



# Dharma Ocean

## Advanced Meditating with the Body 2007 Table of Contents: Talks & MP3 Tracks

### Talk 1: The Primordial Human

1. Importance of Sage
2. Drumbeat During Saging
3. What Buddhism Is

### Talk 2: Connecting to the Aboriginal World

4. Connectedness
5. GM: 10-Points – Lying Down
6. GM: Connecting While Sitting

### Talk 3: Recovering Who We Are

7. D: Ancestors
8. D: What Is Behind You
9. D: Tracing Ancestors
10. Lhasang and Ritual
11. GM: Connecting with Earth
12. GM: Continued Awareness

### Talk 4: De-Civilizing the Vajrayana

13. Refuge and Bodhicitta Chants
14. Vajrayana Buddhism
15. Dismemberment

### Talk 5: Discussion of Ancestral Connections

16. D: Vajrayana vs. Aboriginal
17. D: Modern Aboriginal Training
18. D: Experience with Dismantling
19. D: Developing a New Training
20. D: Visit from Ancestors
21. D: Historical Past
22. D: Ontogeny
23. D: Perceptions of Reality

### Talk 6: Ancestral Link of the Body

24. GM: Discovering the Aboriginal Body
25. GM: Further Somatic Explorations

### Talk 7: Primordial Speech

26. Warrior Cries
27. GM: 10-Points and Earth Breathing
28. Sharing the Experience

### Talk 8: Connecting to Joy

29. D: Sacred Masculine and Feminine
30. D: Explanation of Shrines
31. D: Grief and Joy
32. D: An Offering
33. D: Expressing Emotions
34. An Inspiration
35. Interconnectedness and Tonglen
36. GM: Tonglen
37. GM: Letting Go of Thoughts

#### Key

GM = Guided Meditation  
D = Discussion