

## EMPTINESS AND THE FOUR SCHOOLS

### Ven. Rene Feusi and Emily Hsu, Vajrapani Institute, 2009

<b>Introductory session</b>	1. Teachers Introduction	5 min.
	2. Basic Religious Views and the Buddhist Path; Motivation	62 min.
<b>DAY ONE</b>		<b>Length</b>
Session 1 – early morning	3. Morning Meditation; Calm Abiding and Vipassana	38
Session 2 - am	4. The Heart Sutra and Meditation on the Five Aggregates	36
Session 3 - am	5. Two Types of Meditation and Getting Free	4
	6. Introduction to the Materials and How to See the Empty I	32
Session 4 - am	7. The Two Truths, Vaibhasika, and Q&A	35
	8. A Search for the I - Meditation	24
Session 5 - pm	9. Empty Self Review	25
Session 6 - pm	10. Sautrantika	27
	11. Sautrantika Q&A	34
	12. Sautrantika Q&A part 2	12
Session 7 - pm	13. An Examination of the I	47
Session 8 - evening	14. Calm Abiding Instructions - Meditation	6
	15. Calm Abiding and Q&A	26
	16. Vajrasattva Practice	23
<b>DAY TWO</b>		
Session 1 - early morning	1. Morning Meditation	35
	2. Conventional I vs. Inherent I	21
Session 2 - am	3. Taking Refuge	10
	4. Introduction to Cittamatra	38
Session 3 - am	5. Cittamatra Meditation and Q&A	57
Session 4 - pm	6. Introduction to Madhyamika Svatantrika	42
Session 5 - pm	7. Madhyamika Svatantrika Q&A	65
	8. What We Are Trying to Do	16
	9. Nature of the Mind Meditation	7
Session 6 - evening	10. Rene's Emptiness Quiz	73
	11. Dedication	20
<b>DAY THREE</b>		
Session 1 - early morning	1. Morning Meditation	33
	2. Subtle Impermanence Meditation	25
Session 2 - am	3. Looking for the Self Meditation	30
	4. Meditation on Madhyamika	19
Session 3 - am	5. How to Meditate on Madhyamika; Q&A with Brief Med.	90
Session 4 - pm	6. The Seed and the Sprout	36
	7. The Magicians Illusion - Meditation	50
Session 5 - pm	8. Emptiness is an Experience Not an Idea	36
	9. Emptiness is an Experience Q&A	28
Session 6 - evening	10. Three Levels of Dependent Origination in Brief	8
	11. Three Levels of Dependent Origination Meditation	17
	12. Three Levels of Dep. Origin. Q&A; Vajrasattva Purification	54
<b>DAY FOUR</b>		
Session 1 – early morning	1. Morning Motivation	8
	2. Meditation on the 3 Types of I – Part 1	22
	3. Meditation on the 3 Types of I – Q&A	13
Session 2 - am	4. A Daily Practice	37
	5. A Daily Practice Part 2	12
Session 3 - am	6. How to Integrate Emptiness Into the Path	15
	7. Final Q&A	32
Session 4 - am	8. Love and Compassion Med., Dedication, and Goodbye	32