

# Lojong 2021 - Class 5



“Wherever you go, whatever you do, you should always be engaging in this yoga practice of love and bodhichitta, and what is called authentic practice is love and compassion, that’s what makes authentic sincere practice.”

Geshe Jinpa Sonam

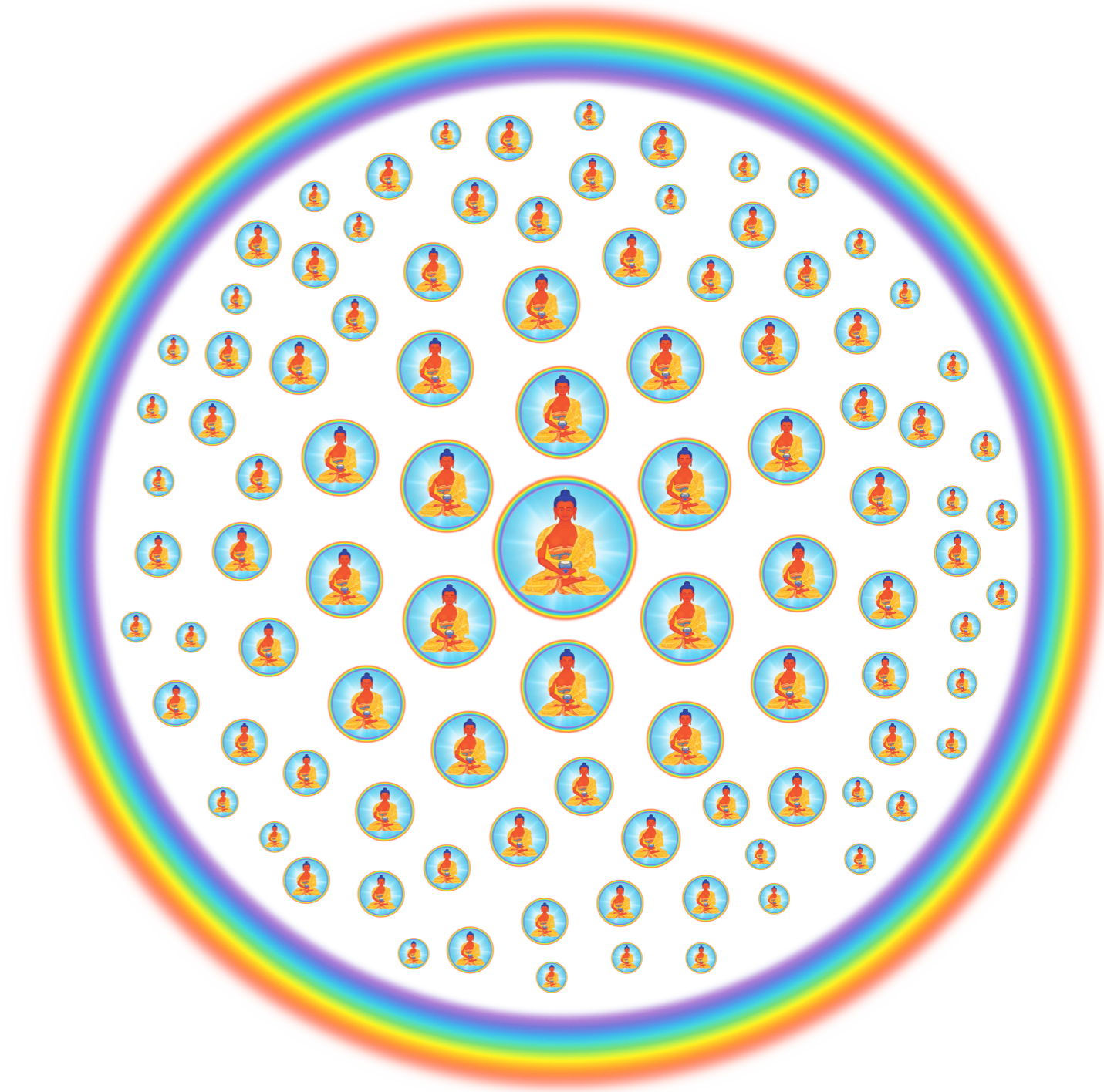
*Love is the only cause  
of happiness. It's  
nature is all pervasive  
like space. Love is the  
sunlight of the mind.*

*- H.E. Garchen  
Rinpoche*

# Lojong 2021 - Class 5 (2.20.21)

## Today's Agenda:

1. Cultivate pure motivation
2. Continue through preliminaries
3. Finish Karma
4. Begin teaching about Samsara



# Recap: First 3 Preliminaries

**1. Precious Human Birth:** It's sooooo difficult to be born human. Use it for good (dharma). Be Grateful & appreciative that we have a chance to work on ourselves

**2. Impermanence and Death:** Nothing (including these bodies) lasts. Everything is dissolving sometimes quickly, sometimes slowly. Contemplate & accept these truths. This will lead to peace

**3. Karma - Cause & Effect:** All thought, speech, actions become the cause for future effects. Virtuous thought, speech, action brings happiness. Non virtuous thought, speech, action brings unhappiness

# Join Us - IBC Activities

**Join Slack for course materials**

<https://indianabuddhi-qzm6984.slack.com/ssb/redirect>

## IBC Activities

1. Daily Silent Meditation 8am Mon- Fri
2. Sunday Intro to Buddhism 11am
3. Sunday Sashi Zangpo 1pm
4. Sunday Geshe La Teachings 3:15pm
5. Wednesday night prayers and chanting 6:30



# 7 Point Mind Training

1. Presentation of the preliminaries, the basis
2. Training in the awakening mind, the main practice
3. Taking adverse conditions onto the path of enlightenment
4. Presentation of a lifetime's practice in summary (how to use this practice throughout your life)
5. Presentation of the measure of having trained your mind
6. Presentation of the commitments of mind training
7. Presentation of the precepts (the rules) of mind training



Geshe Chekawa Yeshe Dorje  
(1101-1775)

# Preliminaries

1. Precious Human Life
2. Impermanence & Death
3. Karma (cause & effect)
4. Samsara



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# Momentary Thoughts

“Jigten Sumgon said the ripening of karma is the ripening of one’s moment to moment thoughts.”

His Eminence Garchen Rinpoche

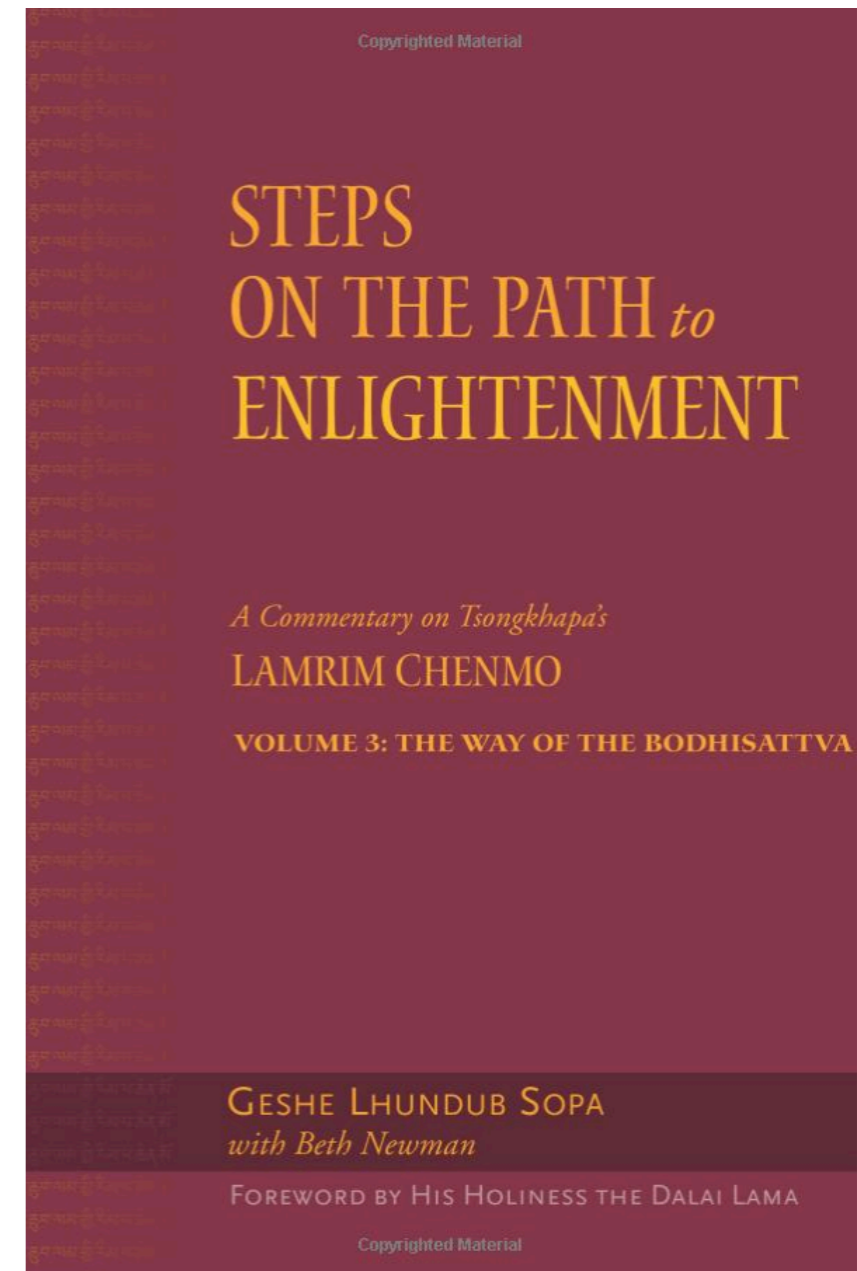




# Mental Aspect Most Important

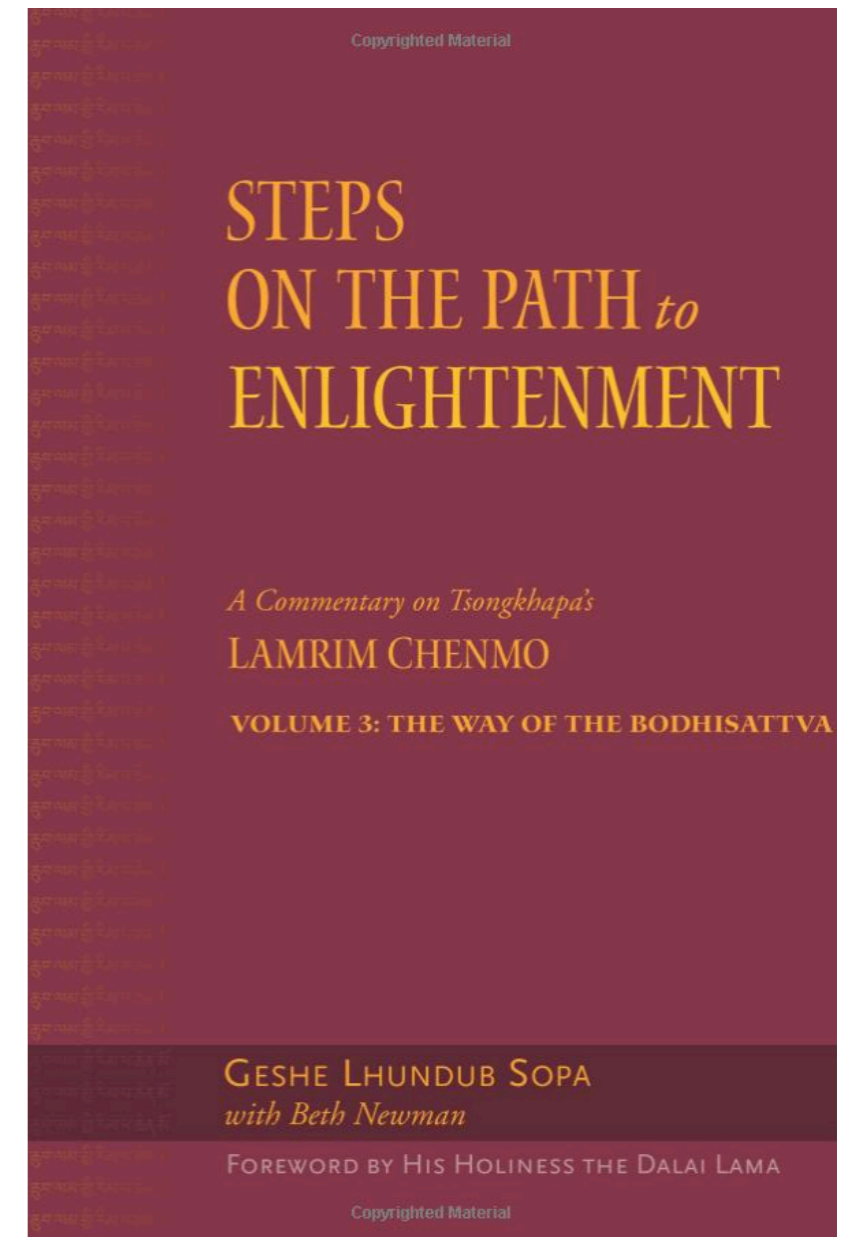
““What is most important here is the mental aspect, because the mind controls the body and speech.”

Geshe Lhundub Sopa



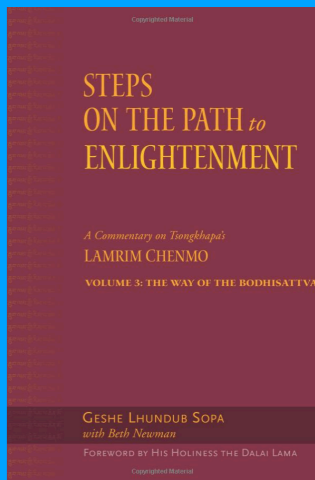
# The 10 Non Virtues

1. Killing
2. Stealing
3. Sexual Misconduct
4. Lying
5. Harsh Speech
6. Senseless Speech
7. Covetousness
8. Malice
9. Wrong View



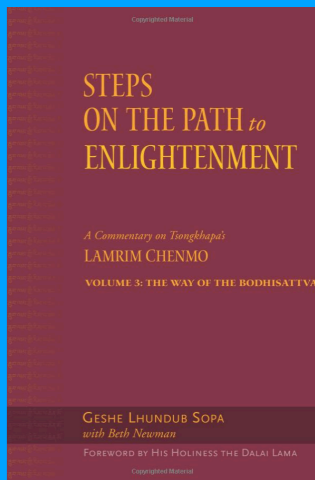
# Good & Bad Karma

Good/Bad Karma	Motivations	Result	Antidote
<p><b>Non Virtuous Actions (bad karma)</b></p>	<p>Desire/Aversion/ Ignorance (10 non virtues)</p>	<ul style="list-style-type: none"> <li>• Unhappiness</li> </ul>	<ul style="list-style-type: none"> <li>• Impermanence</li> <li>• Loving Kindness</li> <li>• Emptiness</li> </ul>



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<p><b>Virtuous Actions (good karma)</b></p>	<p>Non Desire Non Hatred Non Ignorance</p>	<p>Happiness</p>	





## Virtuous Path/Antidotes

NON  
Attachment

Love/  
Compassion

Right  
View/realization

## 3 Poisons

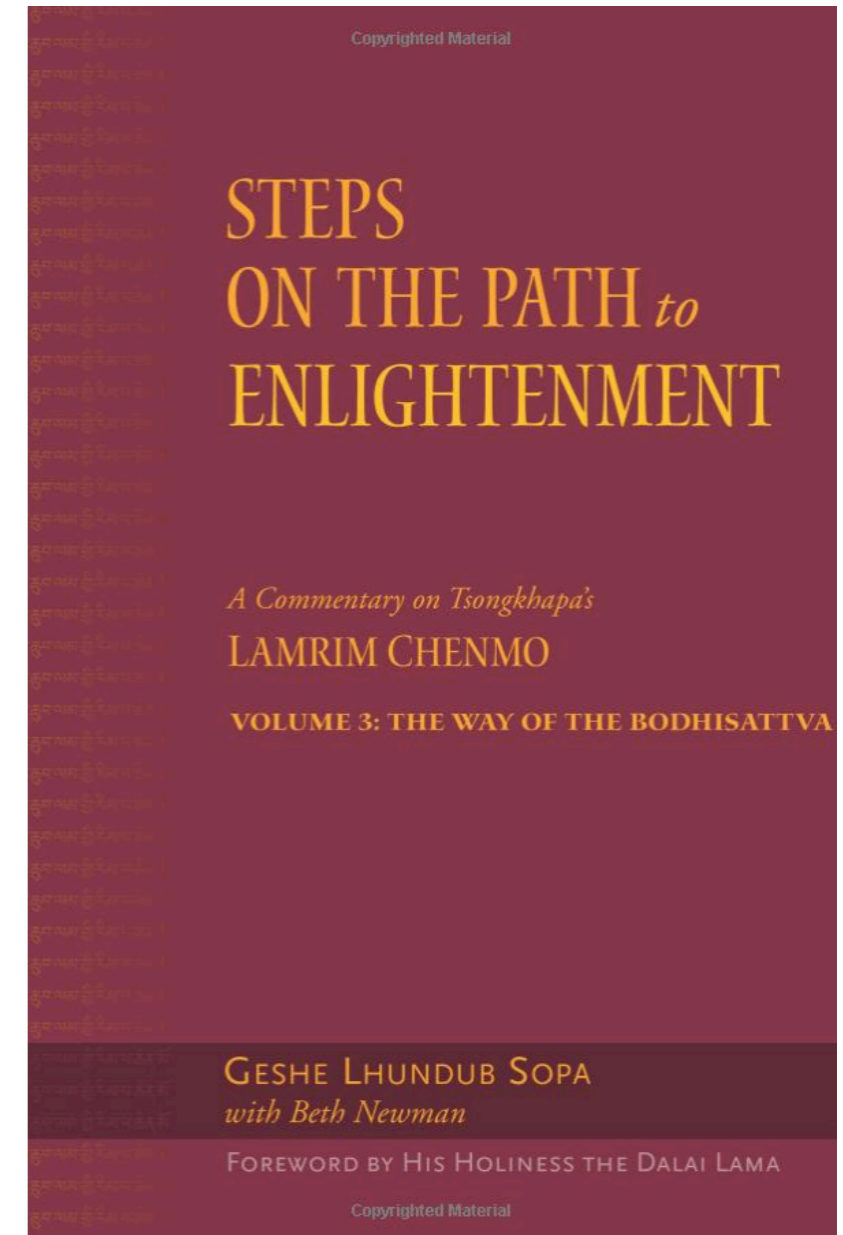
**Desire/  
Attachment**

**Aversion/  
Hatred**

**Ignorance/  
Wrong  
View**

# Establishing Karma and Its Results (The 10 Non Virtues)

1. Killing
2. Stealing
3. Sexual Misconduct
4. Lying
5. Slander
6. Harsh Speech
7. Senseless Speech
8. Covetousness
9. Malice
10. Wrong View



# Silver Bullet - Love/Compassion



# Karma- Summed Up - "LOVE"

- "With mind, all these things can be done quickly. Our mental thoughts is where we really have to be careful because the karmas can be collected so quickly."
- **"What makes things really strong is the mind. The motivation."**
- Whether we are good hearted or coming from negative place, it depends on if there is self clinging and self interest such as what will I get out of this. Doing it for the right reason. This is a bad intention.
- Anytime we do anything with body and speech, we should do it for others. When we're praying, listening to Teaching, reading... we should do it with others interest in mind
- What's the difference between if we do it for us or them? If we do it for them, our wealth of virtue is so much stronger and in the end it's actually of much benefit to us."





# 4th Preliminary

1. Precious Human Life
2. Impermanence & Death
3. Karma (cause & effect)
4. Contemplate the Defects of Samsara



Geshe Chekawa Yeshe Dorje  
(1101-1775)

# Samsara

## What is Samsara?

**The Result** - The ocean of suffering. Samsara is an infinite, continuous cycle of re-birth, old age, sickness & death. Re-birth, old age, sickness, death-again and again.

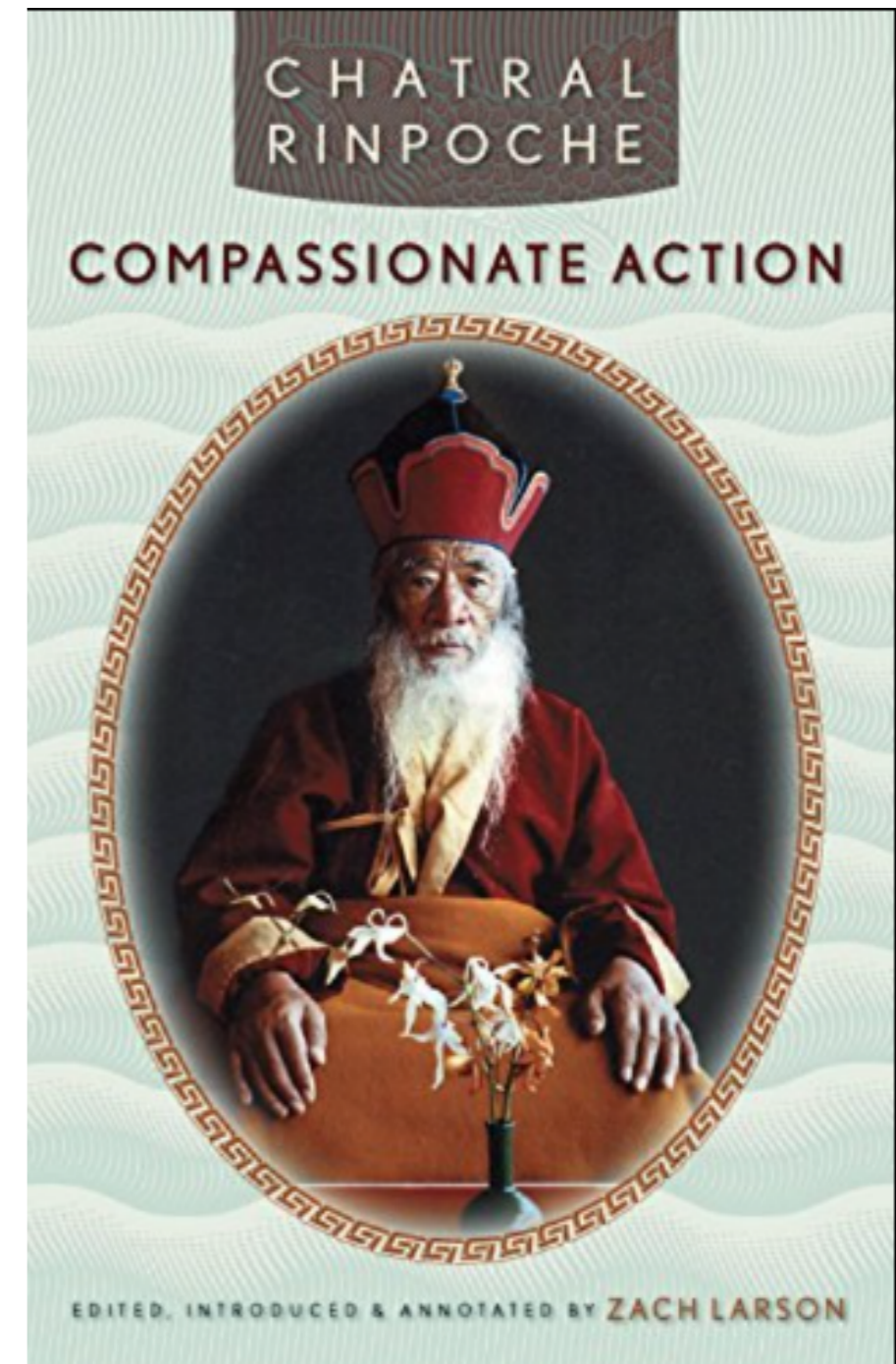
**The Cause** - It's fueled, and propelled by Desire/Aversion/Ignorance



# Contemplate Defects of Samsara

“You might spend your whole life in pursuit of only food and clothing, With great effort and without regard for suffering or harmful deeds, But when you die you cannot take even a single thing with you - consider this well.”

Chatral Rinpoche.



# Contemplate Defects of Samsara

“The food you bought, the money you made, the possessions you acquired, the place you lived, the body you inhabited, your social position, your professional status, none of these things accompany you when you die

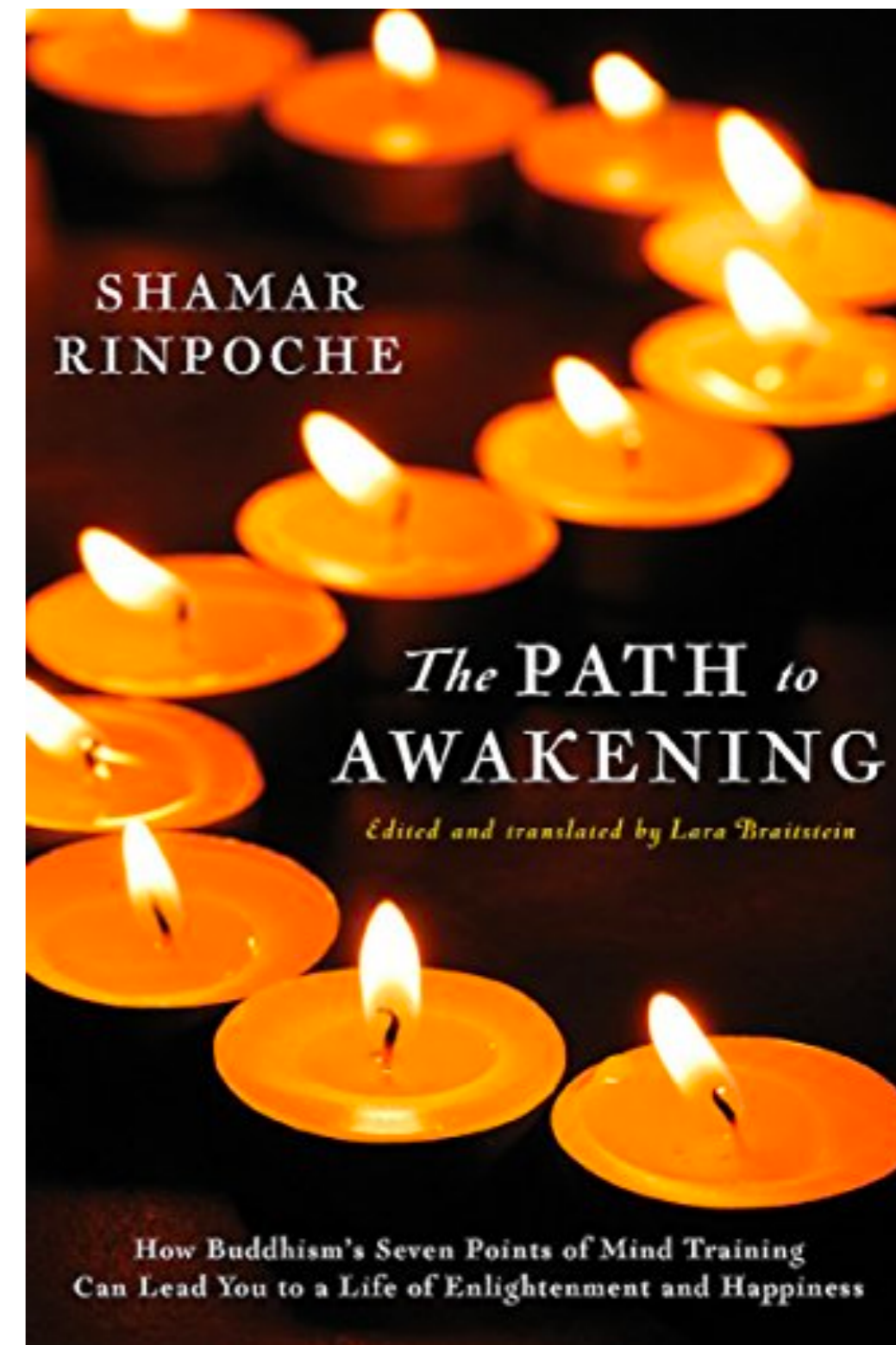
The moment you die, all those things become completely meaningless because you'll never have any of them ever again, so reflect on this fact, and the fact that these things which I concern myself so much with, are, in the long-term value-less, and ask yourself do I really need all of this.”



**Bardor Tulku**

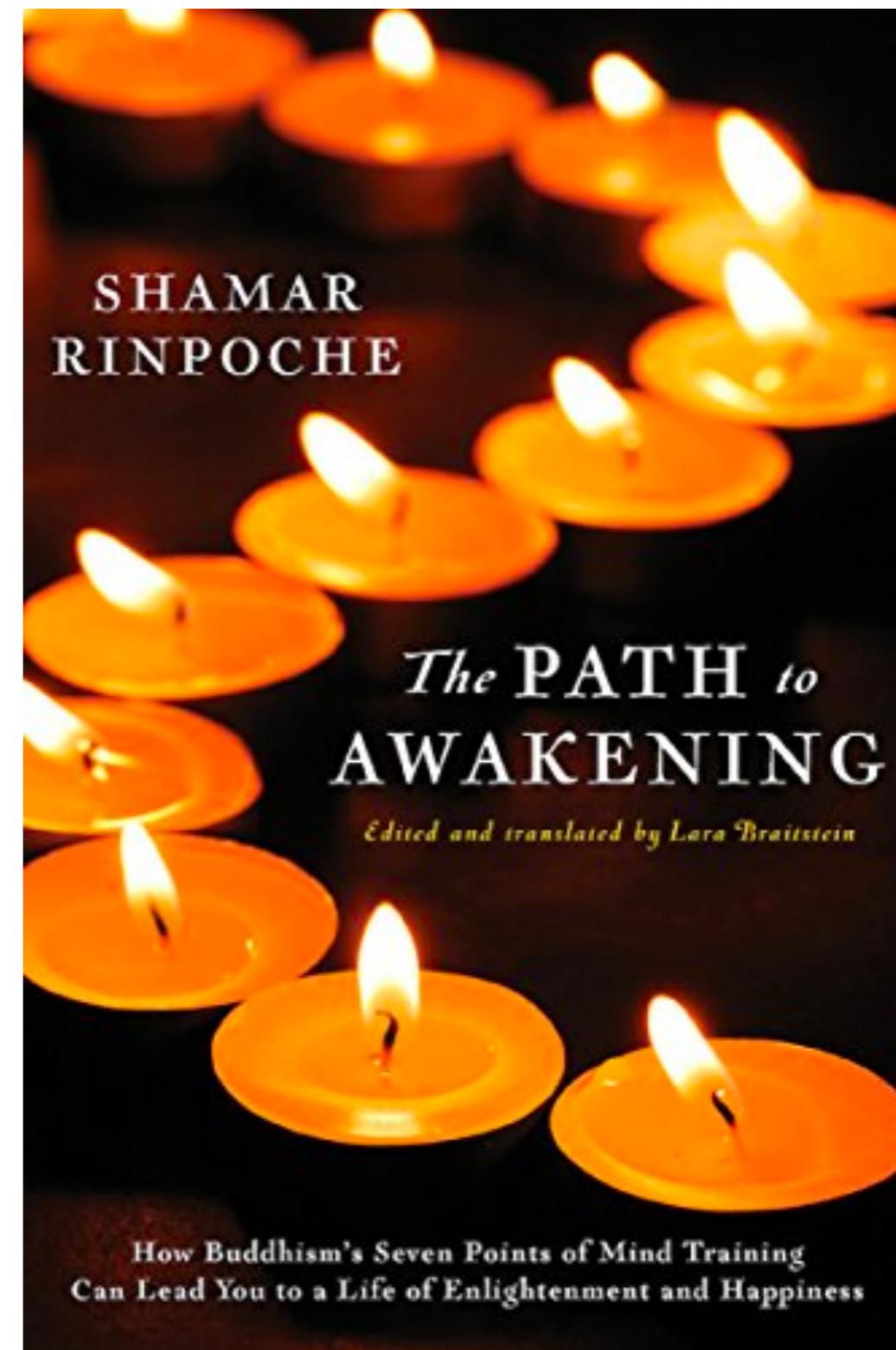
# Contemplate Defects of Samsara

- Great Food
- Romance
- Sex
- Fame
- Power



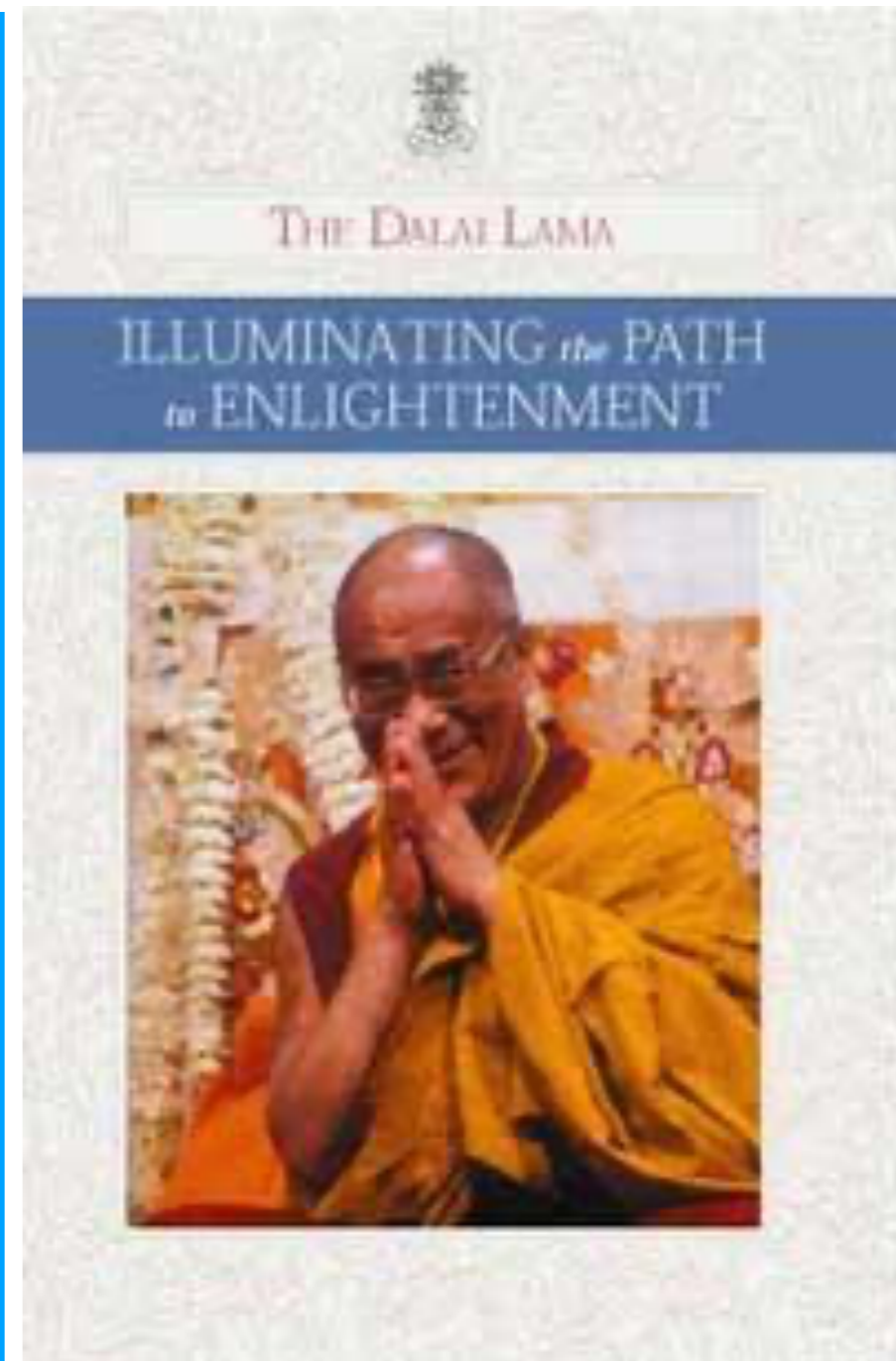
# Contemplate Defects of Samsara

- Great Food >> Diabetes, Heart Disease
- Romance >> Depends on emotions of your partner
- Sex >> You can never quench thirst
- Fame >> famous people have no freedom, lots of pressure, lots of envy
- Power >> life of struggle trying to keep the power, no real peace



# Samsara

- Dismantling our Quest for Stability
- There's absolutely no stability in Samsara, yet everyone's running to find it
- Pleasure is Dukkha  
(Worldly pleasure is dependent, temporary, & provides no lasting contentment)
- 3 Poisons Control Us- we are not free!
- Chasing these leads to habitual mental patterns & negative Karma



# Samsara

## The 3 Sufferings:

1. The Suffering of Suffering- “the obvious and evident painful experiences and sensations that we all experience”
2. The Suffering of Change
3. The Suffering of Pervasive Conditioning - “our existence is controlled by fundamental ignorance and the afflictions to which it gives rise. It is crucial, therefore, that we develop a deeply felt recognition of the afflictions as our true enemy; without it, we will not develop a genuine aspiration to seek freedom from them.”

