

# The Heart of Wakefulness

Ten Wednesdays from September 13th – December 13th, 2023

Led by Derek Kolleeny, Laura Read and Arthur Segreti

**Part One of a Three Part Series on the Book**  
***The Bodhisattva Path of Wisdom and Compassion***  
***The Profound Treasury of the Ocean of Dharma, Volume Two***  
***By Chogyam Trungpa Rinpoche***

- 1) Class One: Review Part One – The Foundational Path and Right Conduct**
  - a) *The Path of Individual Liberation*, pp. 3-170
- 2) Class Two: Review Part Two – Shamatha and Vipashyana Meditation**
  - a) *The Path of Individual Liberation*, pp. 173-369
- 3) Class Three: Review Part Three – The Wisdom and the Path**
  - a) *The Path of Individual Liberation*, pp. 373-
- 4) Class Four: Awakening the Heart, pp. 3-20 = 18**
  - a) Chapter 1. Glimpse of Wakefulness, pp. 3-12
  - b) Chapter 2. Love, Vision, and Warriorship, pp. 12-20
- 5) Class Five: Discovering Buddha Nature, pp. 20-40 = 21**
  - a) Chapter 3. Doubt and Delight, pp. 20-30
  - b) Chapter 4. Enlightened Genes, pp. 31-40
- 6) Class Six: Nurturing the Ground, pp. 40-54 = 15**
  - a) Chapter 5. Basic Goodness, pp. 40-50
  - b) Chapter 6. Cultivating Wholesomeness, pp. 51-54
- 7) Class Seven: Provoking Wakefulness, pp. 54-69 = 15**
  - a) Chapter 7. Expanding Your Practice, pp. 54-60
  - b) Chapter 8. Cutting Ego Fixation, pp. 60-69
- 8) Class Eight: Connecting Wakefulness with the Heart, pp. 69-88 = 20**
  - a) Chapter 9. Awakening Your Enlightened Genes, pp. 69-78
  - b) Chapter 10. The Spiritual Friend, pp. 78-88
- 9) Class Nine: The Heartfelt Aspiration to of Wakefulness, pp. 89-104 = 16**
  - a) Chapter 11. Indestructible Wakefulness, pp. 89-97
  - b) Chapter 12. Planting the Moon of Bodhi in Your Heart, pp. 97-99
  - c) Chapter 13. Cultivating a Mahayana Mentality, pp. 99-104
- 10) Class Ten: Commitment to the Heart of Wakefulness, pp. 107-121 = 15**
  - a) Chapter 14. The Seven Mahayana Exercises, pp. 104-107
  - b) Chapter 15. Taking the Bodhisattva Vow, pp. 107-116
  - c) Chapter 16. Becoming a Bodhisattva, pp. 116-121
- 11) Class Eleven: The Profound View & Vast Activity of the Bodhisattva = 8**
  - a) Chapter 17. Joining Profundity and Vastness, pp. 121-128
  - b) Review of Chapters 1 through 17