

A Brief Description of the Seven Meditations from The Relaxed Mind by Dza Kilung Rinpoche

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1. **First Meditation: Basic Sitting Meditation Coarse Level** (Tibetan: shad-gom).
Joining mental and physical awareness in meditation. Meditation isn't for the mind alone. Here we bring mind and body together in relaxation and learn meditation postures, all as a preparation for the succeeding chapter on calm abiding.
2. **Second Meditation: Calm Abiding** (Tibetan: shi-ney, Sanskrit: shamatha).
Using an object of attention to free ourselves from the disturbances of thoughts and to reach a state of calm.
3. **Third Meditation: Arriving at Clarity—Refined Sitting Meditation**.
Calm evolves into clarity, relaxation, energy, and inspiration.
4. **Fourth Meditation: Insight Meditation** (Pali: vipassana, Tibetan: lhag-tong).
Seeing beneath the surface to our inner nature to the nature of all phenomena. Seeing things as they really are.
5. **Fifth Meditation: Open Heart-Mind Meditation** (Mahayana approach).
Viewing the internal and external more widely. As a basis for unbiased compassion, cultivating boundless equanimity in place of grasping at the duality of self and other. The wide-open experience of spaciousness.
6. **Sixth Meditation: Pure Mind Meditation** (Vajrayana approach).
Opening up even more to create a harmonious and impartial balance between dualities, we transcend ingrained habitual patterns that are inconsistent with the pure nature of reality.
7. **Seventh Meditation: Nonconceptual Meditation** (introduction to dzogchen).
Allowing the mind to rest in the unmodified natural state of one's own heart-mind. Resting effortlessly in the nature of the mind. The experience of transcendent knowledge: primordial purity.

ONLINE COURSE and FREE GUIDED MEDITATION ONLINE

<https://www.shambhala.com/discovering-the-relaxed-mind-meditation-kilung-rinpoche.html>

There is an online course with Dza Kilung Rinpoche teaching all of the seven meditations from *The Relaxed Mind* available for purchase through Shambhala Publications at the link above.

There is also a free 29 minute guided meditation of Kilung Rinpoche teaching Basic Sitting (Meditation #1) available at the same link. Scroll down and look to the right on that page under a small heading that says "Course Sample."