

Maitripa College Mission Statement

Maitripa College, a Buddhist institution rooted in the Nalanda tradition, offers graduate and lifelong learning programs in both physical and digital formats. Through the integration of contemplative practice, Buddhist scholarship, academic inquiry, and spiritual formation, grounded in three pillars of scholarship, meditation, and service, we educate students in critical thinking, ethical reasoning, and contemplative methodologies. Our programs prepare graduates to apply their learning in service to their communities and the world with compassion, joy, and equanimity.



Emptiness

*Buddhist Resource
Guide Series*

May compassion and wisdom serve the world.

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ABOUT THIS GUIDE

Much of our suffering comes from believing that people, situations, and even our own identity exist in a fixed and independent way. Buddhism calls this misunderstanding the root of suffering. The study and meditation on emptiness help us see ourselves and the world more accurately, leading to greater freedom, compassion, and peace.

BOOKS

Dalai Lama. (2006). *How to see yourself as you really are*. Atria Books.

Tegchok, G. J. (2007). *Insight into emptiness*. Snow Lion Publications.

Tsering, G. T. (2010). *Emptiness: The foundation of Buddhist thought* (The Foundation Series). Wisdom Publications.

TALKS & TEACHINGS

Teaching by Lama Zopa Rinpoche on Emptiness from a Kopan Course
<https://www.lamayeshe.com/article/chapter/8-emptiness-meditation>

Emptiness in Daily Life by H.H. 14th Dalai Lama
https://youtu.be/OpgjSn7YGcQ?si=fHxdLGeHkYm_1B17

REFLECTION

“As human beings we are as impermanent as everything else is. Every cell in the body is continuously changing. Thoughts and emotions rise and fall away unceasingly. When we’re thinking that we’re competent or that we’re hopeless--what are we basing it on? On this fleeting moment? On yesterday’s success or failure? We cling to a fixed idea of who we are and it cripples us. Nothing and no one is fixed.”

Chödrön, Pema. *The Places That Scare You: A Guide to Fearlessness in Difficult Times*. Boston: Shambhala Publications, 2001.

PRACTICE

“Looking for the I” meditation by Tenzin Drolma
<https://youtu.be/bgMNm5l80uo?si=6SUkplL-p1vPm7Jx>

Emptiness and Dependent Arising Meditation by
 Lozang Yonten
<https://youtu.be/1zIsRAIQMp8?si=LGKsHnbH3B9KpZa8>



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