



ABOUT NAMCHAK'S FOUNDATIONAL MEDITATION PRACTICES

Calm Abiding or Shamata

Calm Abiding, or Shamata, is the foundation for all other practices on the Buddhist path. It is a technique used to develop the power of attention and bring coarse and subtle thoughts to a restful state. In other words, it is resting or abiding in a peaceful state.

The Nine Methods for Placing the Mind are used to develop that state of calm and single-pointed attention. Calm Abiding can bring a powerful level of calm to the mind, so much so that one can rest for long periods of time without the slightest stirring of thoughts or emotions. Learn more about Calm Abiding in this blog, [How To Start Meditating – The Foundational Practice Of Shamata](#).

Tonglen Meditation Practice

This meditation is a form of sending and receiving compassion. It is also one of the Four Boundless Qualities. Tonglen is a Tibetan practice for sending and receiving, evoking compassion for ourselves and others through visualizations. To try a guided Tonglen practice, visit [here](#).

Clearing the Stale Energies Meditation

The foundational meditation practice of Clearing the Stale Energies, or Lung Ro Sel in Tibetan, can be used for working with the subtle energies connected to the afflictive emotions – or the Three Poisons. The Three Poisons can fall under one of these three categories: Desire, Aggression, and Ignorance. Start learning this practice by using this [video tutorial](#).

Round Robin Meditation Practice

This practice brings together all of the above practices into one session. Lama Tsomo shares her signature style in the Round Robin format. These practices incorporate various meditation practices into one session so that you can experience the full range of benefits. To try a Round Robin practice, visit [here](#).