

Ways to Cultivate Mindfulness in Indian and Tibetan Buddhism

Dzogchen Advice by Jigme Lingpa and His Sources

Guest online lecture by Dr. Marc-Henri Deroche (Associate Professor, Kyoto University)

Wednesday 21st June 2023, 10:00 AM (Central European Time)

Venue: ZOOM

Discussant:

Prof. Dr. Michael Zimmermann (Professor for Indian Buddhism, Co-Director of the Numata Center for Buddhist Studies, Hamburg University)

Organizers:

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<https://www.buddhismuskunde.uni-hamburg.de/veranstaltungen.html>

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<https://uni-hamburg.zoom.us/j/63511476317?pwd=T2tJMVJHclQzdW5rUEJ5VzI4MWJoUT09>

Abstract:

This lecture will focus on “mindfulness” (Skt. *smṛti*, Tib. *dran pa*) as it has been understood and cultivated in Indian and Tibetan Buddhism, according to the typology formulated by Jigme Lingpa (1730-1798). The latter was a famous master in the Tibetan lineage of Dzogchen (i.e. “the Great Perfection”) that is considered in this tradition to integrate the essence of all Buddhist teachings. We will start by examining the current transdisciplinary academic field of mindfulness, and reflect upon the specific contribution of humanities, philosophy, philology, and especially Buddhist studies, to improving our understanding of the concept of mindfulness. Then we will investigate Jigme Lingpa’s twofold typology of (1) a deliberate mindfulness according to his classical Indian Mahāyāna sources, and (2) a non-



dual mindfulness that is consistent with Dzogchen teachings. For the first type, we will thus explore the close relationship between mindfulness and wisdom by studying especially the integration of memory, judgment, and attention on the path of Mahāyāna (with Asaṅga and Vasubandhu); as well as its underlying moral philosophy of mindful awareness, carefulness, and self-examination (with Śāntideva). Concerning the second element of Jigme Lingpa's typology, we will examine thus the “distinctive mindfulness of Dzogchen” that is, in this lineage, considered to be inseparable from “pure awareness” (*rig pa*), or the true nature of the mind, beyond subject-object duality. But we shall see how, according to this Tibetan author and his successors, these two ways to sustain mindfulness are to be practically combined, depending on various circumstances, so that the entire way of life can become infused with a heightened sense of presence and freedom, moment by moment. Ultimately, we will inquire into the possible significance of these ancient sources for our contemporary construct of mindfulness.

Profile:

Marc-Henri Deroche is Associate Professor at Kyoto University, Japan, where he teaches Buddhist and Tibetan Studies. His current research focuses on the notion of mindfulness at the crossroads of Buddhism, philosophy, and psychology, with a focus on classical Mahāyāna sources and later Tibetan lineages, especially Dzogchen. He holds a PhD in East Asian Studies at the École Pratique des Hautes



Études (Paris). His publications include a monograph, *Une quête tibétaine de la sagesse: Prajñāraśmi (1518-1584) et les sources de l'attitude impartiale (ris med)* (Brepols), an edited special issue of the journal *Religions* titled *Study, Reflection, and Cultivation: Integrative Paths to Wisdom from Buddhist and Comparative Perspectives*, and articles appearing in journals such as *Asian Philosophy*, *Philosophy East and West*, *Eidos*, *Journal of Buddhist Ethics*, etc.