

LEVELS OF CONSCIOUSNESS AND MEDITATION IN TIBETAN BUDDHIST TRADITION

July 18th 2023 at 15:00

Meditation is a central practice that allows individuals to cultivate greater awareness and understanding of their own consciousness. Through meditation, practitioners can learn to quiet the mind, develop mindfulness, and gain insights into the nature of reality. In Tibetan Buddhism, through meditation, practitioners aim to dissolve the sense of separation and develop a sense of interconnectedness and compassion for all beings. Meditation techniques of Tibetan Buddhism often involve focused attention on specific objects or concepts, such as the breath, mantras, or visualizations. These practices aim to bring the practitioner into a state of heightened consciousness and present-moment awareness. By observing the fluctuations of the mind and cultivating a sense of detachment, practitioners can explore the nature of consciousness more deeply. Two Monks, senior students of the Geshe program, from Sera Jey Monastic University, they will tell us about Consciousness, in its different states and about Meditation in the tradition of Tibetan Buddhism, highlighting the differences between the two main methods to explore the mind: that of the Sutra and that of Tantra

Speakers:

Bruno Neri – *introduction*

Jampa Thakchoe

Jampa Soepa



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