

Stillness Within

Introduction to the three meditations from the clear mind audio tracks

There are two ways of introducing what is the mind:

- Intellectual/theoretical
- practical with the help of pointing out instructions

This course is more concerned with the second - which means really try to give people time in meditation.

There are four classes to this course

1. Introduction
2. Meditation on Body of Light
3. Meditation on Clarity
4. Meditation on the Root mind

The resources to rely on for this course are

The most important one is the booklet of coming with the audio tracks

Clear Light of Bliss - the section on Introduction to the General Mind in the chapter Introduction to the Nature of Mind

Mahamudra Tantra chapter The Six Stages of Training in Mahamudra the section on Identifying Our Own Mind

- [Introduction](#)
- [Meditation #1 Body of Light](#)
- [Meditation #2 Clarity](#)
- [Meditation #3 Root mind](#)

Introduction

Meditation #1 Body of Light

Meditation #2 Clarity

Meditation #3 Root mind