

Waltham Buddhist Meditation Group, Module IV Class 1, Sept. 25, 2014
Class 1: Introduction to Buddhist Study

Book for Module IV: Dzogchen Ponlop Rinpoche. Nalandabodhi, Seattle WA.
Study curriculum. Introduction to Buddhism 111
“Traveling from Confusion to Original Sanity,” 2008
Will use first two chapters. Online under Education tab, Module IV, in pdf format.
walthambuddhist.org

Our intention: to use teachings from various Buddhist teachers. To introduce you to living Buddhist teachers.

Lineage. There are many schools of Buddhism, many lineages. Similarity in foundational teachings. We teach what we have been taught under Chogyam Trungpa Rinpoche. Tibetan Buddhist lineage of Kagyu (Oral Lineage) and Nyingma (Ancient School).

Overview of Buddhist Path

Importance of study and practice. They go together. Study gives you the view. Shows you the way. Gives bigger perspective. Practice brings realization. Makes the study understandable. Study is not just an intellectual understanding. Deepest teachings are beyond concept. Have to mix the teachings with your own understanding. Your deepest understanding comes from your meditation practice. New tools: bring notebook & pen.

Three aspects of **prajna** (means intellect, superior knowledge, discriminating awareness):

Hearing: hear the teachings of the buddha. Could be through video, audio, reading, classes. Body of knowledge, teachings from the buddha 2,600 years ago plus commentaries, explanations, etc. Seeing the teacher. Use all your senses. Studying and learning.

Contemplating: Thinking about the teachings. Sharpening the sword of prajna. Does it make sense to you? Can you dispute it? Critical mind important. Don't take anyone's word for it. Must analyze on your own. Think for yourself. Sharpening your knowledge.

Meditating: “gompa” meditating on. Taking something into your heart completely. Your knowledge becomes workable. Applied to your own experience.

What are we studying? The dharma: many definitions.

Teachings of the Buddha

Development of peace; passionlessness (without grasping and attachment)

Cosmic law; the way things are, “as it is”

Phenomena

Three yana journey is a tantric Buddhist schema. Mainly Tibetan. Yana means vehicle.
Hinayana: lesser vehicle. Path of individual liberation. We walk on the path step by step.

Mahayana: greater vehicle; path of working with others.

Vajrayana: indestructible vehicle. Quick path because of skillful means.

Fall course will be based on the Hinayana teachings

Characteristics of **Hinayana** (three trainings or three disciplines):

Discipline (behavior, ethics, morality)

Simplify your life. Make time for practice.

Reduce desires. Reduce grasping and fixation.

Focus on what is most important. Fewer preoccupations.

Not being a nuisance and not causing harm. Live a wholesome life.

Becoming more gentle.

Commitment: taking refuge in the Buddha, dharma and sangha

Meditation: shamatha (development of peace) and vipashyana (insight, clear seeing).

Settle down. Tame your mind. Work on yourself.

Four foundations of mindfulness (studied this over the summer).

How to tame your mind.

Prajna (view):

Core teaching is four noble truths:

Exploration of suffering and the cycle of suffering.

Will look at the development and maintenance of ego and how we stay hooked in the cycle of suffering.

Will look at the path of individual liberation and how we can travel on it.