



The Devil Debates an Angel  
Course Two: How to Meditate, How Not to Meditate  
Master, Class One

4) Describe an extremely *useful* version of this practice of “cutting thoughts of the three times,” using the analogy of a car centered in traffic, on two different levels.

5) His Holiness also criticizes a type of meditation where we try not to think of anything, saying that it involves “inconsistencies in cause and effect.” Explain.

*Coffee shop assignment:* Please meet with at least one other person—or better, a group of people—whom you didn’t know well before this teaching; do your homework together and discuss together any questions you have. Please write here where, when, and with whom you did your homework:

*Meditation assignment:* 15 minutes early in the day, and 15 minutes later in the day, trying to keep the “car” of your mind centered in traffic on four sides. Please write here the two times that you started these meditations:

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Class Two: Work, then Surrender (verses 98-108)

1) In these verses of his work, His Holiness the First Panchen Lama speaks about a mistaken meditation which he calls “an exploration to see if the mind is a physical thing.” What would be the point of such an exploration?

2) Wise Ones of ancient Tibet used to talk about a meditation called “seeing the naked mind, the raw mind.” How could this kind of meditation be mistaken?

3) His Holiness criticizes a meditation called “the unstoppable mind.” What are some different ways of understanding the Tibetan word for this meditation, and how does Je Tsongkapa, the teacher of His Holiness the First Dalai Lama, critique this meditation?

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4) Why does the Devil say that people are confusing about him existing, and not existing? How can we apply here the instructions of Machik Labdrun, the famous woman yoga who lived in Tibet 1,000 years ago, who said: “Concentrate the mind with effort, and then surrender into it; this is where you will find the mind”?

5) How rare, according to the Devil, is a person who really meditates correctly? And what is the immense and unique power that can help any of us to become one of these rare jewels among meditators?

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*Meditation assignment:* 15 minutes early in the day, and 15 minutes later in the day, do the meditation with the four invisible walls to come into the present moment. Then follow Machik Labdrun’s advice for the thoughts of the present moment, working hard to see that happy thoughts come from serving others all the time, and then surrendering into the present moment of that contented service. Please write here the two times that you started these meditations: