

# *The Gradual Path Towards Contemplative Living*

co-sponsored by

TIBET HOUSE, US and

NALANDA INSTITUTE for Contemplative Science

Instructor: Dr. Miles Neale

March-May 2009 / 7-9 pm at Tibet House

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## Course Overview

This 12-week introductory level course teaches the theory and practice of contemplative living and learning based on the Indo-Tibetan tradition. The course surveys the gradual system of healing and begins with an initial four-week phase of self-healing focused on cultivating freedom from stress prone outlooks, attitudes, and lifestyles. The intermediate phase of social healing is presented during the middle four weeks in order to develop positive emotions and transform difficult relationships and stressful environments. In the final four weeks, the phase of creative healing provides accelerated tools to optimize the skills of self and social healing. The three phases of the course correspond to three main types of meditation practice that will be emphasized: mindfulness, contemplation and visualization respectively.

## Instructor Bio

Miles Neale, Psy.D., LMHC, is a licensed psychotherapist in private practice who studied Buddhism in monastic settings throughout Asia and has taught meditation programs at Harvard, Columbia, Cornell and Albert Einstein. Dr. Neale is a faculty member of the Nalanda Institute for Contemplative Science, founded to make the healing arts and sciences of ancient India and Tibet accessible to the culture and lifestyle of the contemporary West. For more on Dr. Neale visit [www.milesneale.com](http://www.milesneale.com) and for more on the Nalanda Institute visit [www.nalandascience.org](http://www.nalandascience.org)

## Syllabus

### **Month One: Self-Healing**

*Text: Thoughts Without a Thinker, by Mark Epstein*

Week 1: Monday, March 9, 2009

Topic: First Noble Truth: Suffering

Practice: Mindfulness of Breath and Body

Readings: TWT, pgs. 1-43

Week 2: Monday, March 16, 2009

Topic: Second Noble Truth: Causes of Suffering

Practice: Mindfulness of Sensations

Readings: TWT, pgs. 43-59 and 109-129

Week 3: Monday, March 23, 2009

Topic: Third Noble Truth: Freedom from Suffering

Practice: Mindfulness of Mind

Readings: TWT, pgs. 59-75 and 129-163

Week 4: Monday, March 30, 2009

Topic: Fourth Noble Truth: The Path to Freedom

Practice: Mindfulness of Experience

Readings: TWT, pgs. 75-89 and 163-203

### **Month Two: Social Healing**

*Text: The Jewel Tree of Tibet, by Robert Thurman*

Week 5: Wednesday, April 2, 2009

Topic: Equalizing Self and Other

Practice: Immeasurable Love

Readings: JTT, pgs. 1-49

Week 6: Wednesday, April 9, 2009

Topic: Limits of Self-preoccupation

Practice: Immeasurable Care

Readings: JTT, pgs. 49-97

Week 7: Wednesday, April 16, 2009

Topic: Benefits of Altruism

Practice: Immeasurable Joy

Readings: JTT, pgs. 97-141

Week 8: Wednesday, April 23, 2009  
Topic: Exchanging Self and Other  
Practice: Immeasurable Peace  
Readings: JTT, pgs. 141-175

**Month Three: Creative Healing**

*Text: The Jewel Tree of Tibet, by Robert Thurman*

Week 9: Monday, May 4, 2009  
Topic: Refuge & Offering  
Practice: Mentor-boding visualization  
Readings: JTT, pgs. 175-215

Week 10: Monday, May 11, 2009  
Topic: Disclosing & Rejoicing  
Practice: Mentor-boding visualization  
Readings: JTT, pgs. 215-245

Week 11: Monday, May 18, 2009  
Topic: Requesting  
Practice: Mentor-boding visualization  
Readings: JTT, pgs. 245-261

Week 12: Monday, May 25, 2009  
Topic: Dedicating  
Practice: Mentor-boding visualization  
Readings: none

Course Readings:

Epstein, Mark. (1995). *Thoughts Without a Thinker: Psychotherapy from a Buddhist Perspective*. New York: Basic Books

Thurman, Robert A.F. (2005). *The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism*. New York: Free Press

Recommended Readings:

Wallace, B. Alan. (2004). *The Four Immeasurable: Cultivating a Boundless Heart*. New York: Snow Lion Publications

Wallace, B. Alan (1993). *Tibetan Buddhism From the Ground Up: A Practical Approach to Modern Life*. Somerville, MA: Wisdom Publications