

# Index



- Achö, Khempo, 211–212
- action
- compassion, 134–135
  - empathic joy and equanimity, 142–143
- ananda*, 219
- adversity, transformation of, 167–169
- Mahamudra system, 200
- afflictions
- body, 56
  - compassion, 129, 133–134
  - feelings, 72
  - freedom from, 201
  - Great Perfection (Dzogchen), 201–202
  - Three Marks of Existence, 60–61
- alaya* (substrate), 41
- alayavijñāna* (substrate consciousness), 41, 77–78, 164–166, 193, 198
- Anandamaitreya, Balangoda, 12, 91–92, 196
- appearances, Mahamudra system, 200
- applied thought, meditative stabilization, 45
- Aristotle, 4
- Asanga, 18–21
- Atisha, 31–32, 64
- attachment, loving-kindness, 120–121, 153
- attention. *See also* awareness;
- breathing; settling the mind
  - awareness, 35–46
  - breathing, 11–21
  - empathic joy and equanimity, 144–145
  - settling the mind, 22–34
  - spirit of awakening (*bodhichitta*), 162
- attentional balance, 219–220
- Augustine, Saint, 4, 218
- aversion, feelings, 72
- awakening, nighttime dream yoga, 183, 186–187
- awareness, 35–46
- contemplations on, 38–44
  - Great Perfection (Dzogchen), 207
  - meditative stabilization, five factors of, 44–46
  - practice, 35–38
  - purpose of, 35
  - unstructured, Mahamudra system, 199–200
- bardo*, nighttime dream yoga, 186
- bare attention
- body, 55, 62
  - mind, 86
- Bennett-Goleman, Tara, 70
- bhavanga* (ground of becoming), 76, 88
- bliss, meditative stabilization, 46
- bodhichitta*. *See* spirit of awakening (*bodhichitta*)
- Bodhisattva path, spirit of awakening (*bodhichitta*), 167–169

- body, 49–64  
 contemplation on, 53–59, 63–64  
 daily life applications, 64  
 practice, 50–53, 61–62  
 Three Marks of Existence, 59–61
- brain  
 consciousness, spirit of  
 awakening (*bodhichitta*),  
 164–167  
 daytime dream yoga, 178–180  
 nighttime dream yoga, 183–184  
 science, 78–79
- breathing, 11–21  
 centrality of, 11–12  
 contemplation on, 16–18  
 daily life applications, 18–21  
 focus, 14–16  
 relaxation, 12–13  
 stillness, 13  
 vigilance, 13–14
- Buber, Martin, 120, 128–129
- Buddhadasa, 12
- buddha-nature, 166–167
- Buddhism  
 cosmology of, 184  
 enlightenment, 187  
 happiness, 4  
 meditation in, viii  
 orders of, 35  
 psychology, 141–142
- Buddhist meditations. *See*  
 meditation(s)
- Chagmé, Karma, 199
- chakra*, compassion, 124
- Chinese communists, 134, 152, 211
- chitta* (mind), 77–78. *See also* mind
- Christianity, 110–111
- clarity, awareness, 37
- Clarke, Arthur C., 213, 214
- clear light (*ösel*), 41
- cognitive balance, 220
- cognizance, awareness, 37
- color, daytime dream yoga,  
 178–179
- compassion, 123–135  
 centrality of, 123–124  
 contemplation on, 126–129,  
 131–135  
 daytime dream yoga, 174  
 false pretenders to, 153  
 feelings, 73  
 levels of, 127–129  
 limits to, 133  
 practice, 124–126, 130–131  
 spirit of awakening (*bodhichitta*),  
 162, 163–164
- conceptual elaborations  
 (*prapañcha*), 201
- consciousness, 157–215  
 awareness, 37  
 contemplative science of,  
 213–214  
 daytime dream yoga, 170–182  
 dimensions of, 164–167  
 Great Perfection (Dzogchen),  
 196–215  
 mind, 86  
 nighttime dream yoga, 183–195  
 settling the mind, 26  
 spirit of awakening (*bodhichitta*),  
 157–169
- contemplative insight (*vipashyana*),  
 11, 22, 25, 49, 78, 92, 166, 198
- contentment, settling the mind, 33
- cosmology, Buddhism, 184
- counting, breathing, 15–16
- craving, feelings, 72
- cruelty, compassion, 133–134
- Dagmola, Sakya, 196
- daily life applications  
 body, 64  
 breathing, 18–21  
 feelings, 74–75  
 settling the mind, 31–34

- Dalai Lama, vii—viii, 17, 22, 85, 117, 123, 126, 129, 143, 148, 152, 157–158, 166, 174, 196, 203, 205, 208, 214, 221
- Damasio, Antonio, 179
- Davidson, Richard, 113
- daytime dream yoga, 170–182  
 contemplation on, 173–182  
 dream states, 170–171  
 practice, 171–173
- death  
 awareness, 41  
 clear light of, 206–210  
 rainbow body at, 210–213
- death/rebirth analogy, nighttime dream yoga, 185, 186
- delusion, feelings, 72
- Descartes, René, 39, 179
- desire realm, nighttime dream yoga, 184
- desires, settling the mind, 33
- developmental model  
 Bodhisattva path, spirit of awakening (*bodhichitta*), 167–169  
 Great Perfection (Dzogchen), 196–197
- Dhammapada*, *The*, 89
- Dhargyey, Geshe Ngawang, 196
- Dharma, 91, 110, 115, 148
- dharma*, 91
- discovery model, Bodhisattva path, spirit of awakening (*bodhichitta*), 167–169
- dissatisfaction (*duhkha*), 6
- dream state, recognition of, 192–193
- dream transformation, nighttime dream yoga, 193
- dream yoga, 64. *See also* daytime dream yoga; nighttime dream yoga
- duhkha* (dissatisfaction), 6
- duration (*ghatika*)  
 breathing, 17–18  
 feelings, 66  
 meditation, 2–3  
 mind, 79  
 phenomena, 92
- Dzogchen tradition (Great Perfection), 3–4, 6, 77, 196–215. *See also* Great Perfection (*Dzogchen*)
- ego  
 awareness, 42–43  
 mind, 85
- Eight Mundane Concerns  
 fixation on, 4–5  
 review of, 112–114, 116
- Ekman, Paul, 74, 86, 221
- emotional balance, 220–221
- empathic joy and equanimity, 136–153  
 contemplation on, 139–145, 147–153  
 family metaphor, 136–137  
 practice, 137–139, 145–147
- empathy  
 compassion, 132–135  
 Four Immeasurables, 3–4
- emptiness, 203, 204, 205
- enlightenment, nighttime dream yoga, 187
- environment, settling the mind, 32–33
- equanimity. *See also* empathic joy and equanimity  
 achievement of, 149–152  
 feelings, 73
- ethics  
 daytime dream yoga, 173  
 settling the mind, 33–34
- eudaimonia* (happiness). *See* happiness (*eudaimonia*)

- family, spirit of awakening  
(*bodhichitta*), 162
- family metaphor, empathic joy and  
equanimity, 136–137, 152
- fantasy, settling the mind, 34
- feelings, 65–75  
contemplation on, 68–73, 74–75  
daily life applications, 74–75  
practice, 66–68, 73–74  
science, 65–66
- felicity, transformation to, 167–169
- Flanagan, Owen, 148
- focus, breathing, 14–16
- Four Applications of Mindfulness,  
3, 129. *See also* mindfulness
- Four Immeasurables  
compassion, 123–135  
described, 3–4  
empathic joy and equanimity,  
136–153  
false pretenders to, 153  
loving-kindness, 107–122
- Four Noble Truths, 5–6
- Freud, Sigmund, 97
- friendships  
empathic joy and equanimity,  
138–139, 145–146, 150–151  
settling the mind, 33  
spirit of awakening (*bodhichitta*),  
162
- Galileo, 82
- generosity, daytime dream yoga,  
173
- gentle vase breathing, awareness,  
37–38
- ghatika* (duration)  
breathing, 17–18  
feelings, 66  
meditation, 2–3  
mind, 79  
phenomena, 92
- Goleman, Daniel, 148, 221
- grasping  
Great Perfection (Dzogchen),  
207  
phenomena, 95–100
- Great Perfection (Dzogchen), 3–4,  
6, 77, 196–215  
contemplation on, 201–215  
practice, 197–200  
progression to, 196–199
- grief, compassion and, 153
- ground of becoming (*bhavanga*),  
mind, 76, 88
- Gyaltsen, Panchen Lozang Chökyi,  
28, 40–41
- Gyatso, Palden, 134
- happiness (*eudaimonia*)  
Buddhism, 4, 113–114  
empathic joy and equanimity,  
140–141
- hatred, loving-kindness, 121
- health  
body, 53–54  
empathic joy and equanimity,  
143
- heart, compassion, 124, 129
- ignorance, feelings, 72
- impartiality, empathic joy and  
equanimity, 151–152
- impermanence, Three Marks of  
Existence, 59–60
- indifference, equanimity  
contrasted, 151–152
- individual liberation (*pratimoksha*),  
201
- insight, compassion, 133
- insight meditations. *See also* body;  
feelings; mind; phenomena  
body, 49–64  
feelings, 65–75

- insight meditations (*continued*)  
 mind, 76–90  
 phenomena, 91–103  
 intuition, phenomena, 94–95  
 I-you relationship, 128–129
- James, William, 43, 89, 139, 217,  
 219–220  
 Jesus Christ, 211, 212  
 Jonangpa order, 210
- Kagyüpa order, 158  
*karuna*. *See* compassion  
 Kasser, Tim, 113  
*klesha* (mental affliction), 56, 129.  
*See also* afflictions  
 knowing. *See* cognizance  
 “know thyself,” meditation, 3
- LaBerge, Stephen, 180–181, 186,  
 192  
 Lamrimpa, Gen, 35, 115, 196,  
 208–209  
 life applications. *See* daily life  
 applications  
 lifestyle adjustments, settling the  
 mind, 31–34  
 Lingpa, Dödjom, 42, 77, 197,  
 212–213  
 Lingpa, Lerab, 27  
 loving-kindness, 107–122  
 contemplation on, 112–117,  
 119–122  
 Dharma vision, 148–149  
 empathic joy and equanimity,  
 140  
 false pretenders to, 153  
 feelings, 72–73  
 practice, 109–111, 117–119
- Madhyamaka view, 57, 176–180,  
 203, 205  
 Mahamudra, 22, 199–200  
 Mahayana path, 89–90, 99–100,  
 201–202  
*maitri*. *See* loving-kindness  
 materialism  
 compassion, 128  
 Eight Mundane Concerns,  
 112–114, 116  
 media, empathic joy and  
 equanimity, 139, 140, 148  
 medicine, intuition, 94–95. *See also*  
 health  
 meditation(s)  
 Dalai Lama on, vii—viii  
 duration (*ghatika*), 2–3  
 listing of, 1  
 meditative concentration (*samadhi*),  
 11, 91  
 meditative equipoise, *mudra* for,  
 123  
 meditative quiescence (*shamatha*),  
 2, 11, 16, 17, 22, 25, 32, 35, 36,  
 38–39, 40, 41, 43, 49–50, 53,  
 76–77, 78, 84, 91, 174, 197, 198,  
 207  
 meditative stabilization, five  
 factors of, awareness, 44–46  
 memories, Mahamudra system,  
 200  
 mental affliction (*klesha*), 56, 129  
 mental feelings, physical feelings  
 and, 69  
 mental perception, 80–81, 95  
 merit, breathing, 16  
 Middle Way. *See* Madhyamaka  
 view  
 Milarepa, 119–120  
 mind, 76–90  
 Buddhism, 76–79  
 contemplation on, 81–87, 89–90  
 practice, 79–81, 87–88  
 mindfulness. *See also* settling the  
 mind  
 limits of, 107–108

- remembrance, 15
- mindfulness of body. *See* body
- mindfulness of breathing. *See*
  - breathing
- mindfulness of feelings. *See*
  - feelings
- mindfulness of mind. *See* mind
- mindfulness of phenomena. *See*
  - phenomena
- motivation, meditation, 36
- motivational balance, 219
- mouth breathing, awareness, 38
- mudita* (empathic joy), 139–140. *See*
  - also empathic joy and equanimity
- mudra*, for meditative equipoise, 123
  
- Nagarjuna, 205
- naked awareness, settling the
  - mind, 24–25
- negative psychology, 5
- nge jung* (spirit of emergence),
  - Buddhism, 5
- nighttime dream yoga, 183–195
  - contemplation on, 189–195
  - practice, 188–189
  - science, 183–186
- nirvana*, 201
- Norbu, Namkhai, 190
- no-self, Three Marks of Existence, 61
- Nyingmapa order, 196, 214
  
- objectivity, settling the mind, 29–30
- observation, modes of, settling the
  - mind, 28–29
- Orgyen, Siddha, 199
- ösel* (clear light), 41
- outrage, empathic joy and
  - equanimity, 139
  
- Padmasambhava, 35, 40, 194–195, 212
- paradoxical sleep, 183
- patience, daytime dream yoga, 173
- perception
  - daytime dream yoga, 178–180
  - mind, 80–81, 83
  - phenomena, 95
  - science, 82
- phenomena, 91–103
  - contemplation on, 94–100, 101–103
  - daytime dream yoga, 172
  - mind, 89–90
  - practice, 92–94, 100–101
- Phuntsok, Khenpo Jigmé, 22
- physical feelings, mental feelings
  - and, 69
- positive psychology, 5, 218–219
  - prajña*, 91
  - prapañcha* (conceptual elaborations), 201
  - pratimoksha* (individual liberation), 201
- primordial consciousness (*yeshe*), 41, 166–167, 170, 198, 209
- pristine awareness (*rigpa*), 41, 198–199, 203, 205–206, 207, 215
- psychology
  - Buddhist, 141–142
  - compassion, 128–129
  - consciousness, spirit of
    - awakening (*bodhichitta*), 164–167
  - empathic joy and equanimity, 148
  - loving-kindness, 120
  - nighttime dream yoga, 184–185
  - Santa Barbara Institute for Consciousness Studies, 217–222
  - trends in, 5
- purification, body, 54
- Putse, Lama, 209

- Rabten, Geshe, 22, 35, 49, 150, 161, 163, 177, 196, 202
- rainbow body, at death, 210–213
- rapid eye movement (REM) sleep, nighttime dream yoga, 183–184
- Ratnameghasutra*, 89–90
- reality
  - empathic joy and equanimity, 139–140, 144
  - grasping, 95–100
- rebirth/death analogy, nighttime dream yoga, 185, 186
- refining the attention. *See* attention
- refractory period, 86–87
- reincarnation
  - Great Perfection (Dzogchen), 201
  - nighttime dream yoga, 186
- relationships. *See* friendships
- relaxation, breathing, 12–13
- remembrance, mindfulness, 15
- renunciation. *See* spirit of emergence
- rigpa* (pristine awareness), 41, 198–199, 203, 205–206, 207, 215
- Rinpoche, Gyatrul, 22, 35, 170, 181, 196, 214, 215
- Rinpoche, Kalu, 158
- Rinpoche, Patrul, 198, 205
- Rinpoche, Penor, 210–211
- Rinpoche, Ratö, 208
- Rinpoche, Sogyal, 26, 39, 41
- Rinpoche, Tara, 136–137
- sadness, compassion, 132
- samadhi* (meditative concentration), 11, 91
- samsara*, 185, 201, 205
- Sangye, Padampa, 169
- Santa Barbara Institute for Consciousness Studies, 217–222
- Sautrantika view, 56–59
- science
  - brain, 78–79
  - consciousness, contemplative science of, 213–214
  - daytime dream yoga, 178–180
  - death, clear light of, 207–208, 209
  - Eight Mundane Concerns, 113
  - feelings, 65–66
  - nighttime dream yoga, 183–186
  - perception, 82
  - Sautrantika view and, 58–59
- Searle, John, 213
- self, daytime dream yoga, 174–177
- semshuk*, compassion, 129
- settling the mind, 22–34
  - contemplation on, 25–31
  - lifestyle adjustments, 31–34
  - practice, 22–25
  - purpose of, 22
- sexuality, phenomena, 96–97
- shamatha* (meditative quiescence), 2, 11, 16, 17, 22, 25, 32, 35, 36, 38–39, 40, 41, 43, 49–50, 53, 76–77, 78, 84, 91, 174, 197, 198, 207
- Shaneman, Jhampa, 208
- Shantideva, 60, 127, 162, 163, 168, 173, 205
- Shlim, David R., 209
- Shora, Chetsün Senge, 212
- simplicity, settling the mind, 33
- single-pointed attention, meditative stabilization, 46
- Six Perfections, daytime dream yoga, 173–174
- sleeping lion posture, nighttime dream yoga, 190
- Socrates, 3
- Soto Zen, 25
- spirit of awakening (*bodhichitta*), 157–169, 197–198, 215

- Bodhisattva path, 167–169  
 consciousness, dimensions of,  
     164–167  
 contemplation on, 161–164  
 daytime dream yoga, 173  
 practice, 158–161  
 progression to, 157–158  
 spirit of emergence, Buddhism, 5  
 Steindl-Rast, David, 211  
 Stevenson, Ian, 165  
 stillness, breathing, 13  
 Subho, Goenka, 12  
 Subho, Kitti, 12, 49  
 Subhuti, 180  
 subject-object relationship, loving-  
     kindness, 120  
 substrate (*alaya*), 41  
 substrate consciousness  
     (*alayavijñāna*), 41, 77–78,  
     164–166, 193, 198  
 suffering  
     attention to, 6  
     causes of, 78  
     compassion, 126–128, 132–134  
     empathic joy and equanimity,  
         140, 147  
     settling the mind, 30–31  
     spirit of awakening (*bodhichitta*),  
         162–163  
 sustained thought, meditative  
     stabilization, 45
- Thera, Nyanponika, 49  
 Theravada Buddhism, 77, 89, 91,  
     201  
 thoughts, Mahamudra system, 200  
 Three Marks of Existence, 59–61  
 Thubtop, Geshe Yeshe, 131–132  
 Thurman, Robert, 136  
 Tibetan Buddhism, 91, 94, 158  
 Tiso, Francis, 211–212  
*tonglen*, 147–148, 159–160
- Tönpa, Drom, 64  
 torture, compassion, 134  
 traditional medicine, intuition,  
     94–95  
 truths, spectrum of, 101–103  
*tsewa*. See compassion  
 Tsongkhapa, 4, 40, 205  
*tulku*, 208
- unbearable compassion, daytime  
     dream yoga, 174  
 unconditional love, empathic joy  
     and equanimity, 140  
 unstructured awareness,  
     Mahamudra system, 199–200
- Vajrayana Buddhism, 158, 202–203,  
     210  
 Varela, Francisco, 166  
 vigilance, breathing, 13–14  
 Vimalamitra, 212  
*vipashyana* (contemplative insight),  
     11, 22, 25, 49, 78, 92, 166, 198  
 Vipassana tradition, 25, 197, 198  
 virtue  
     body, 55  
     empathic joy and equanimity,  
         140, 142  
 visualization technique, nighttime  
     dream yoga, 189–190
- waking state, dream and, 205  
 Wallace, Alan, 217, 221  
 Wangchuk, Chetsün Senge, 212  
 well-being, meditative  
     stabilization, 45  
 Whitehead, Alfred North, 116  
 wisdom  
     compassion, 129  
     daytime dream yoga, 174  
     empathic joy and equanimity, 141  
 Wodehouse, P. G., 145

world, daytime dream yoga,  
177–180

Yeshe, Thubten, 203

*yeshe* (primordial consciousness),  
41, 166–167, 170, 198, 209

Yogachara view, 57

Zangpo, Nyenwen Tingdzin,  
212

zeal, daytime dream yoga, 173

Zen Buddhism, 197, 198