

# Tranquil Awareness and Special Insight: Foundations of Buddhist Meditation



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# Two Streams of Meditation Practice

- ❖ Samatha: tranquil awareness
- ❖ Vipassana: insight



# Samatha

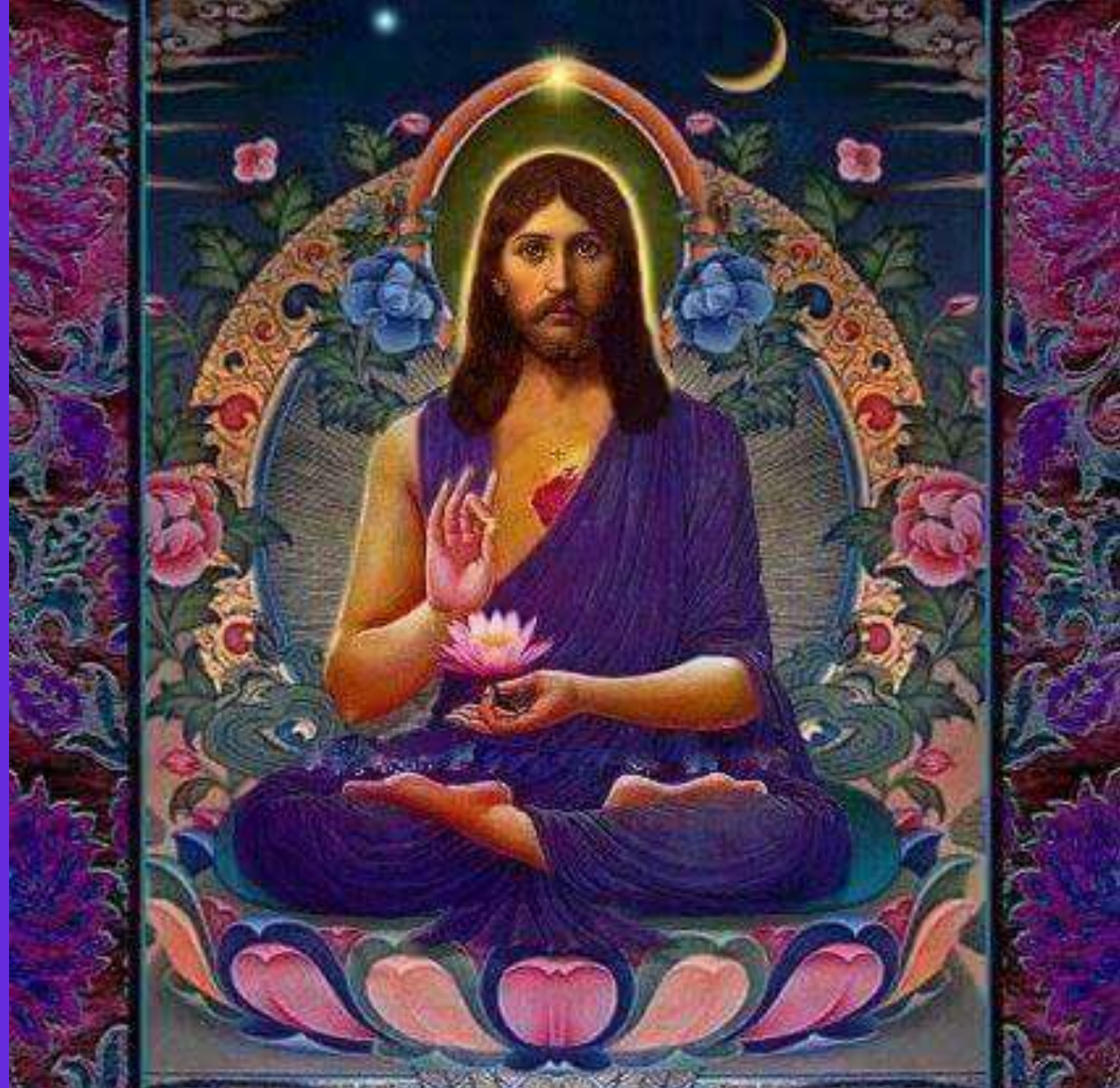
- ❖ Samatha means tranquil awareness or calm abiding.
- ❖ The practice is to focus one's awareness on a specific object.
- ❖ The goal is to achieve effortless single-pointed concentration (samadhi).



















# SHAMATHA MEDITATION



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Jakob Leschly & Stefan Mager



# Stages 1-4 Developing Stability

- ❖ Placement
- ❖ Continual placement
- ❖ Repeated placement
- ❖ Close placement

# Stages 5-6 Developing Clarity

- ❖ Taming
- ❖ Pacifying





# Stages 7-9 Building Strength

- ❖ Thoroughly pacifying
- ❖ One-pointedness
- ❖ Equanimity















# Vipassana

- ❖ Insight, special insight, deep understanding
- ❖ The goal is to develop direct insight into the true nature of things, especially the 3 Marks of Existence.



# 3 Marks of Existence

- ❖ Duhkha: dissatisfaction, frustration, distress, suffering
- ❖ Anicca: impermanence, change
- ❖ Anatta: insubstantiality, no-self

# Meditation on Emptiness

- ❖ Identifying the object of refutation, an independently existent self or soul
- ❖ Investigating the 5 aggregates (body, feelings, perceptions, mental factors, and consciousness) in an attempt to find an independently existent self or soul
- ❖ Realizing the absence of an independently existent self or soul



# **The Union of Samatha and Vipassana**

- ❖ The union of samatha and vipassana means to develop single-pointed concentration (samadhi) with emptiness as the object.
- ❖ This is achieved through alternating analytical meditation (vipassana) and tranquil awareness (samatha).

