

# Quintessential

## Tibetan Buddhism

**An OVERVIEW | Tibetan Buddha  
Dharma | *The Nature of Mind***

*the pure and essential essence of something  
demystifying the Buddha Dharma*

*“For everyone’s health: There are many people who experience unpleasant physical effects from chemicals found in scented personal products such as perfumes, hairspray, lotions, fabric softeners, etc.*

*“We ask all participants to refrain from, or significantly reduce, the use of scented products to promote a fragrance-free, healthy environment. Your full cooperation in making our courses comfortable for all is greatly appreciated.”—Ollie-USF*



## **Fragrance-Free Policy**

# Glimpses of Quintessential Tibetan Buddha Dharma

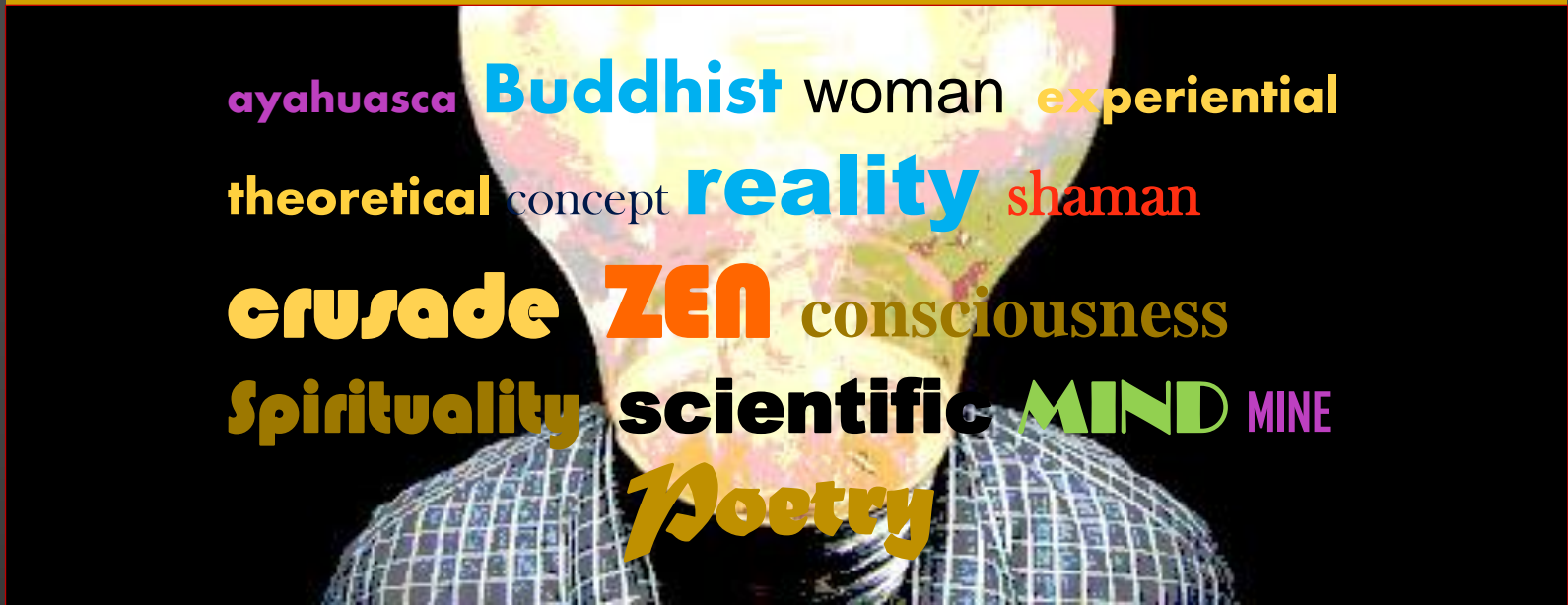
Compiled, Edited & Presented by  
*Armida Nagy Stickney*

Assistant: \_\_\_\_\_

**THESE SLIDES ARE FOR OLLI-USF CLASS USE ONLY**

# Homage to My Exiled Tibetan Masters





# Mememes

## and the Nature of Mind

# Quintessential Buddha Dharma

## Overview

**Session 1**—*Framework of Buddhism (e.g., schools, traditions, lineages, the Canons, movements, video clip, high-ranking lamas)*

**Session 2**—*the Buddhas, archaeology, metaphysical cosmology, and the spiritual journey of Siddārtha*

**Session 3**—*The Tibetan Elders*

**Session 4**—*Teachings of the Buddha*

**Session 5**—*Teachings continued*

**Session 6**—*Teachings continued and Buddhism, Plain & Simple by S. Hagen*

**Session 7**—*Tantra & Himalayan Art*

**Session 8**—*Poetry and the Nature of Mind....*



COURSE MATERIAL | **WEB SITE**

<http://qbinfo.weebly.com/>

amitabalight@hotmail.com

# Reading

*Buddhism Plain & Simple, the Practice of Being Aware,  
Right Now, Everyday*

by Steve Hagen

[http://www.amazon.com/Buddhism-Plain-Simple-Steve-Hagen/dp/0767903323/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1337279415&sr=1-1](http://www.amazon.com/Buddhism-Plain-Simple-Steve-Hagen/dp/0767903323/ref=sr_1_1?s=books&ie=UTF8&qid=1337279415&sr=1-1)

Please complete reading before the

*Sixth Session*

to discuss and to share insights

*For fun—*

*“Dinner with Andres”*

<http://www.youtube.com/watch?v=eIpyqHiITPg&feature=youtu.be>



# Handout on How to Meditate

**Meditation**—experience  
it throughout the week before  
each session



**Personal  
Journaling**—  
of insights  
into the practice  
of meditation



## Quiz at the End of the Course

*Why is it that a Buddhist on his/her path is to relinquish (cut off the head of whatever we meet) any vows & ideas about things, including ideas about Buddhism and Buddhist teachings?*

*If you were standing on a street corner, waiting for the light to change, and without warning, your head is severed off instantly by an unseen ninja, would “you” drop with your body or plop with your head?*

*It is our mind, and that alone, that chains  
us or sets us free.*—Dilgo Khyentse Rinpoche

*We are what we think.  
All that we are arises with our thoughts.  
With our thoughts, we make the world.  
Speak or act with a pure mind  
And happiness will follow you  
As your shadow, unshakable.*—Buddha

*The awakened state is free of thought,  
yet vividly awake.*

*If we train in this steadily and gradually,  
it becomes the fully awakened state, buddhahood.—  
Tulku Urgyen*



# The teaching of the Buddha is primarily about **mind**....

## Establish Good Intentions

Good in the beginning

Good in the middle

Good in the end

*“May All  
Sentient Beings  
Be Happy”*



# Buddhism Has Many Faces

- **As a philosophy**
  - As a religion
  - **As a practice**
  - As a pursuit of wisdom
  - **As psychological therapy**
  - As ritual
  - **As a culture (social/political)**
    - A culture of awakening
    - **As a science**
- It can be monastic or non-monastic (householder)

It can be highly ornamental  
or simple....



# Conventional Definition

- Buddhism (**Pali/Sanskrit: *Buddha Dharma***) is an ancient, multifaceted, ideological system that originated in the Iron Age Indian subcontinent (c. 1300 B.C.E. – 600 B.C.E.), referred to variously throughout history by one or more of a myriad of concepts—including, but not limited to any of the following: a Dharmic religion, a philosophy, or quasi-philosophical tradition, a spiritual schema, or a culturally-dynamic psychological method of self-improvement.
- The Buddhist “faith,” as known today, was founded by the teacher Siddhārtha Gautama Shakyamuni around the 6<sup>th</sup> or 5<sup>th</sup> Century B.C.E.
- However, the earliest historian Sakya monk Buton (1290-1364 C.E.) calculated that Siddhārtha existed as early as 885 B.C.E.

Sanskrit    सिद्धार्थ गौतम



- **performing of duties of Hinduism—**

*somebody's duty to behave according to strict religious and social codes, or the righteousness earned by performing religious and social duties (generally, Vedic Tradition)*

- **eternal truth in Buddhism—**

*truth about the way things are and will always be in the universe or in nature, especially when contained in scripture (generally, Theraveda Tradition)*

# Dharma as Truth

# In recent times—

The term has become better understood as follows:

- a. The principle or law that orders the universe
- b. The essential function or nature of a thing
- c. One of the basic, minute elements from which all things are made
- d. What is subject to age or change (atrophy)
- e. Spiritual traditions



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- e. Spiritual traditions.

## 8 Spiritual Qualities

- Purity
- Clarity
- Remedy
- Inconceivable
- Unfathomable
- Cessation itself
- Fruition of the path (the pure awakened state)

# Dharma as Truth

# Faith

## NOUN:

- Confident belief in the truth, value, or trustworthiness of a person, an idea, or a thing.
- Belief that does not rest on logical proof or material evidence.
- Loyalty to a person or thing; allegiance: *keeping faith with one's supporters.*
- The theological virtue defined as secure belief in God and a trusting acceptance of God's will: often in *Christianity*
- The body of dogma of a religion: *the Catholic or Muslim faith.*
- A set of principles or beliefs.

# Classification and Nature of “Buddhism”

The classification and nature of Buddhism is vague\* and has been interpreted in many different ways, Often due to the sheer number (perhaps thousands) of different sects, sub sects, movements, etc., that have, or currently make up, the whole of Buddhist traditions.

But one thing is certain: The isolation of Tibet, until recent times, protected many teachings that have not been altered (each Branch and tradition share the basic teachings of the Buddha—unaltered with commentary).

\*hold this thought....



# Diversity

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## Main Teaching Methods

### ● *Theraveda aka Hinayana*

- focus on moral discipline

### ● *Mahayana*

- focus on cultivating compassion

### ● *Vajrayana*

- focus on transformation

### ● *Mahamudra/AnuYoga*

- focus on transformation/essence

### ● *Atiyoga/Dzogchen*

- focus on essence

### ● *Nikayanas*—(monastic)

#### ● *Theraveda* (in Southeast Asia)

#### ● *Dharmaguptaka* (in China, Korea, & Vietnam)

#### ● *Mulasarvastivada* (in the Tibetan tradition)

### ● *Zen - C'han*—(secular) in China and Japan

### ● *The Householder*

# e.g., Early **Nikaya** Schools

- Sthaviravada (11 sects)
  - Pudgalavada
  - Sarvastivada
  - Vibhajavada
    - Theravada (20 sects)
  - Mahisasaka
    - Dharmaguptaka
  - Kasyapiya
  - Vatsiputriya
    - Dharmottariya
    - Bhadrayaniya
    - Sannagarika
    - Mulasarvastivada
  - Sautrantika

- Mahasamghika (from Magadha)
  - Ekavyaharikas
    - Lokottaravada
  - Golulika
  - Bahusrutiya
  - Prajnaptivada
  - Cetiavada
  - Caitika (Bodhisattvas over Arhats)
  - Aparasaila
  - Uttarasaila



# Great Schism between Two Early Major Branches

## The Sthaviravāda

(Sanskrit: स्थविरवाद)

literally means "Teaching of the  
Elders"

An addition 18 schools were  
formed—

*Sarvastivadin; Haimavata;  
Vatsiputriya; Dharmottara;  
Bhadrayaniya' Sammitiya'  
Channagirika' Mahisasaka;  
Dharmaguptaka; Kasyapiya,  
Sautrantika....*

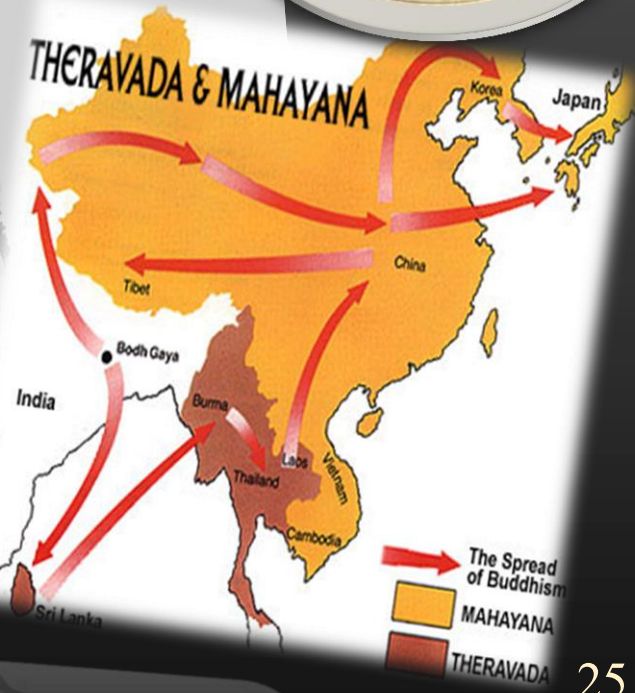
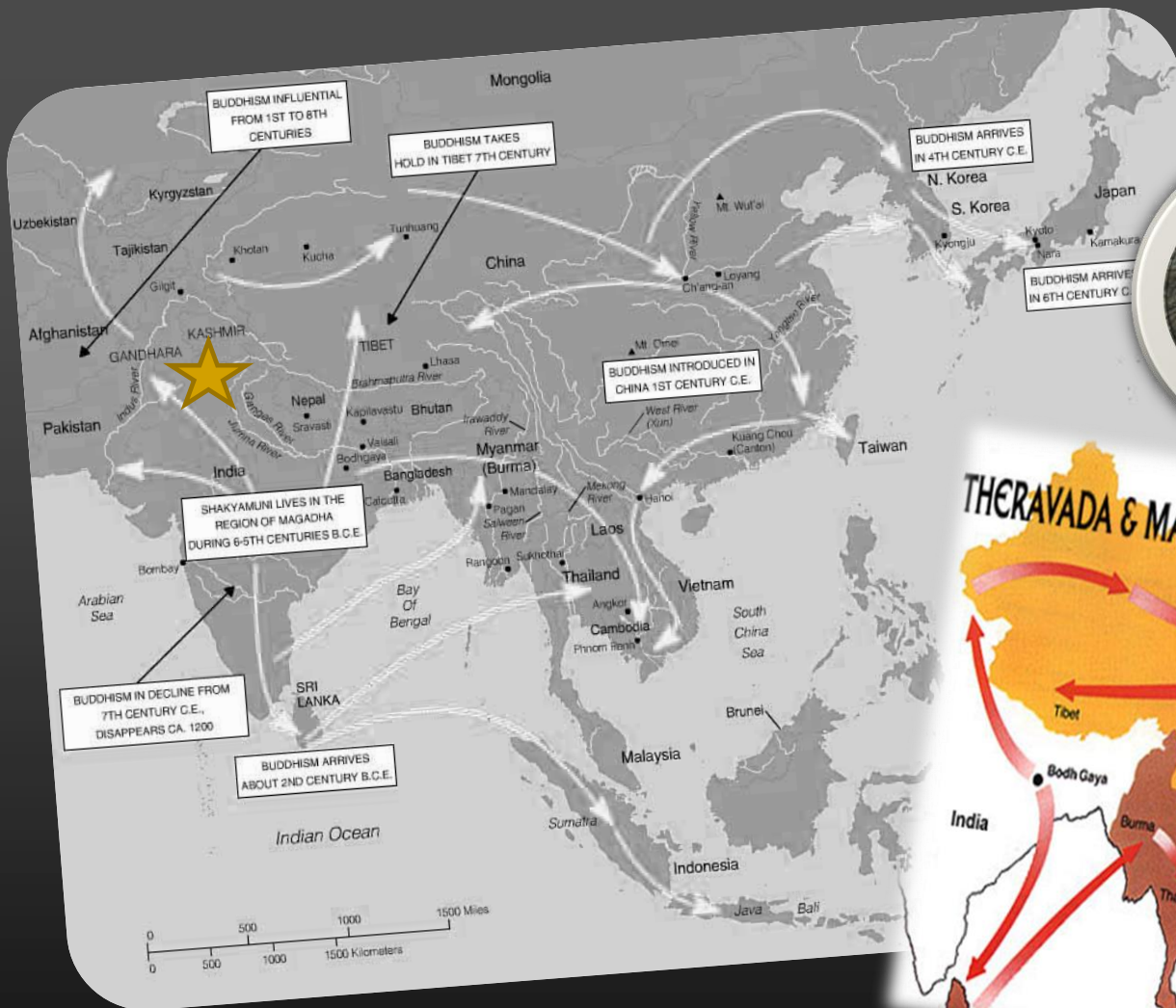
## The Mahāsāṃghika

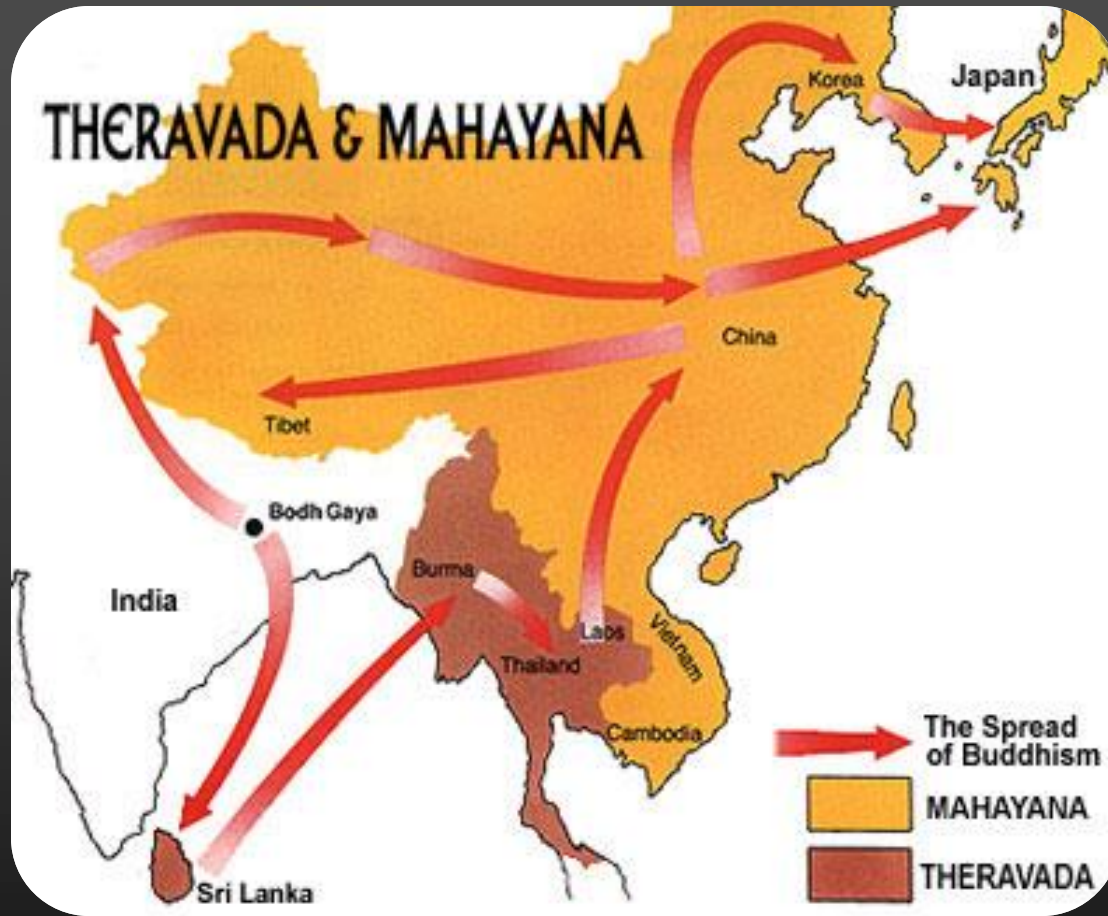
(Sanskrit: महासांघिक)

literally means the "Great Sangha"

Schism on five points of doctrine  
regarding the fallibility and  
imperfection of spiritual  
practitioners (*arhats*) who  
manifested many but not all  
characteristics of a buddha







# Theravada\* Sub-schools

The different schools in *Theravāda* often emphasize different aspects (or parts) of the Pali canon and the later commentaries, or differ in the focus on and recommended way of practice. There are also significant differences in strictness or interpretation of the *Pitaka Vinaya* (the regulatory framework for the monastic community, or *sangha*, based in the canonical texts).

Some centers in –**Bangladesh** (*Sangharai Nikaya*); **Burma** (*Thudhamma Nikaya, Vipassana, Shwekyin Nikaya, Dvara Nikaya*); **Sri Lanka** (*Siam Nikaya, Waturawila, Amarapura Nikaya, Kanduboda, Tanoyana; Ramanna Nikaya, Sri Kalyani Yogasrama Samstha, Delduwa, Forest Nikaya*); **Thailand** (*Maha Nikaya, Dhammakaya Movement, Thammayut Nikaya, Tahi Forest Tradition*)

\* Hinayana (“The Lesser Vehicle”)



# Mahayana Schools

**Madhyamaka** (*Prasangika, Svatantrika, Sanlun, Sanron, Maha-Madhyamaka*)

**Yogacara** (*Cittamatra, Wei-Shi (consciousness-only school), Faxiang (Dharma-character school), Beopsang, Hosso*)

**Tathagatagarbha** (*Dasabhumika, Huayan, Hwaeom, Kegon*)

**Chan/Zen/Seon/Thien** (*Caodong, Soto, Keizan, Iakuen, Giin, Linii, Rinzai, Obaku, Fuke, Won Buddhism (Korean)*)

**Pure Land** (*Amidism—Iodo Shu, Ido Shinshu*) (*Tiantai—Lotus Sutra School*)—(*Cheontai, Tendai (contains Vajrayana method)*)

**Nichiren** (*Nichiren Shu, Nichiren Shoshu Nipponzan Myohoji, Soka Gakkai*)

# Mahayana | “The Great Vehicle”

## Bodhisattva

- The Mahāyāna tradition teaches the Bodhisattva path as a vow. A *bodhisattva* is anyone who, motivated by great compassion, has generated *bodhicitta*, which is a spontaneous wish to delay full enlightenment for the benefit of all sentient beings, actively resolving to liberate them from *Samsāra*.

## Bodhicitta

- the term combines—
  - the arising of spontaneous and limitless compassion for all sentient beings, and
  - the falling away of the attachment to the illusion of an inherently existent self

# Vajrayana Schools

## Seven Tibetan Tantric Traditions

**Nyingma** | the Ancient Ones, Keepers of *Dzogchen*

**Kagyū\*** | Shangpa Kagyu, Marpa Kagyu, Rechung Kagyu, Dagpo Kagyu, Karma Kagyu, Tsalpa Kagyu, Baram Kagyu, Pagtru Kagyu, Taklung Kagyu, Trophu Kagyu, Drukpa Kagyu, Martsang Kagyu, Yerpa Kagyu, Yazang Kagyu, Shugseb Kagyu, Drikung Kagyu

**Sakya** | Ngor-pa, Tsar-pa

**Gelug\***

**Kadam**

**Jonang**

**New Bön** (synthesis of Yungdrun  
Bön and Nyingma)



con't.

*Japanese Mikkyo (Shingon,  
Shinnyo-en, Tendai)*

*Newar (a form of Mahayana-  
Vajrayana Buddhism) is practiced  
by the Newar ethnic community  
of the Kathmandu Valley in  
Nepal, with unique socio-  
religious elements,  
which include a non-monastic  
Buddhist Society based on a caste  
system and patri-lineal descent.*



*Padmasambhava*

- The Four Noble Truths
- The Doctrine of No-Self
- Karma
- Rebirth
- Basic cosmology of six realms of existence—  
gods (blissful states), demigods (*asuras*), humans, animals, hungry ghosts (*pretas*), and hell (hot/cold)

- The number of past, present, and future Buddhas
- The number and functions of Buddha's incarnated bodies
- The characteristics of evolved beings
- The condition for attaining liberation (nirvana)
- What constitutes the Buddhist canon

# Agreements / Differences

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# New Movements

**Aum Shinrikyo (now known as Aleph)**

**Diamond Way**

**Triratna Buddhist Community**

**New Kadampa Tradition**

**Share International**

**True Buddha School**

**Vipassana Movement**

**Shambhala Buddhism (Boulder, CO)**

**Integral Institute (Ken Wilbur)**

**Falun Gong (Falun Dafa)**

**Dzogchen (revival), including Gnostic Buddhism**

# Rimé Movement & New Bön

*Rimé* in Tibetan means "no sides", "non-partisan" or "non-sectarian". In religious contexts, it refer to the "Eclectic Movement" between the Buddhist *Nyingma*, *Sakya*, and *Kagyu* traditions, along with the "non-Buddhist" *Bön* religion (shamanic in nature) wherein practitioners CAN "follow multiple lineages of practice."

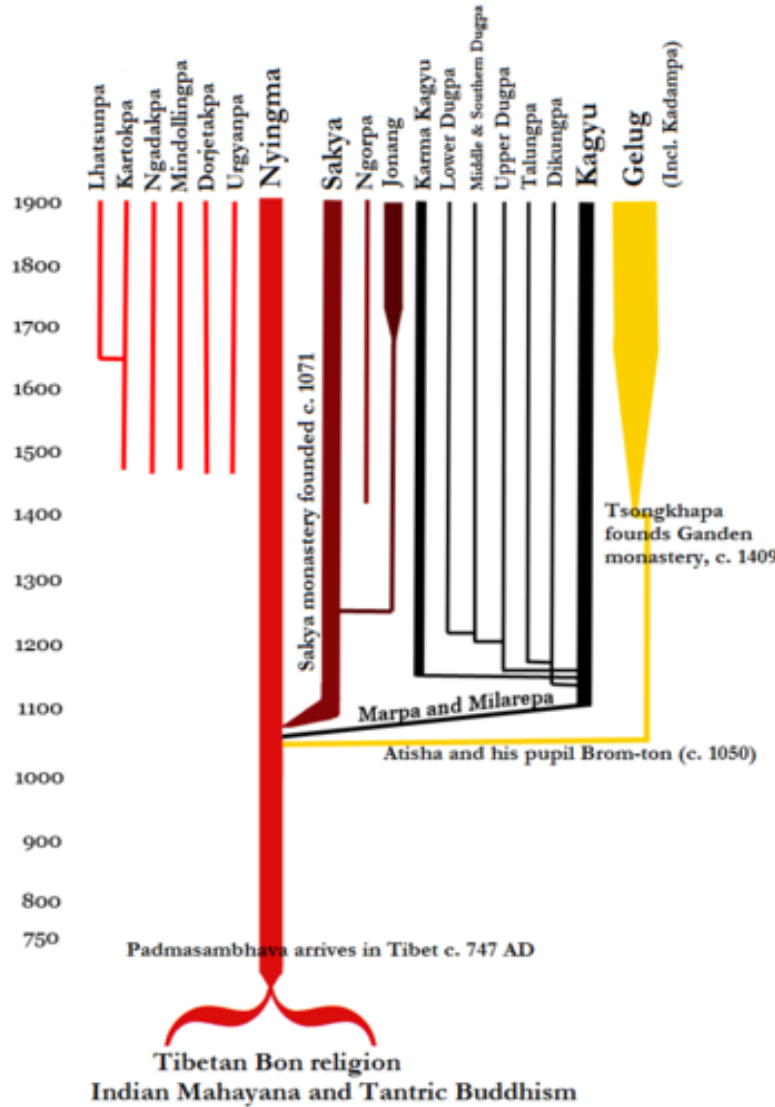
The movement was founded in Eastern Tibet during the late 19th century largely by Lamas *Jamyang Khyentse Wangpo* and *Jamgon Kongtrul Lodro Thaye*, the latter of whom is often respected as the founder proper. The *Rimé* movement is responsible for unifying the various traditions and their philosophies into one coherent school of thought, and is responsible for a large number of scriptural compilations and the sharing of them.

*New Bön* is a synthesis of *Nyingma* (*Dzogchen* practices that are found in *Bön* or *Bönpo* or *Yungdrun Bön*) and *Yungdrun Bön*.

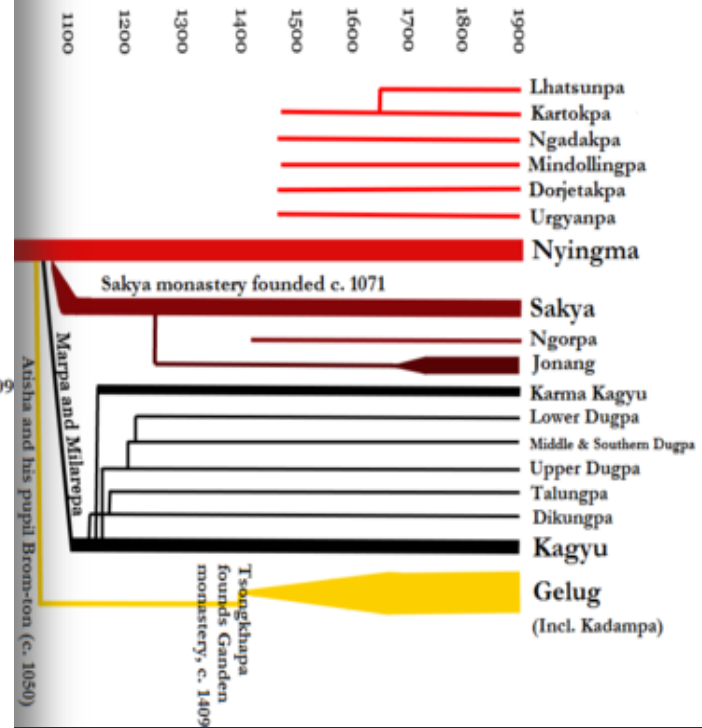
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# Genealogical Tree of Tibetan Buddhist schools



## Genealogical Tree of Tibetan Buddhist schools



# CHRONOLOGY OF BUDDHISM

[http://rywiki.tsadra.org/index.php/Chronology\\_of\\_Buddhism\\_by\\_Matthieu\\_Ricard#Ngagyur\\_Nyingma](http://rywiki.tsadra.org/index.php/Chronology_of_Buddhism_by_Matthieu_Ricard#Ngagyur_Nyingma)

**The Nyingma lineage is considered to be the longest and oldest....thus the term “Ancient Ones”**



“

*All thoughts vanish into emptiness like  
the imprint of a bird in the sky—*

Dzogchen teaching

”



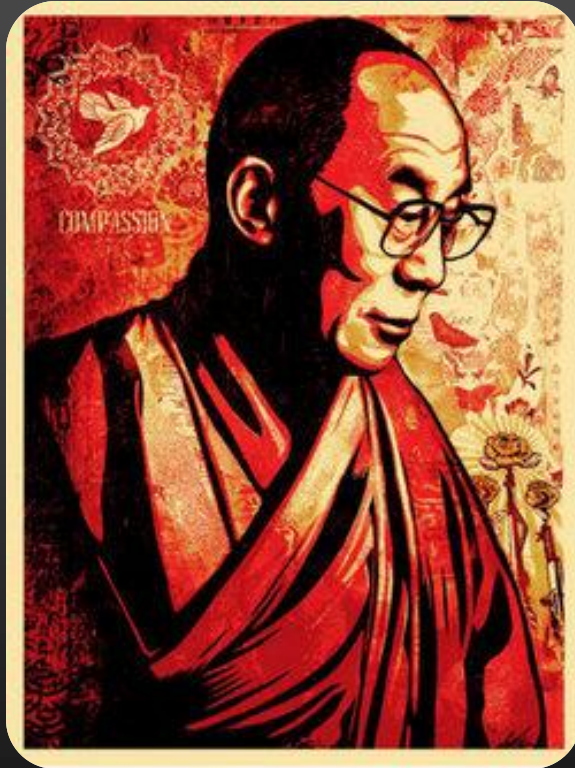
# The High-Ranking Lamas

## *Tulkus*

**His Holiness the Dalai Lama and Piers Morgan, enjoying a moment of laughter on during their interview for Piers Morgan Tonight on CNN.**

**The interview was held in Rochester, Minnesota, on April 24, 2012.**

# His Holiness, The 14th Dalai Lama



## 14th Dalai Lama – Political Title

*Tenzin Gyatso* – Monk’s spiritual name

The Dalai Lama is a high lama in the **Gelug Branch of Tibetan Buddhism.**

The name is a combination of the Mongolian word *ᠳᠠᠯᠠᠢ* (*dalai*) meaning "Ocean" and the Tibetan word *བླ་མ་* *bla-ma* (with a silent "b") meaning “supreme mother (teacher)”

“I am a simple Buddhist monk — no more, no less.”



# “REINCARNATION,” ANYONE?

[http://www.youtube.com/watch?v=tdm15o8\\_m\\_k](http://www.youtube.com/watch?v=tdm15o8_m_k)  
*Kundun* / 14:58 min.

*Available online ....*

<http://www.youtube.com/watch?v=IBZEe4I6ZQM>  
*“Unmistaken Child”*

# New Prime Minister



*Lobsang Sangay, 43, a Harvard-trained lawyer, replaced the Dalai Lama as the new political heir of Tibetan exile in India in August 2011. He is referred to as the new 'Kalon Tripa' (Prime Minister) of the Tibetans.*

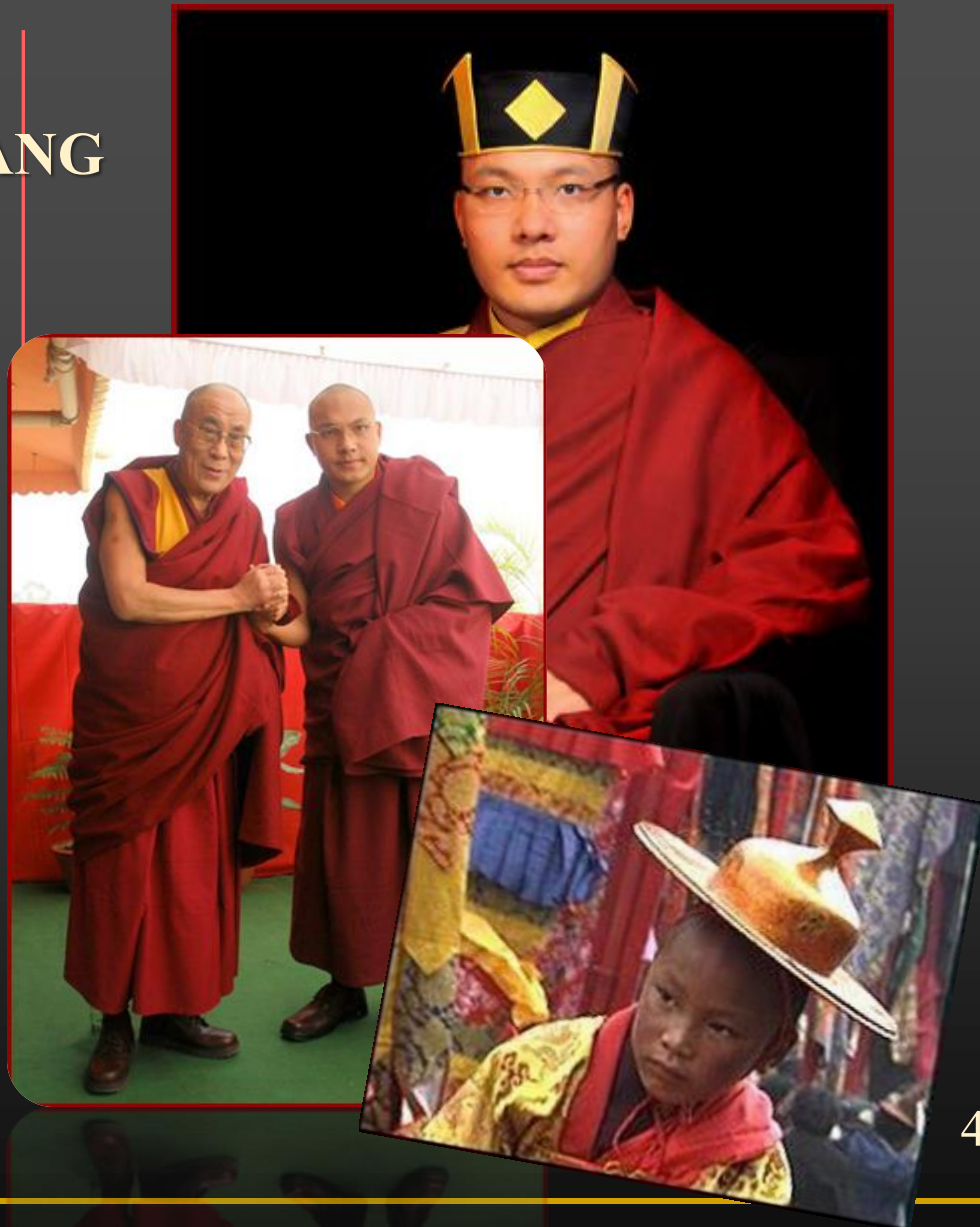
# HIS HOLINESS THE 17TH GYALWANG KARMAPA

## Of the Kagyu Lineage

### of Tibetan Buddhism

a scholar and meditation  
master, a painter, poet,  
songwriter and  
playwright, an  
environmental activist,  
and computer enthusiast

,  
the 17th Gyalwang  
Karmapa has brought  
the lineage's activities  
fully into the 21st  
century.





Tenzin Longdock Nyima



Jikme Losel Wangpo

Dzogchen Pema Rigdzin  
(1625–1697)

1st Dzogchen Rinpoche of Tibet and  
disciple of 5<sup>th</sup> Dalai Lama.  
Mindstream emanation  
(nirmanakaya) of  
Vimalamitra, Padmasambhava, and  
Saraha

## 7<sup>th</sup> Dzogchen Rinpoche

His Holiness  
the 33rd Abbot  
of Men  
Spiritual  
Leader of B



**His Holiness Lungtok Tenpa'i Nyima** is the worldwide spiritual leader of the Bon religion of Tibet. He was born in Amdo, in the far eastern region of Tibet, in 1927 and became a monk at the age of eight, at Kyong Tsang Monastery.

# Panchen Lama (“Great Scholar”)

## *Gedhun Choekyi Nyima*

was named the 11<sup>th</sup> Panchen Lama by the 14<sup>th</sup> Dalai Lama. After his selection, he was detained by authorities of the People’s Republic of China and has not been seen since May 17, 1995, three days after being named successor.

His whereabouts remain undisclosed to this very day.

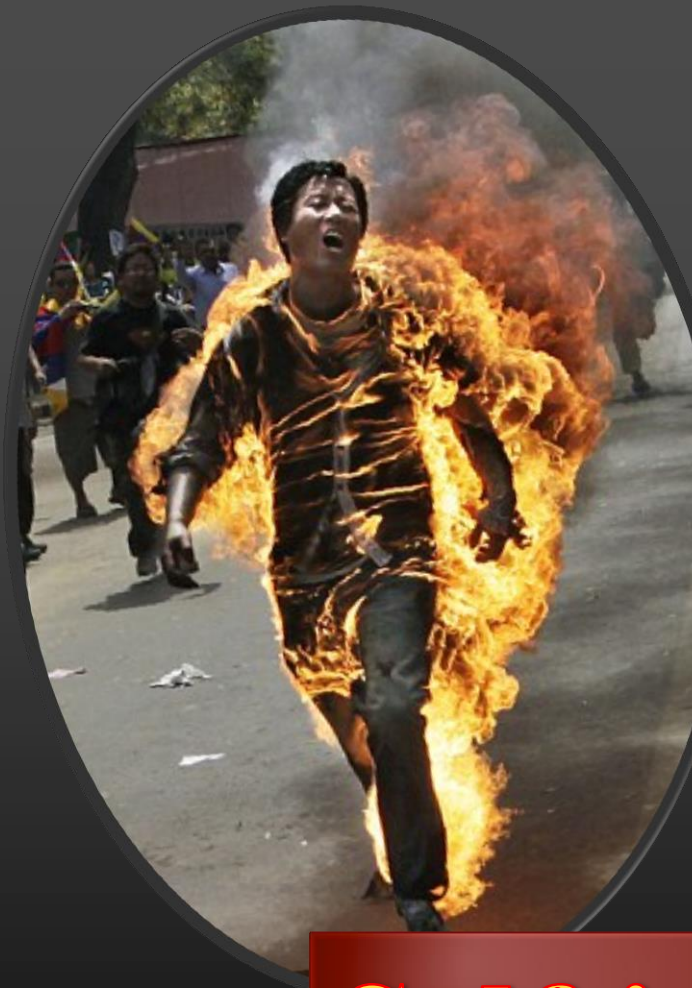


## *Gyancain Norbu*

was later named Panchen Lama by the People’s Republic of China and was enthroned in 1995 as the Panchen Lama.

On September 14, 2010, the foreign minister, George Yeo of Singapore, became the first foreign member of government to meet officially with Gyaincain Norbu, at the Xihuang Monastery in Beijing.





# Self-immolation

# China & Tibet Controversy





## NECHUNG

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### State Oracle of Tibet



## MO Divination

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Can be done online

<http://dice.tarotsmith.com>

**MO** is a form of divination that is part of the culture of Tibet and that helps make important decisions about health, work or travel.

Mo employs dice. There are several books written by various lamas on interpretations for the casting of dice. The answers given by the Mo are regarded as coming from Manjushri, the Bodhisattva of wisdom (*i.e.*, your inner intuition).

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## Revelation & Prophecy

<http://www.youtube.com/watch?v=EAPMD-fKDCw>

Part 1

[http://www.youtube.com/watch?v=E8jSamrCkB\\_E](http://www.youtube.com/watch?v=E8jSamrCkB_E)

Part 2

<http://www.youtube.com/watch?v=yd5mtJ980Nc>

Part 3

[http://www.youtube.com/watch?v=CEl6D29DEp\\_w](http://www.youtube.com/watch?v=CEl6D29DEp_w)

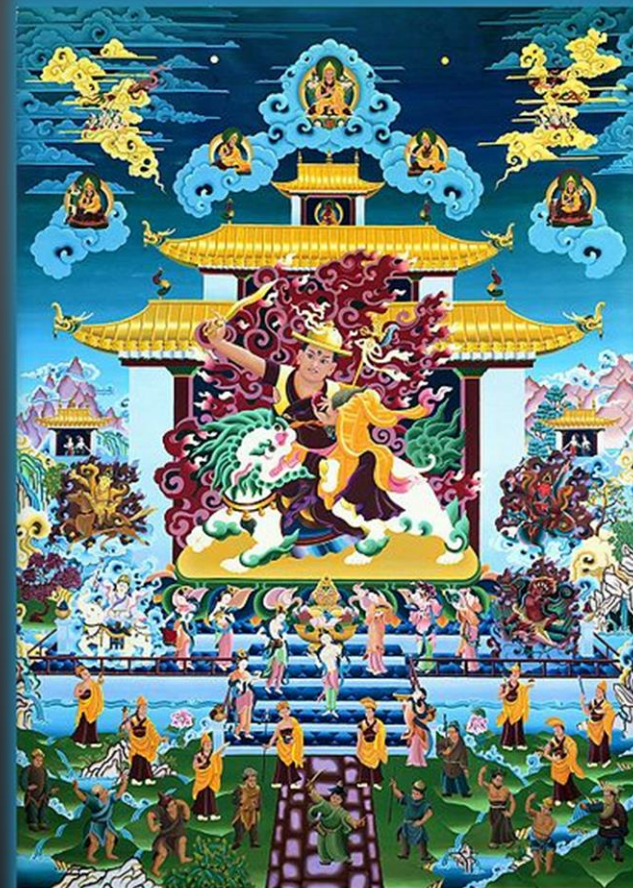
Part 4

<http://www.youtube.com/watch?v=tUh-WgZDnNw>

Part 5

[http://www.youtube.com/watch?feature=endscreen&v=LyKiop\\_kWzY&NR=1](http://www.youtube.com/watch?feature=endscreen&v=LyKiop_kWzY&NR=1)

A Message to the Dalai Lama from a Dorje Shugden practitioner



# Dalai Lama and Dorje Shugden, the Spirit & Controversy 50

## Lineage | Schools | Traditions | Sects

### Yarlung Bonpo

The indigenous tradition of Tibet before Buddhism, it did not become organized until after the 11<sup>th</sup> century C.E. Buddhism absorbed elements of Bon and vice versa.

### Nyingma

Founded 8<sup>th</sup> century by Guru Rinpoche Padmasambhava, it is considered the oldest, the Ancient Ones,” never held political power. The only lineage until the 11<sup>th</sup> century. Referred to as the Red Hats because the monks wore red hats. Along with tantric practices, it emphasizes the Dzogchen doctrines.

### Gedang

Founded in 1056, it went over to the Gelug in the 15<sup>th</sup> century.

### Sakya

Founded in 1073, it was named the “White Clay” as the chief monastery had grayish white walls. It is called the Stripe lineage because the walls of the monasteries are painted with red, white, and black stripes to represent the Wisdom Buddha, the Goddess of Mercy, and the Guardian Spirits. It was Sakya teachers who converted the Mongol Khan leaders. There are three schools of the Skaya tradition.

### Kagyu

Founded in the 11<sup>th</sup> century, the name means oral transmission. They wore white robes when practicing, consequently, referred to as the White sect. It emerged from the teachings of Marpa “The Translator” and his student Gampopa. It’s main teaching is a system and practice called Mahamudra developed by Indian sage Tilopa.

### Jonang

Founded in the 12<sup>th</sup> century, it was recognized as an independent tradition in 1326. It was banned by the 5<sup>th</sup> Dalai Lama (17<sup>th</sup> century) but re-emerged in recent times. They are the holders of all the teachings of the Kalacakra Tantra.

### Gelug

Founded in 1409, under Tsongkhapa, it re-emerged during the Mongol reign, centuries after 3 monks went into exile during the reign of King Langdarma c. 842 C.E.. Known as the Yellow Hats, it is famous for its Dalai and Panchen reincarnation systems. The emphasis is on monastic discipline and sound scholarship.



**“Dalai ’bama”**



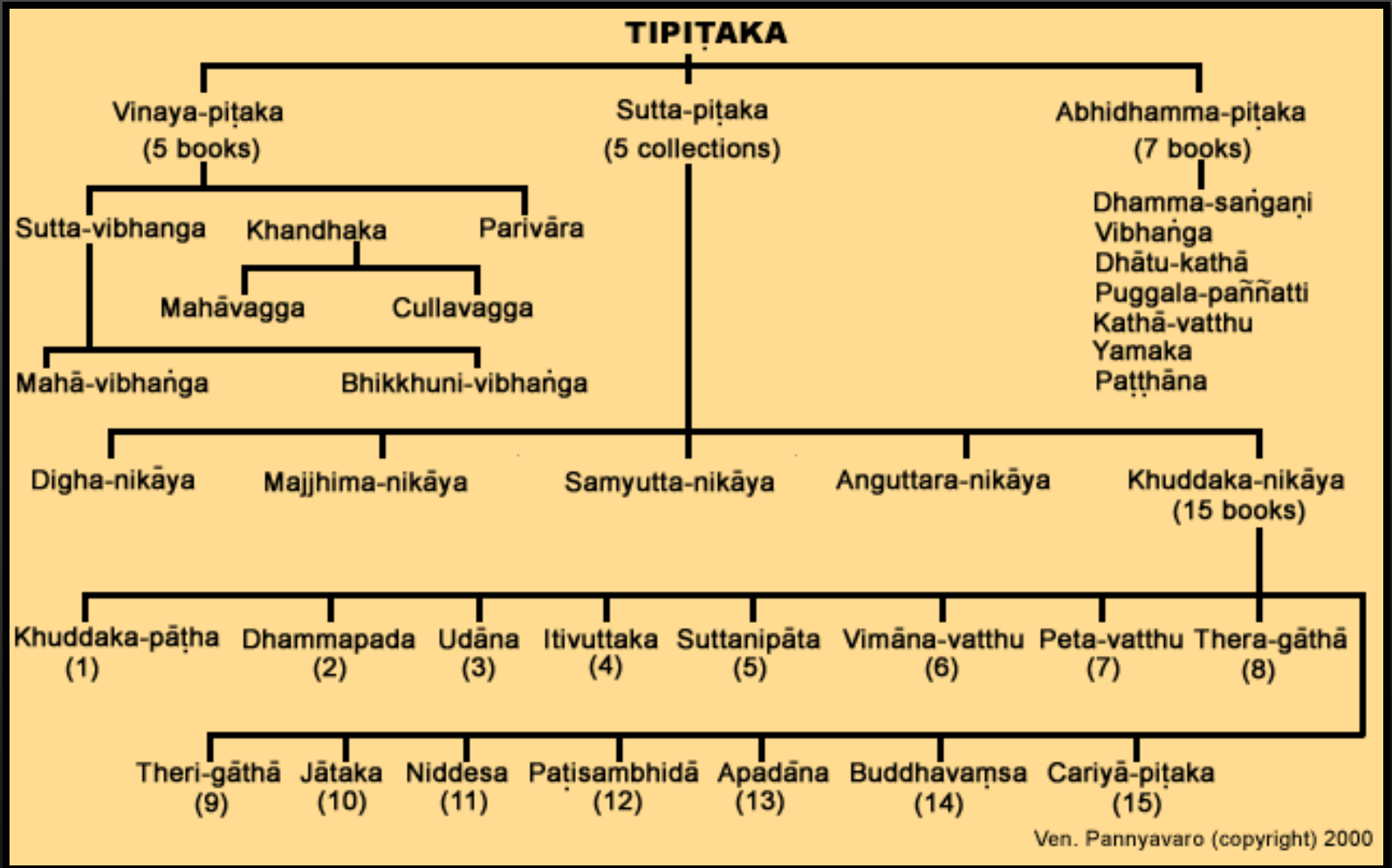
## THE CANONS

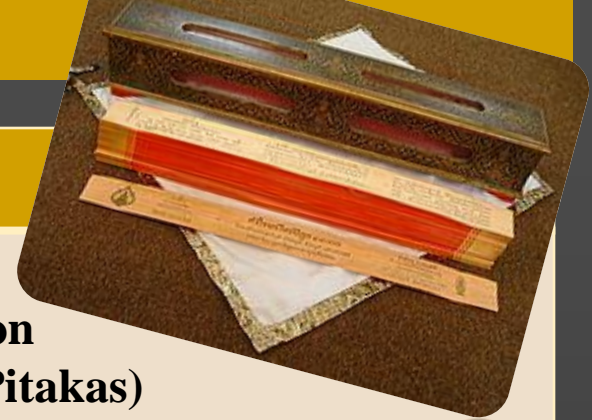
**How the teaching survived  
and is surviving**

# THE CANONS

<http://www.youtube.com/watch?v=CKvySIZAGec>







<b>The Seven Books</b>	<b>Contents</b>
<b>1   <i>Dhammasangani</i></b>	<b>The Genesis of Thought - Elimination (also found in 1<sup>st</sup>/2<sup>nd</sup> Pitakas)</b>
<b>2   <i>Vibhanga</i></b>	<b>The Book of Analysis (also found, in part, in the first two Pitakas (18 chapters))</b>
<b>3   <i>Dhatukatha</i></b>	<b>Discourses on Elements (14 chapters)</b>
<b>4   <i>Puggalapannatti</i></b>	<b>Descriptions of Human Types (10 chapters)</b>
<b>5   <i>Kathavatthu</i></b>	<b>Points of Controversy (collection of debates)</b>
<b>6   <i>Yamaka</i></b>	<b>The Pairs (10 chapters) dealing with Q&amp;A</b>
<b>7   <i>Patthana</i></b>	<b>Foundational Conditions or Relations (The laws of 24 types of causal conditioning and interactions)</b>

# The Abhidamma Pitaka



# Three Other Main Canons



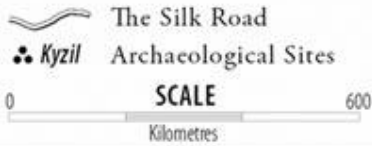
**The Chinese Buddhist Canon**

**The Tibetan Kangyur & Tengyur**

**The Bön Kangyur & Tengyur**

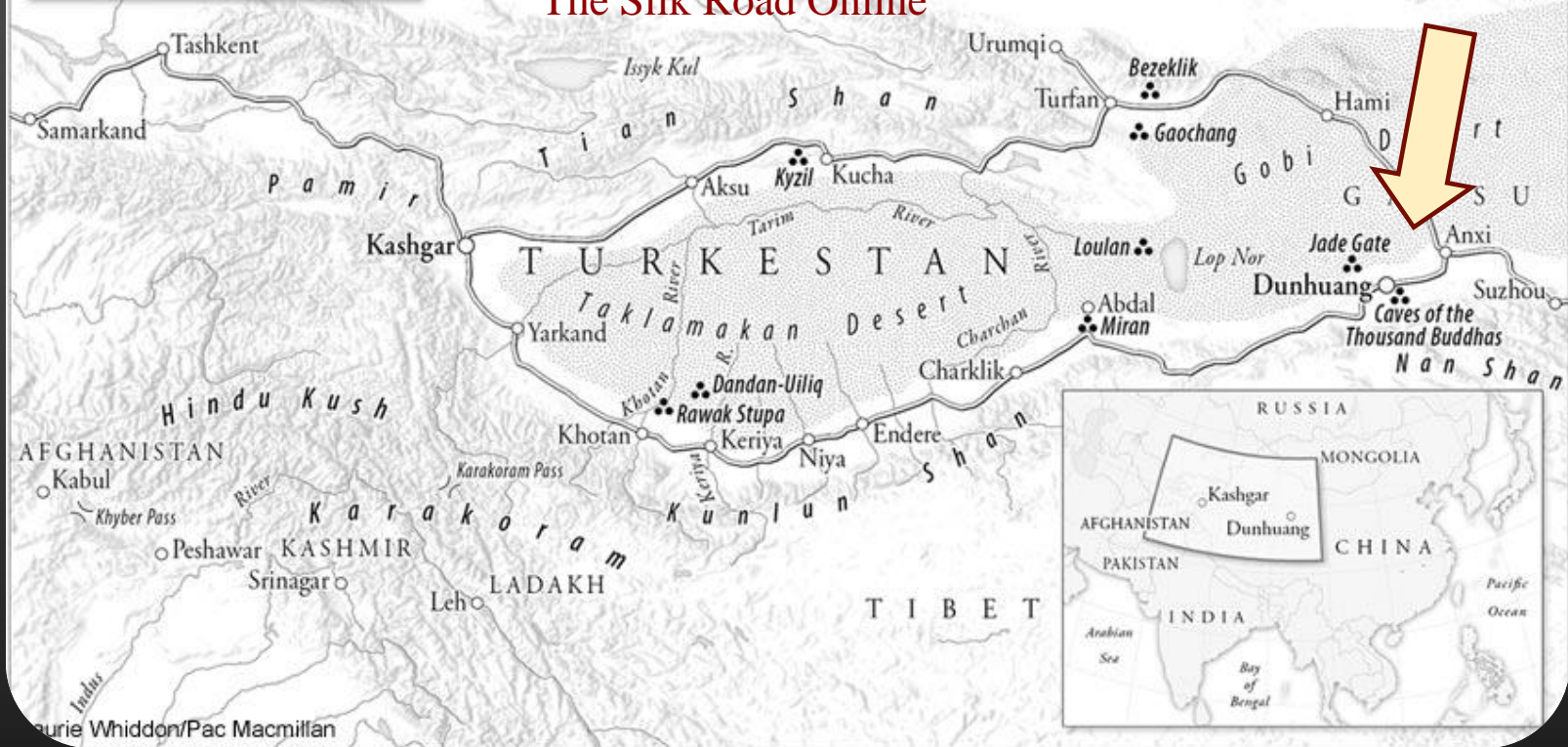


# The Silk Road



<http://idp.bl.uk/>

The International Dunhuang Project:  
The Silk Road Online



# Dunhuang Treasures



“

*Commit not a single unwholesome action.  
Cultivate a wealth of virtue (good karma)  
To tame this mind of ours.  
This is the teaching of all the buddhas.*

”

## 28 Previous Buddhas

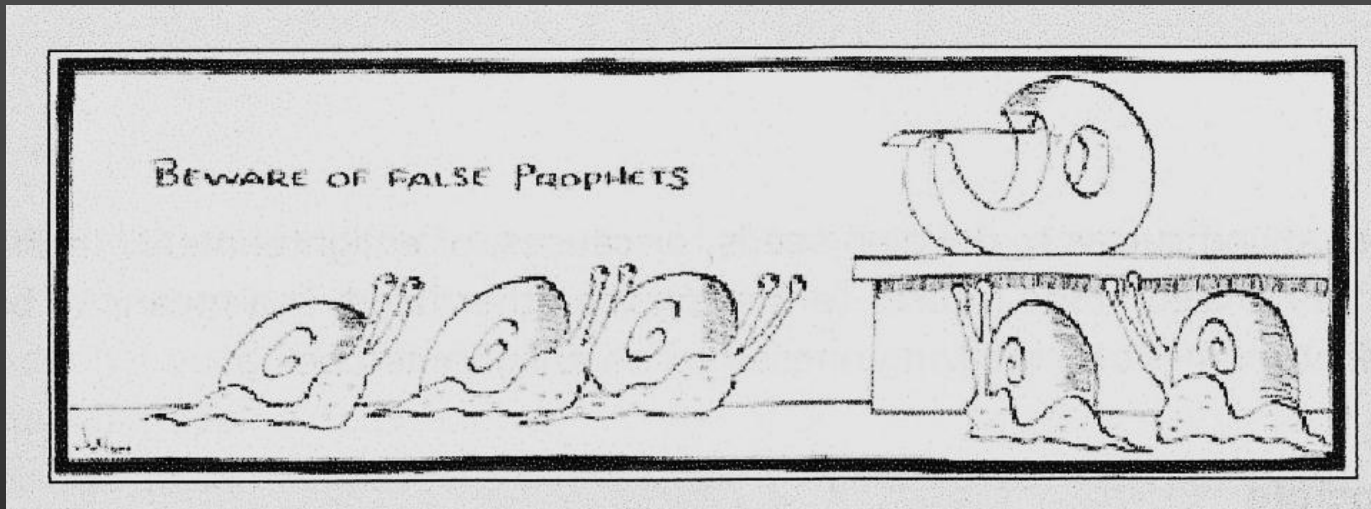


*Tanhankara, Medhankara,  
Saranankara, Dipankara,  
Kondanna, Mangala, Sumana,  
Revata, Sobhita, Anomadassi,  
Paduma, Narada,  
Padumuttara, Sumedha,  
Sujata, Piyadassi, Atthadassi,  
Dhammadassi, Siddharttha,  
Tissa, Phussa, Vipassi, Sikhi,  
Vessabhu, Kakusandha,  
Konagamana, Kassapa,  
Gautama, and **Maitreya***

(the future Buddha when the teachings  
will have disappeared)

“..this is the Teaching of all the Buddhas.”

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<http://www.youtube.com/watch?v=5vq0l1Jx9MY&feature=related> 2012: The Coming of the Kalki Maitreya Avatar, Four Horsemen, & Second Advent of Christ | Master Yogiraj Siddhanath | 13:11 min.

**The reality that is relative  
in nature  
and the reality that is  
absolute**



**Buddha Dharma summarized...**

**e.g., the universe is made up of atoms and moments—nothing is solid (solidity is an illusion that functions—all things change)**

**PURE AWARENESS  
OF *TWO REALITIES* OR TWO “TRUTHS”**

---



“

*Confused thinking fools us and prevents us from pure perception. Impure phenomena are the manifestation of our own deluded thinking. Impure phenomena—the unaware ways of perception—are the same as dream phenomena. Once we wake up from the delusion of sleep, they disappear.*

”



© Jurek Schreiner 2011

<http://www.youtube.com/watch?v=YUdrCJ2KPYU>

9:14 min.

**“BUDDHISM IS MODERN”**

**SOGYAL RINPOCHE**

66



**SIDDHĀRTHA GAUTAMA SHAKYAMUNI**  
***BUDDHA***

Awakened One | Buddha  
Named Such by a Young Girl

67



## St. Josaphat

# A GUIDED MEDITATION

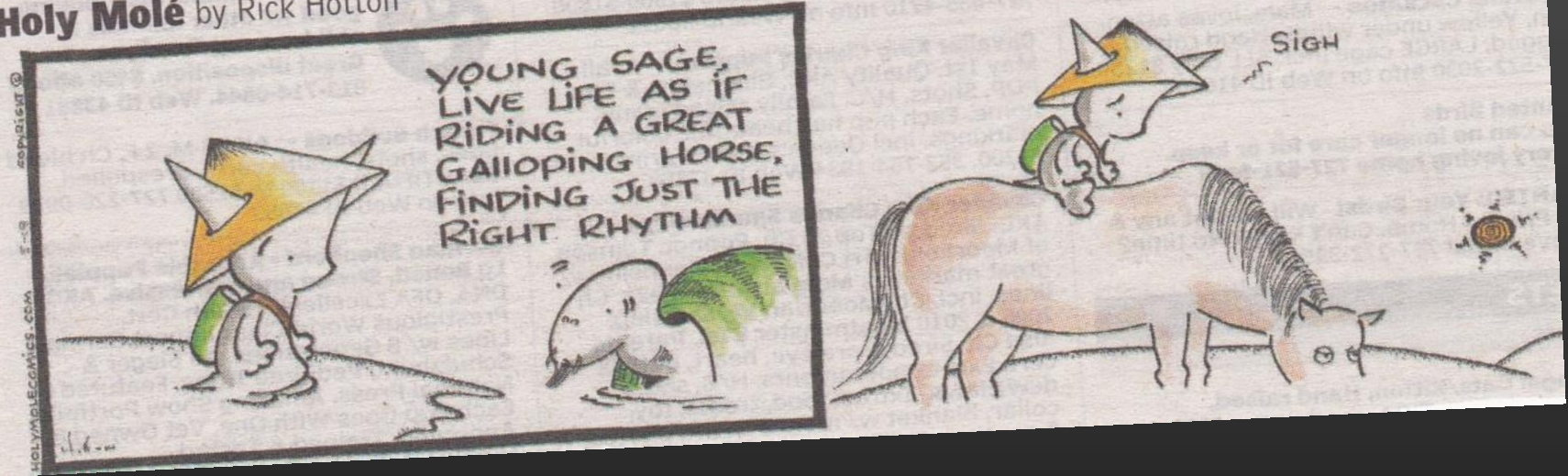
<http://www.youtube.com/watch?v=1LVkxZUDTsQ&feature=fvsr> *“Quiet Mind”* | 6:26 min.

➤ <http://quietmindcafe.com> | many free meditation videos are available on this web site

**Calm abiding is the first step  
towards meditative practice**

*Who looks outside, dreams.  
Who looks inside, awakes.—*  
Carl Jung

**Holy Molé** by Rick Hotton



“

*If there is no stillness, there is no silence.  
If there is no silence, there is no insight.  
If there is no insight, there is no clarity.—*

**Tenzin Priyadarshi**

”



# End of Session One

<https://www.youtube.com/watch?v=o1xZC3Ttc>

BU

Tibetan Singing Bowls | 40:03 min.

# EXTRA

## *Preliminary Work*

*When repeated  
difficulties do  
arise, our first  
spiritual  
approach is to  
acknowledge  
what is present,  
naming, softly  
saying 'sadness,  
sadness,' or  
'remembering,  
remembering,'  
or whatever  
it is.*

## Making It a Daily Practice

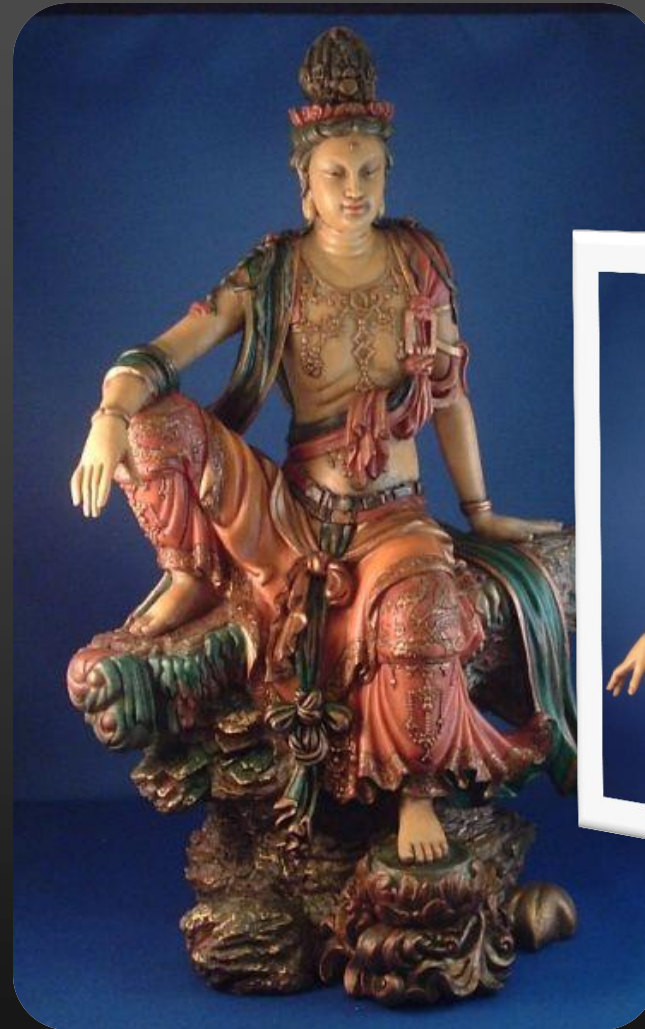
- Dedicate 3, 10, 15, 30 minutes of this quiet state of mediation for 40 days straight.
- If you cannot do it, there is no need to worry. One works with one's condition and just be. Start with compassion.
- Attempt to always be aware of your breathe. When you are, you will notice how it changes when you are upset, angry, happy, sad....
- When you feel you are able to go into calm breathing at will, start noticing your thoughts....
- Do you notice that your thoughts come and go?
- Do you know where they come from?
- Do you know where they go?
- Remember to remember—release all thoughts by not following or clinging to any of them...let them come and go. Notice their arising and falling.
- When you find yourself dwelling on a thought...following your screenplay, bring your mind consciousness back to your breath and begin to witness your thoughts, coming and going.
- There will always be thoughts, but we can be simply witnesses/observes of those thoughts.

# Bodhicitta

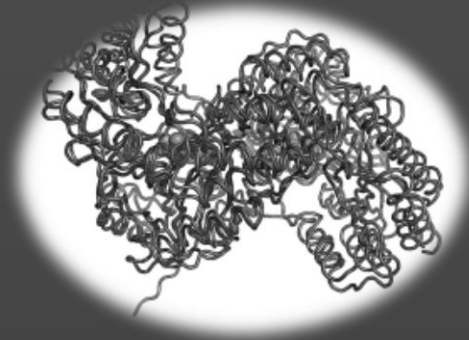
*"May I become food and drink in the eons of famine for those poverty-stricken sufferers. May I be a doctor, medicine and nurse for all sick beings in the world until everyone is cured.*

*May I become never-ending wish-fulfilling treasures, materializing in front of each of them as all the enjoyments they need.*

*May I be a guide for those who do not have a guide, a leader for those who journey, a boat for those who want to cross over, and all sorts of ships, bridges, beautiful parks for those who desire them, and light for those who need light.*



# Maitreya, Anyone?



According to some Christians, he is here and is the Anti-Christ. They are reacting to the claims of Benjamin Crème that Maitreya is the hope of mankind and goes by another name until he has a strong following.

<http://www.youtube.com/watch?v=zFWbZreU6R4&feature=related>

| Benjamin Crème at Bill Mayher's Studio | 4:45 min.

# Maitreya II



<http://www.youtube.com/watch?v=iPyG498HgSI>  
Maitreya – The Messiah in Our Midst | 3:00 min.

**Web Site of Kharana Janma**

<http://www.soulsearchers.co.in/maitreya/maitreya-the-messiah-in-our-midst/>

# Maitreya III



Being labeled as the Anti-Christ by some—

[http://www.youtube.com/watch?v=nh03xM\\_Q1OE&feature=related](http://www.youtube.com/watch?v=nh03xM_Q1OE&feature=related) Raj Patel | Maitreya? 10:34 min.

**One who offers a new transformation?**

# Prophecy by Padmasambhava on Maitreya

- “The Legend of the Great Stupa” speaks to the end-time events of the Kali-Yuga epoch....



*The four yugas.*

Satya-Yuga  
(4 \* 432 000 years)

Treta-Yuga  
(3 \* 432 000 years)

Dvapara-Yuga  
(2 \* 432 000 years)

Kali-Yuga  
(432 000 years)

