

Fall term

Day & time: Sundays, 1-3pm

Dates: 10/11, 10/18

Location: Nataraja, Diamond Mountain

Winter term

Day & time: Sundays, 1-3pm

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

Location: Temple, Diamond Mountain

Spring term

Day & time: Sundays, 1-2:30pm

Dates: 5/30, 6/6, 6/27

Location: Temple, 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: Wednesdays and Thursdays
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](#), [Dance Yoga](#), [Dance](#), and [Yoga for Those Who Don't](#). 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 [DM Fun\(d\)raising Office](#), [Hypertexting](#), and [Worldsavers](#). 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

Friday, October 16
Sunday, October 25
Thursday, October 29

Winter term

Thursday, February 18
Sunday, February 28
Friday, March 5

Spring term

Thursday, June 3
Friday, June 11
Saturday, June 26

DMU 2009-2010 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. 6, Tuesday	Community dinner & gathering, 7pm – Temple – Debate cancelled
Oct. 11, Sunday	Deadline for adding, dropping, or changing enrollment in a course
Oct. 13, Tuesday	<i>Tsechu</i> , details tba – Debate cancelled
Oct. 16, Friday	Community Service Day (DM classes cancelled)
Oct. 17, Saturday	Yamantaka <i>tsok</i> , details tba (evening classes cancelled)
Oct. 25, Sunday	Community Service Day – Mid-term party – details tba (classes cancelled)
Oct. 28, Wednesday	<i>Tsechu</i> , details tba
Oct. 29, Thursday	Community Service Day (DM classes cancelled)
Oct. 30, Friday	Last day of regular classes
Oct. 31-Nov. 8	Kali initiation and retreat
Nov. 8, Sunday	Last day of term

Winter term

Feb. 8, Monday	First day of classes
Feb. 8, Monday	<i>Tsechu</i> – details tba (Bok Jinpa cancelled)
Feb. 9, Tuesday	Community dinner & gathering, 7pm – Temple – Debate cancelled
Feb. 12, Friday	Kali <i>tsok</i> – details tba (evening classes cancelled)
Feb. 14, Sunday	Deadline for adding, dropping, or changing enrollment in a course
Feb. 18, Thursday	Community Service Day – all classes cancelled
Feb. 24, Wednesday	<i>Tsechu</i>
Feb. 28, Sunday	Community Service Day – Mid-term party – details tba
Mar. 5, Friday	Community Service Day – all classes cancelled
Mar. 10, Wednesday	<i>Tsechu</i>
Mar. 14, Sunday	Yamantaka <i>tsok</i> – details tba
Mar. 14, Sunday	Last day of classes

Spring term

May 24, Monday	First day of classes
May 25, Tuesday	Community dinner and gathering, 7pm, Temple
May 28-29, Friday & Saturday	Family days, details tba
May 30, Sunday	Herb walk, 3-5pm, meet at Matrix
May 30-June 6	Elisa Monte visit, details tba
June 3, Thursday	Community Service Day, all classes cancelled
June 7, Monday	<i>tsechu</i> , evening classes cancelled
June 11, Friday	Community Service Day, Kali Shrine blessing and pujas, classes cancelled, details tba
June 12-13, Saturday & Sunday	Swami Swaroopananda, details tba
June 15 & 17, Tuesday & Thursday	Visiting Native American teachers sweat lodge (tentative), details tba
June 20, Sunday	midterm picnic - all classes cancelled, details tba
June 21, Monday	<i>tsechu</i> , evening classes cancelled
June 24, Thursday	<i>maroke</i> , 7:30pm
June 26, Saturday	Community Service Day, all classes cancelled except Tantra
June 27, Sunday	Darren Rhodes visit - details tba
June 27, Sunday	Last day of classes