

QUESTIONNAIRE ON

SHAMATA MAHAMUDRA [Instructor: Chuck Damov]

1. What is a definition of Mahamudra?
2. What forms of Buddhism teach the practice of Mahamudra?
3. Are there different traditions of mahamudra teachings, according to the 1st Panchen Lama?
4. Are the Buddhist teachings and practices of Mahamudra, Dzog.chen, Vipasana, Zen and Chan the same or not?
5. Can and does the practice of mahamudra lead to the direct realization of emptiness or not?
6. What is the definition of “shamata”?
7. Is the attainment of complete shamata necessary to realize emptiness?
8. How many levels / stages of shamata are there, and what are they?
9. How many obstacles to developing shamata are there, and what are they?
10. How many antidotes to the obstacles to shamata are there, and what are they?