

TSK Online Program 2008-2009

The more I teach TSK, the more I find myself wanting to simplify. This year's online program reflects that approach. We will do a limited amount of reading and focus on a few core themes:

Unit One: Inquiry, Space	October 6-December 5, 2008
Unit Two: Thoughts, Stories, Self	January 12-March 13, 2009
Unit Three: Conducting Time and Knowledge	March 30-May 29, 2009

The approach we take toward practice will also be simple. There will be limited formal sitting practice, except optionally. My suggestion is to practice in the following ways:

1. Do the reading; and return to it several times during the week. Readings will almost all come from *Love of Knowledge* and *Dynamics of Time and Space* and be less than 10 pages a week.
2. Practice several times a week in sessions of 5-10 minutes (longer if you like).
3. Keep a journal and/or post entries on your experiences on the website. Respond to posts by others as you are moved to do so: questions, comments, etc.
4. Practice informally while you are going about your daily activities, as much as you find yourself wanting to do so. (If you have a daily meditation practice, that might be an especially good time to do TSK practice, combining it with your meditation.)
5. Participate in a weekly Skype telephone conversation that I will lead for half an hour or so to discuss the week's reading. Tentatively I am planning to hold the phone call Sundays at 9 AM Pacific Time, which is 12 noon on the east coast of the United States and 1800 in most of Europe. That leaves out Australia, but if interest warrants, we can do another call occasionally for the Australians.

Even if you miss this call, my plan is to record it and post the recording each week on the website, so you can listen later.

I will do a test call on September 28th at 9:00AM Pacific Time to try the system out and also to answer questions you may have about the program. To be safe, be ready to use Skype for that call. But in theory you can participate just using a regular phone. Either way, if you want to take part let Kathleen know your phone number or Skype id.

6. Join us next summer for a 5-day retreat at Ratna Ling in California (optional).

Here are the readings for the first unit. I will post suggestions for practice as we go along.

Unit One, October 6-December 5, 2008

Theme: Opening Space for Inquiry

Topics and Readings

Week One	Approaches to Inquiry	LOK	xxvi-xxx
Week Two	Space, Mind, and Inquiry	DTS	xxviii-xxxI
Week Three	Space and Substance	DTS	3-8
Week Four	Origins of Substance	DTS	9-14
Week Five	Realness of the Real	DTS	14-18
Week Six	Activating Understanding	DTS	19-22
Week Seven	Space and Active Appearance	DTS	29-34
Week Eight	Inward Outward	DTS	35-41
Week Nine	Space Dimensionality	DTS	42-50