

Module III – Deepening Our Meditation Practice
Handout for Talk 11 – September 4, 2014
Natural Wakefulness – Gaylon Ferguson
Chapter 11: Awakening from the Nightmare of Materialism
Chapter 12: Awakening Communities of Courage

The main topic of the book is the Four Foundations of Mindfulness.

1. Body, 2. Feeling, 3. Mind, 4. Sense Fields

We might ask, “Why are the last two chapters here?”

Transition to compassionate action?

Notice fourth mindfulness was taking in the environment – awareness.

Last two chapters seem to be about **poverty** and **wealth** – like bookends

Awakening from the Nightmare of Materialism

The tradition of meditation is waning

And we are drunk with spiritual pride

And seduced by passion.

The dharma is used for personal gain

And the river of materialism has burst its banks.

The materialistic outlook dominates everywhere

And the mind is intoxicated with worldly concerns.

Sadhana of Mahamudra

In discussing materialism, Trungpa Rinpoche used a very traditional Buddhist trilogy,
The Three Lords of Materialism

Lord of Form (Body)

Material (Physical) Materialism

Lord of Speech

Psychological Materialism

Lord of Mind

Spiritual Materialism

“Lord” here – special meaning: Lalo, Barbarian King

One who has power over us and controls us.

Trungpa Rinpoche wrote a book called *Cutting Through Spiritual Materialism*

The Three Lords of Materialism are discussed in *Natural Mindfulness*, pp. 145-149.
We follow the text closely.

Questions:

Why is all of this a nightmare?

Why is it a form of consumerism?

Why is it based on the need for entertainment?

Why does it all come from a sense of poverty?

Awakening Communities of Courage

Ferguson discusses tonglen and other compassion practices in the first half of the chapter. Instead, we discuss wealth, using the same three categories, in the opposite order: Why?

- Spiritual Wealth
- Psychological Wealth
- Material Wealth

Spiritual Wealth:

Confidence that we are Buddha Nature and do not have to look elsewhere.

Psychological Wealth

Not using ideas or ideologies to define who we are.

Material Wealth

Not using money, status or material possessions to enhance the sense of self.

Conclude *Natural Wakefulness*, page 170 top

Discussion of two programs:

I – An Introductory Program on Climate Change – Thursdays, September 11 and 18.

Here in the Chapel

Sponsored by the Waltham Buddhist Meditation Group.

Who is Joanna Macy?

Her four step cycle:

- Coming from Gratitude
- Honoring our Pain for the World
- Seeing with New Eyes
- Going Forth

II – Facing Climate Change with Hope and Courage

Tuesdays, October 7, 14, 21, 28

Whitcomb Hall