

# Lojong 2021 - Class 6 (2.27.21)

## Today's Agenda:

Cultivate pure motivation

Begin Point 2: Training in  
the Awakening Mind, the  
Main Practice



# 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)

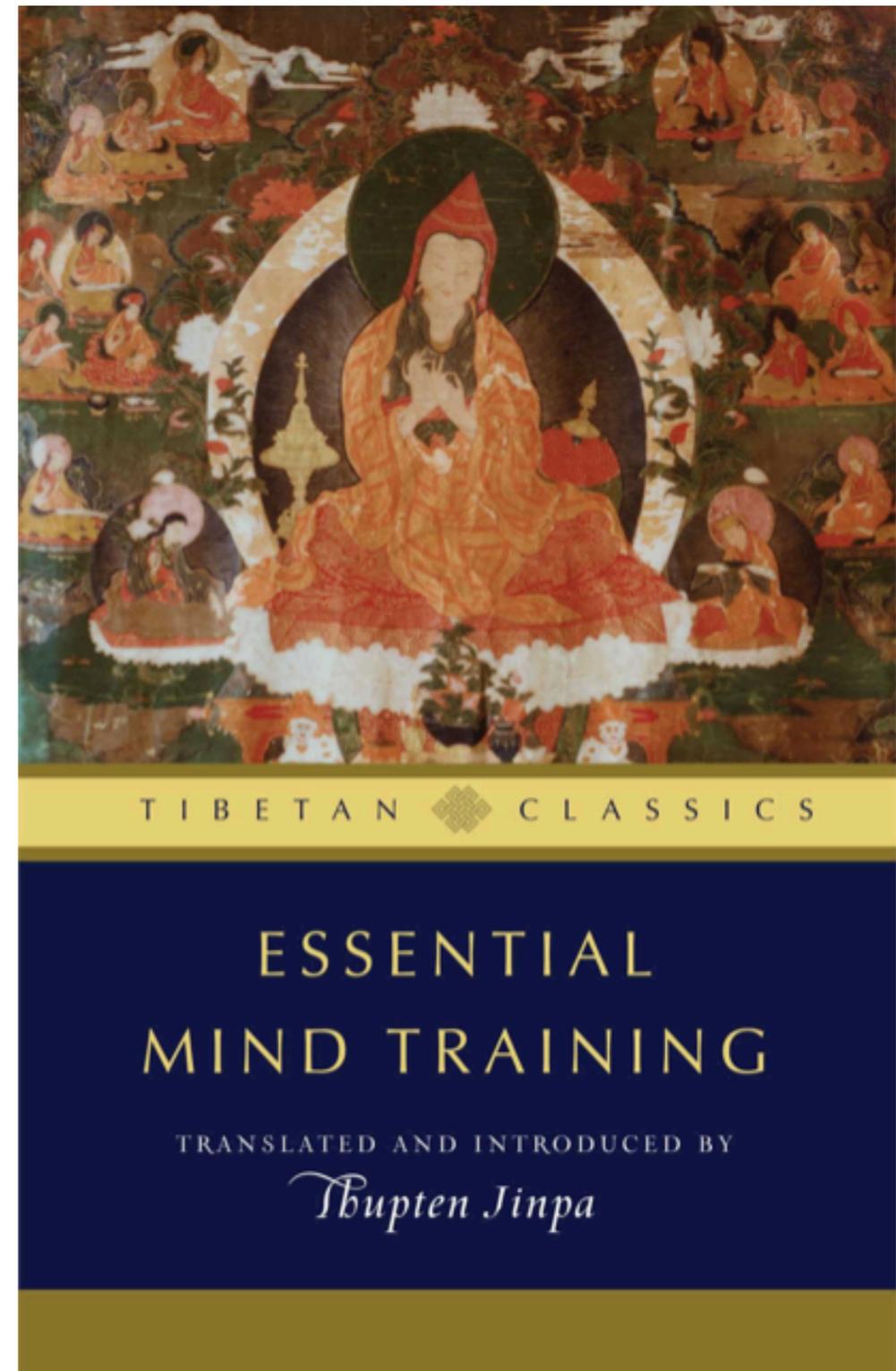
# Point 2: Training In The Awakening Mind, The Main Practice

## A. Training in ultimate awakening mind

- Train to view all phenomena as dreamlike.
- Examine the nature of the unborn awareness.
- The remedy, too, is freed in its own place.
- Place your mind on the basis-of-all, the actual path.
- In the intervals be a conjurer of illusions.

## B. Training in conventional awakening mind

- Train alternately in the two—giving and taking.
- Place the two astride your breath.
- There are three objects, three poisons, and three roots of virtue.
- In all actions, train by means of the words.



# Train to view all phenomena as dreamlike



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# Train to view all phenomena as dreamlike



Dreams seem real when you're in them, **BUT**, upon waking, you say it was **JUST A DREAM**

So, Dreams exist differently than they seem. Their existence & their appearance are discordant. Their existence is faulty, misleading and deceptive because they give the illusion that we're interacting with physical form, and reality, but it's all a mental projection

# NOTHING Exists as it Appears

Today, we'll study emptiness together. Most important thing to remember is nothing exists with an independent existence

Blazing Sword is the realization of transcendent wisdom which cuts dualistic ignorance

Atop the flower is the Prajnaparamita, emptiness sutras representing his attainment of ultimate wisdom

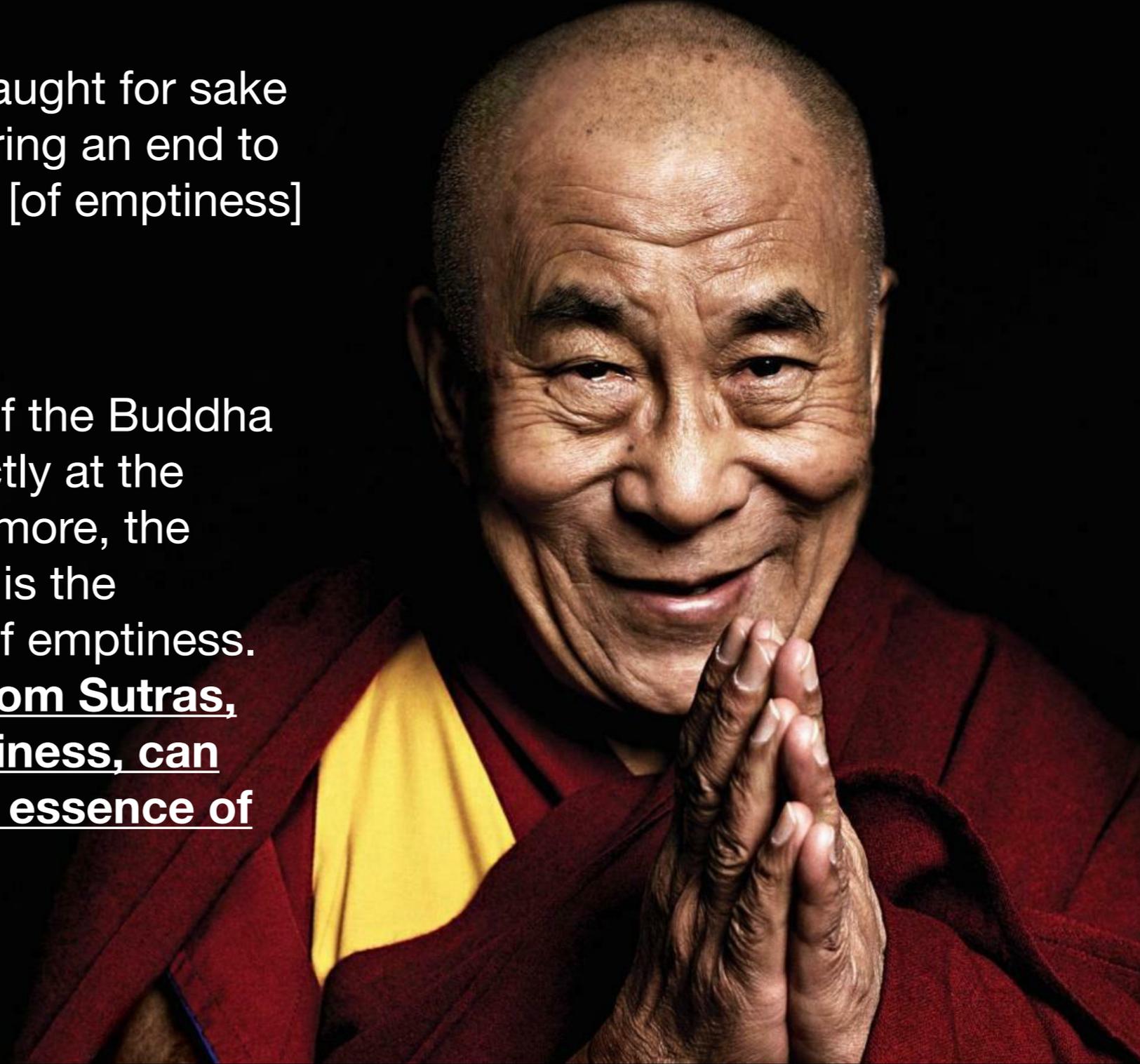


# Emptiness - Innermost Essence of Buddha's Teachings

“This entire preparation the Sage taught for sake of wisdom. Thus, one wishing to bring an end to suffering should develop wisdom.” [of emptiness]  
Shantideva

“Every scriptural pronouncement of the Buddha was aimed either directly or indirectly at the attainment of this wisdom. Furthermore, the omniscient wisdom of the Buddha is the highest perfection of the wisdom of emptiness. Therefore, the Perfection of Wisdom Sutras, the Buddha's teachings on emptiness, can be said to contain the innermost essence of all his teachings.”

HH Dalai Lama



# Introducing.... Emptiness

Practicing Emptiness is SO  
POWERFUL because it destroys the  
ignorance that causes our suffering

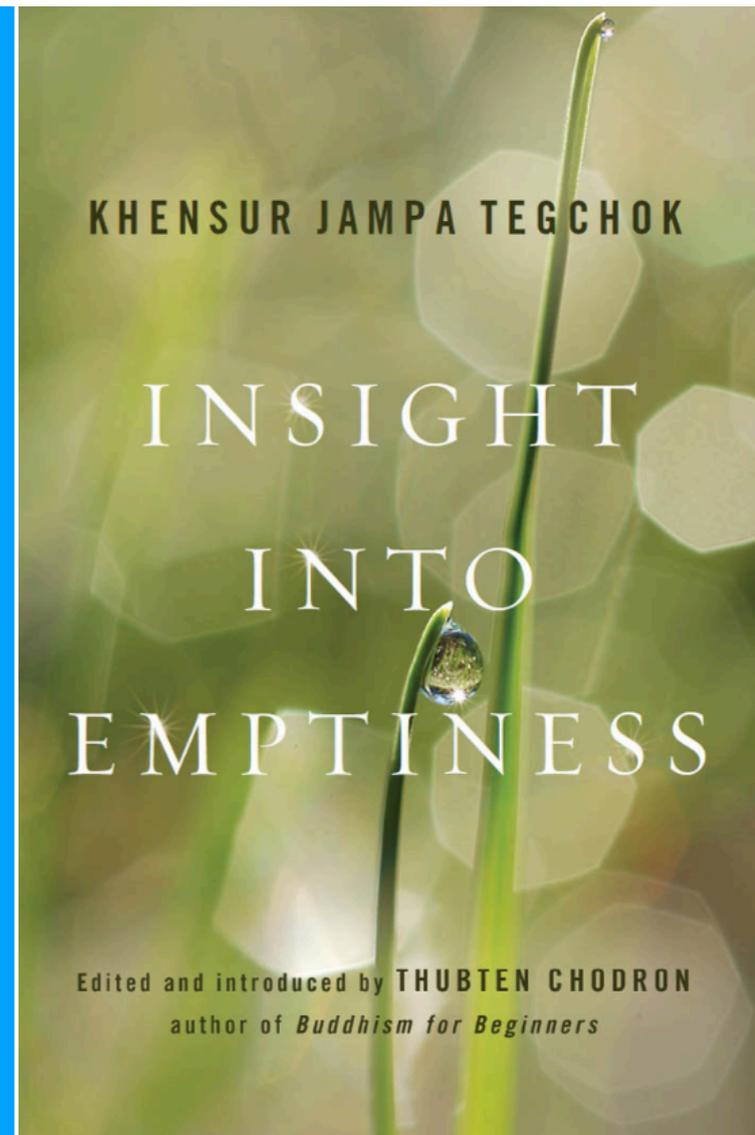
Emptiness can literally incinerate our  
suffering, purifying EONS of negative  
karma



## 2 Truths

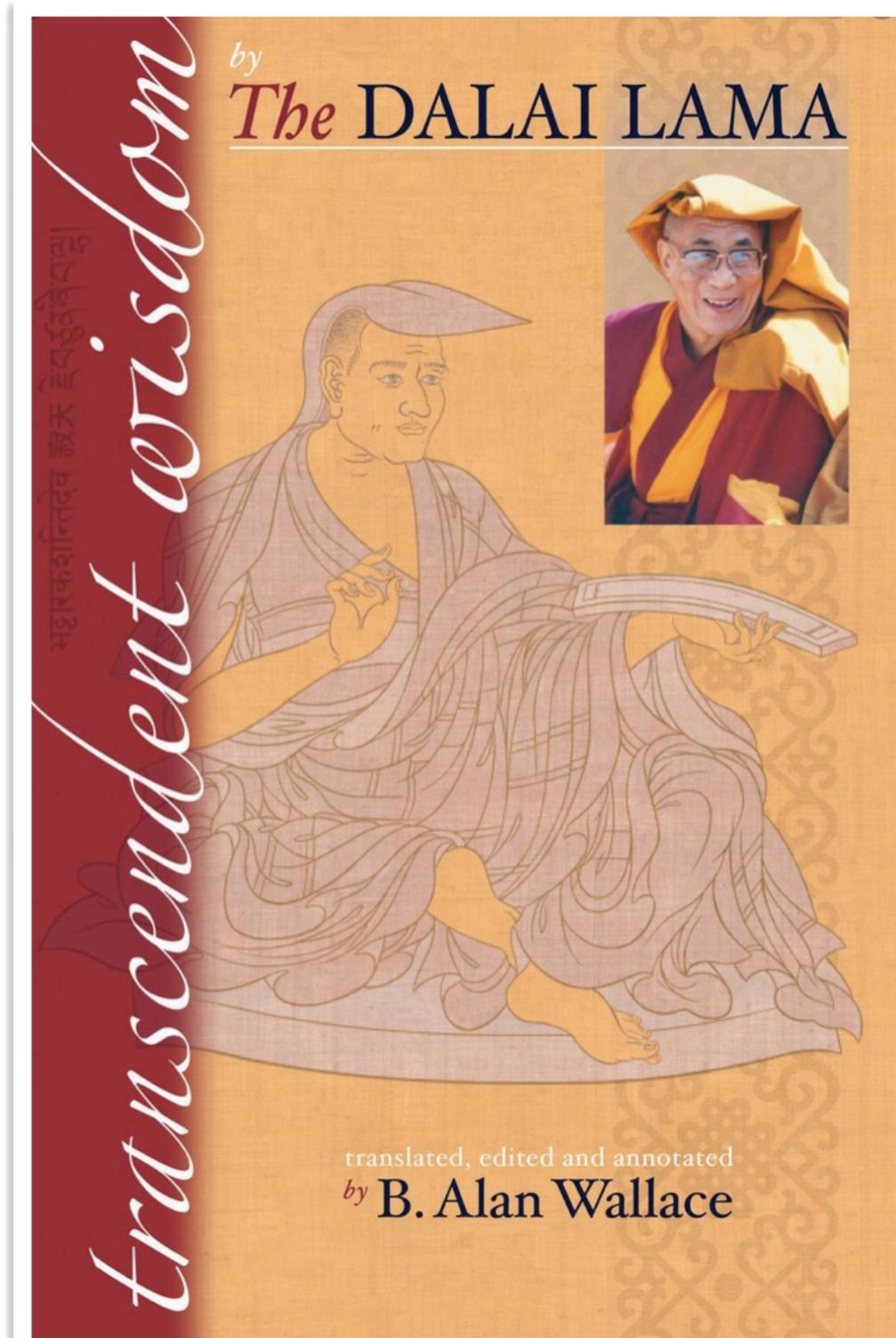
“Conventional truths are said to be true from the perspective of a mind that does not see reality. Here things are true from the perspective of a mind contaminated with ignorance.

Ultimate truths are true for the wisdom that directly sees the way phenomena exist. From this perspective, conventional truths are falsities.”



# 2 Truths

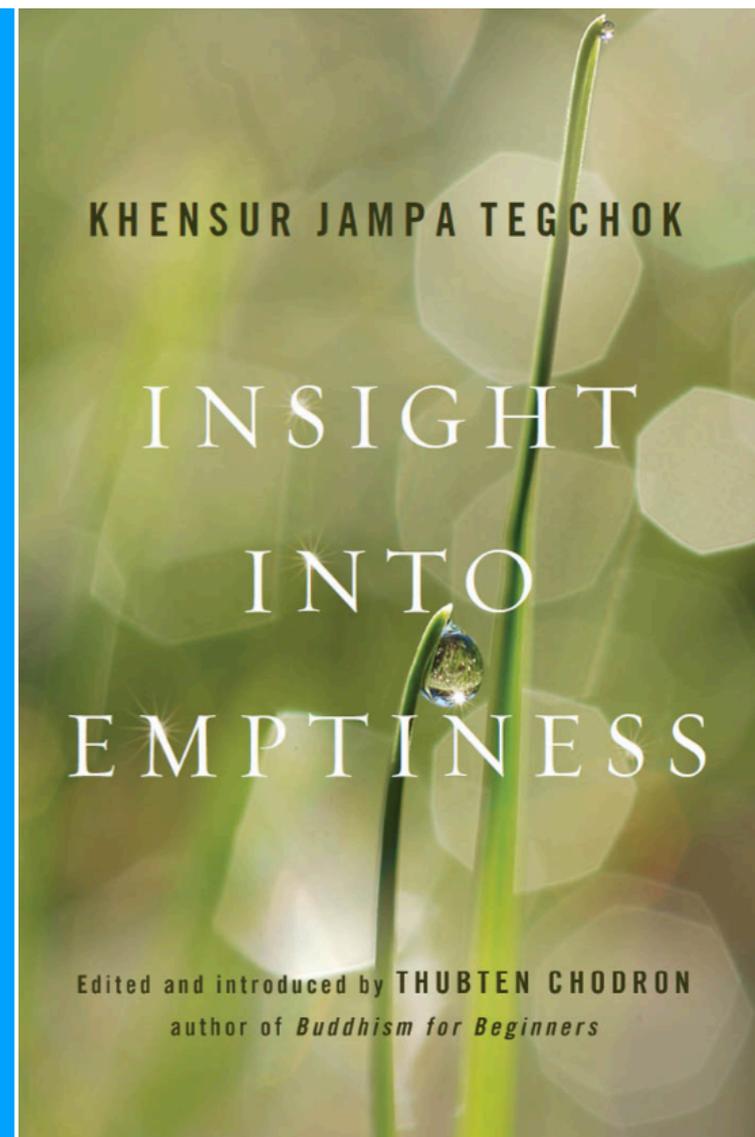
“For a single entity we must understand two modes of existence... Both a superficial and ultimate nature are to be found in a single entity, and those are the Two Truths.”



# Conventional Truth (Kundzob Denpa)

“Any phenomenon—a conventional truth or an ultimate truth—has both an ultimate nature and a conventional nature.

Its conventional nature is that it exists conventionally, by mere name. Its ultimate nature is that it is empty of self-existence.”



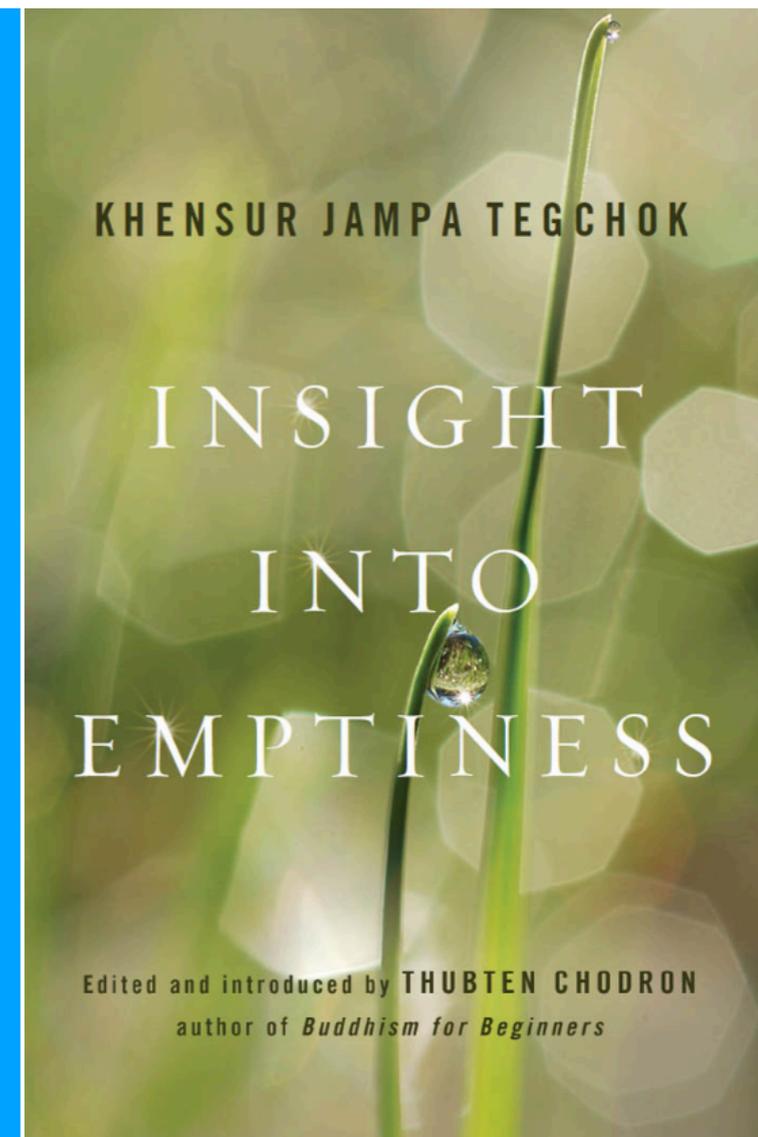
# Conventional Truth - False Truth (Kundzob Denpa)

“Kun means “all” and has the connotation of a variety and of many.

Dzob has the meaning of being false, of concealing.”

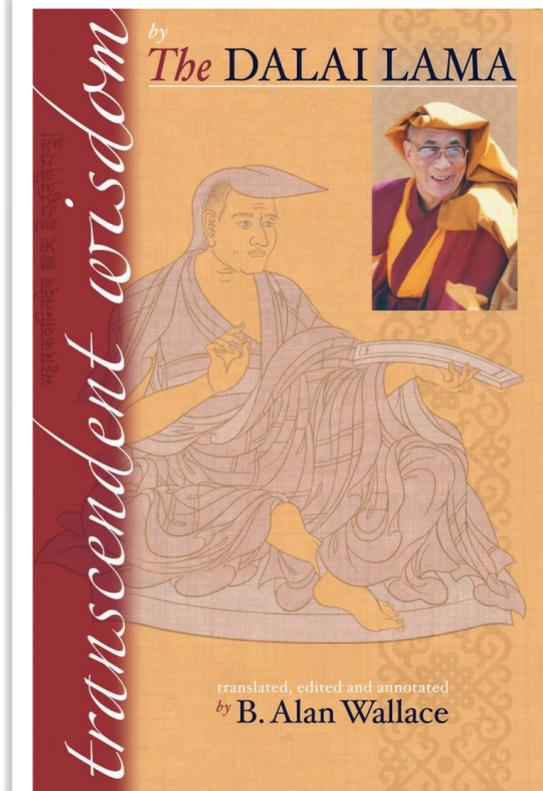
“The reason that conventional truths are regarded as false is because their way of appearing and their way of existing are discordant. Denpa means “truth,” and in the case of conventional truths, it means “true from the perspective of the true-grasping mind” or “true as far as the true-grasping mind is concerned.”

In actual fact, nothing exists as it appears to the true-grasping mind, so there is nothing that is truly existent. Even though from the perspective of the true-grasping mind they are true, they are not actually true because they do not exist as they appear.”



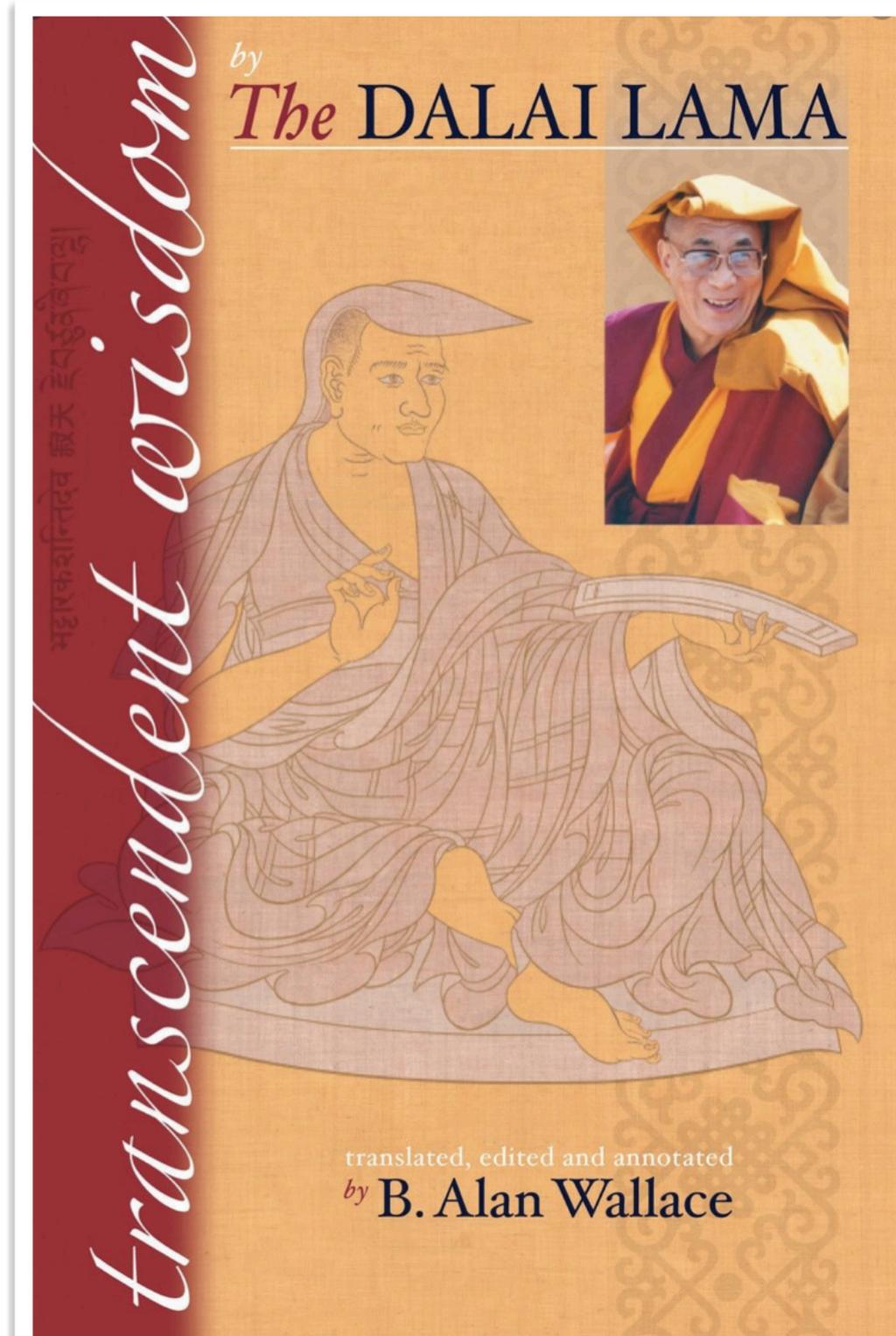
# 2 Truths

1. **Ultimate Truth:** “Because the events that make up this world are dependent upon conditions, they lack an independent self-nature. That absence of an independent self-nature is the essential mode of existence of entities. The mind that apprehends the ultimate nature, which appears in accordance with its reality, cognizes reality as it is... That reality is empty because it is devoid of the mode of existence that is to be refuted; and for that very reason, it is called “emptiness.”
2. **Conventional Truth:** Therefore, phenomena exist by the power of consensus, not by their own intrinsic reality.”



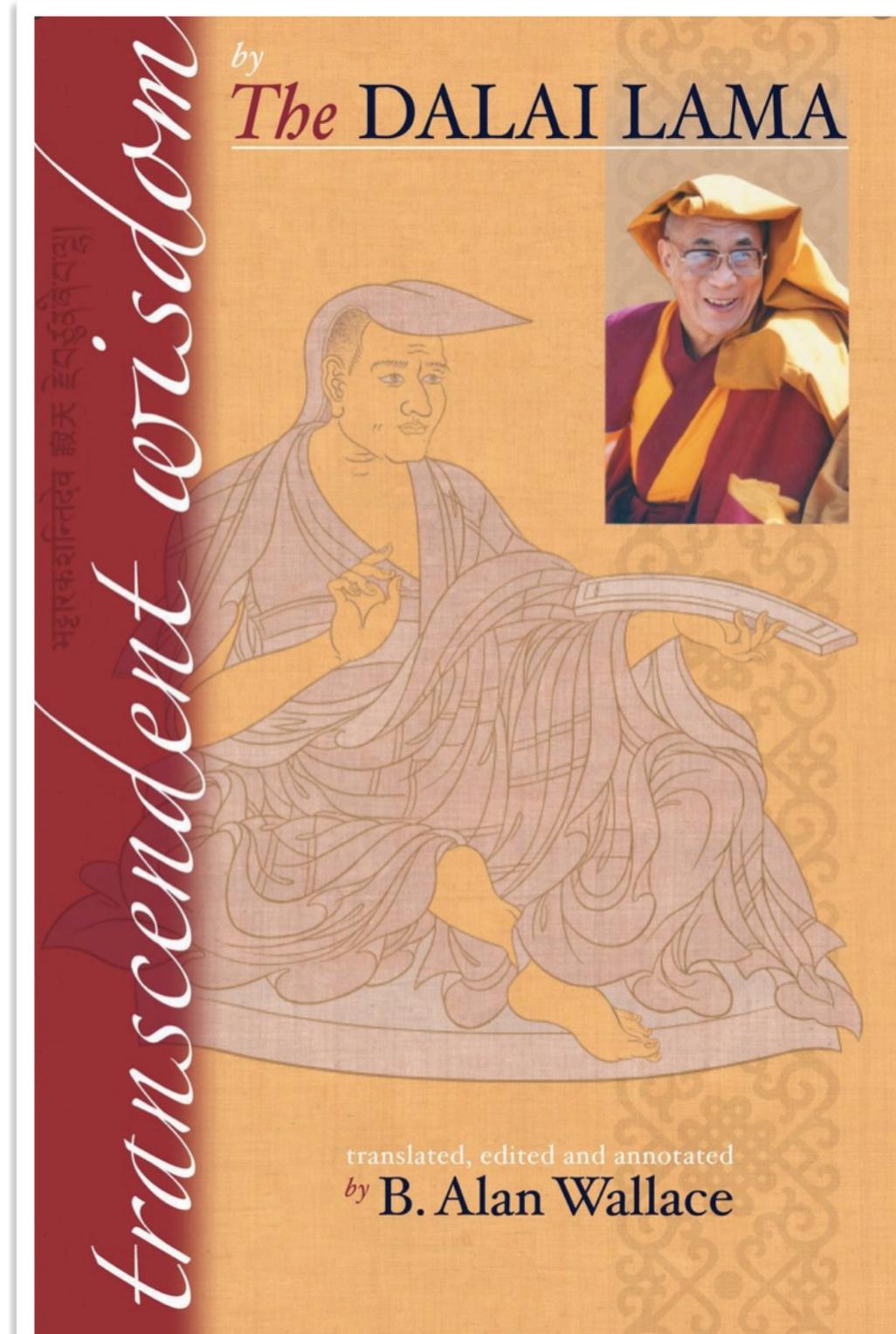
# 2 Truths

“Thus, when something appears either good or bad, it seems to have that as an essential trait; but if we inspect matters more closely, we see that it is fundamentally subject to change. Those entities have two natures, one essential and the other superficial.”



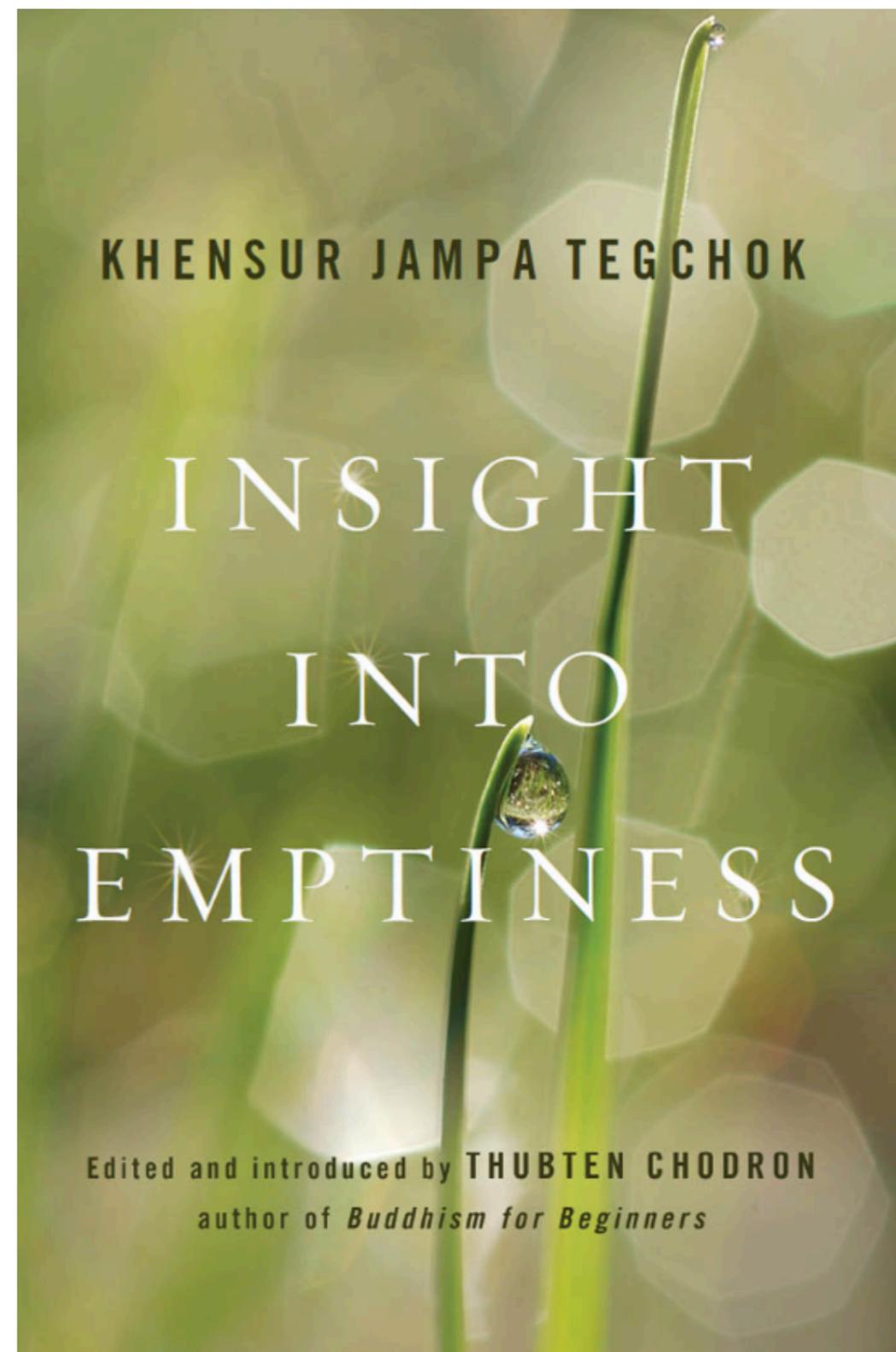
# Why Study Emptiness?

“We are concerned now with the supreme wisdom that acts as the antidote for the fundamental cause of the cycle of existence-namely, grasping onto true existence-and the instincts for such grasping, which are cognitive obscurations.”



# Emptiness Powerfully Purifies Negative Karma

“In the Diamond Cutter Sutra (Vajracchedika Sutra), the Buddha teaches that if any man, woman, or virtuous being were to take the number of worlds equal to the particles of sand in the River Ganges<sup>3</sup> and completely fill them with the seven types of precious substances—gold, silver, and so on—and offer this to all buddhas, bodhisattvas, and others worthy of worship, the offerings made would be immeasurable, and the merit created would also be immeasurable. Still, the Buddha says, the merit of reflecting on the meaning of emptiness would be even greater. Although making magnificent offerings creates great merit, this practice alone cannot cut the root of cyclic existence. However, reflecting on emptiness even for a little while begins the process of demolishing the ignorance that keeps us bound in cyclic existence.”

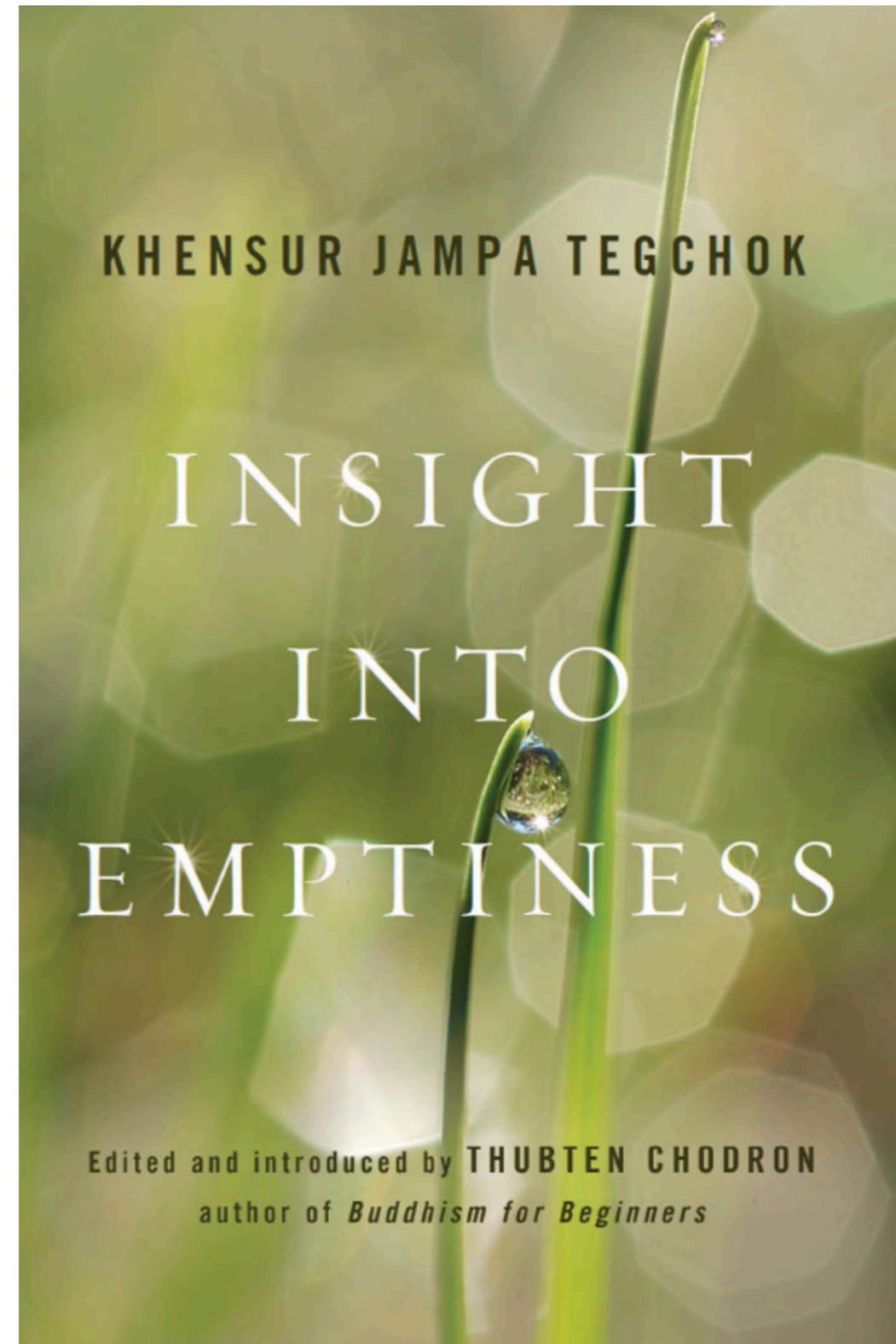


# Emptiness Powerfully Purifies Negative Karma

“An Abhidharma sutra called The Tathagata’s Treasury Sutra (Tathagatakosha Sutra) says:

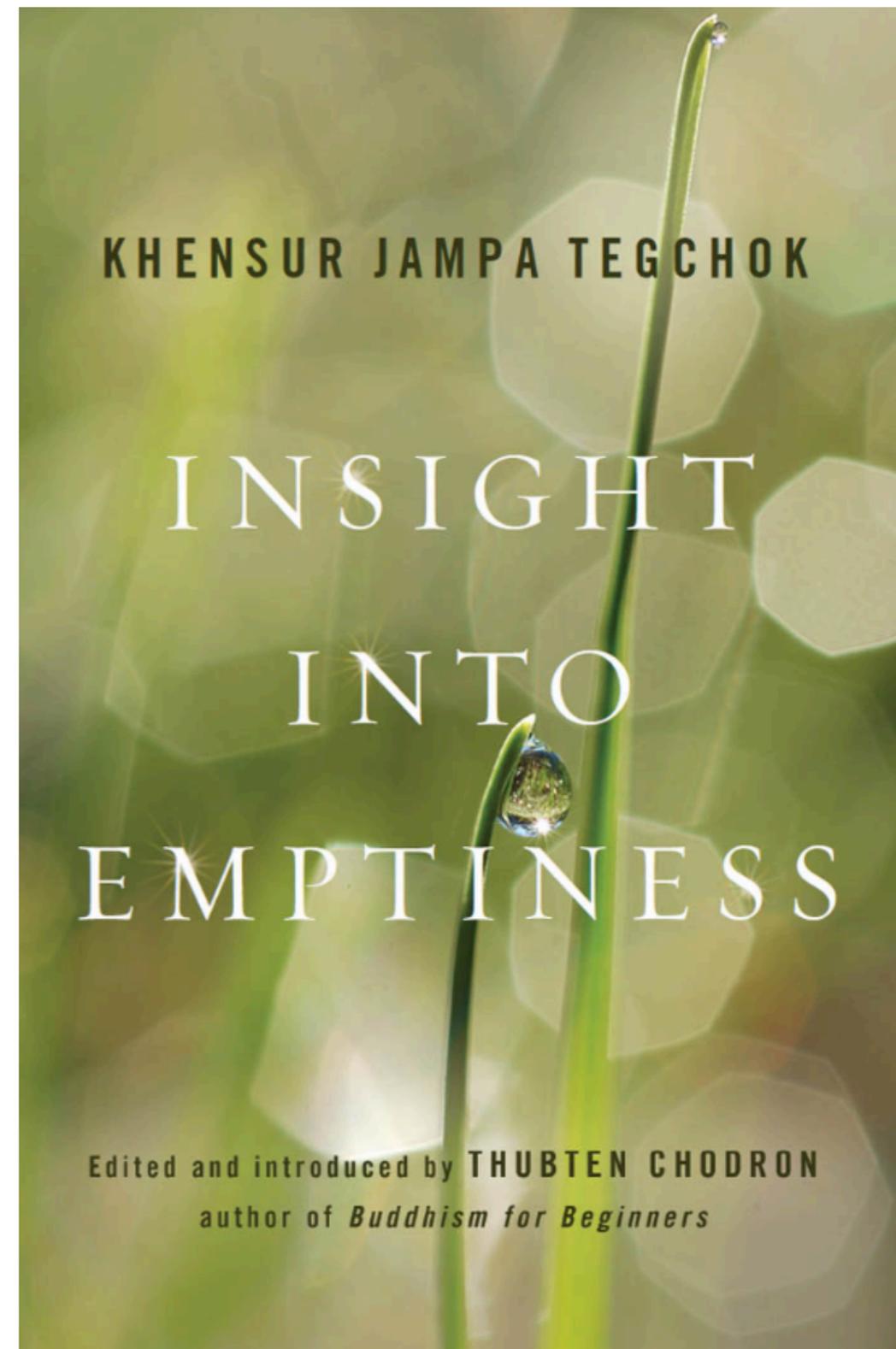
“If one who has done all of the ten destructive karmas engages in the meaning of selflessness, has faith in and admiration for the primordial purity of all phenomena, he or she will not be born in the unfortunate realms.”

“(killing, stealing, and unwise sexual behavior), four are done verbally (lying, divisive speech, harsh speech, and idle talk), and three are done mentally (covetousness, maliciousness, and wrong views)”



# How Does Emptiness Purify Negative Karma?

- ☀ The objects of the ignorance grasping true existence (true grasping) mistakenly appear to be truly existent
- ☀ This leads to afflictions such as attachment and anger, motivating us to engage in destructive behavior
  - ☀ Given that we accumulate the ten non-virtues based on the assumption that the objects are truly existent, if we were instead to think that these objects are not truly existent, we would harm the grasping at true existence
- ☀ Harming the grasping at true existence harms everything that's based on it
- ☀ Thus, self-grasping ignorance, the afflictions, and the destructive karmas are all harmed
- ☀ It's similar to destroying the canvas on which a picture has been painted; doing so destroys the picture as well!

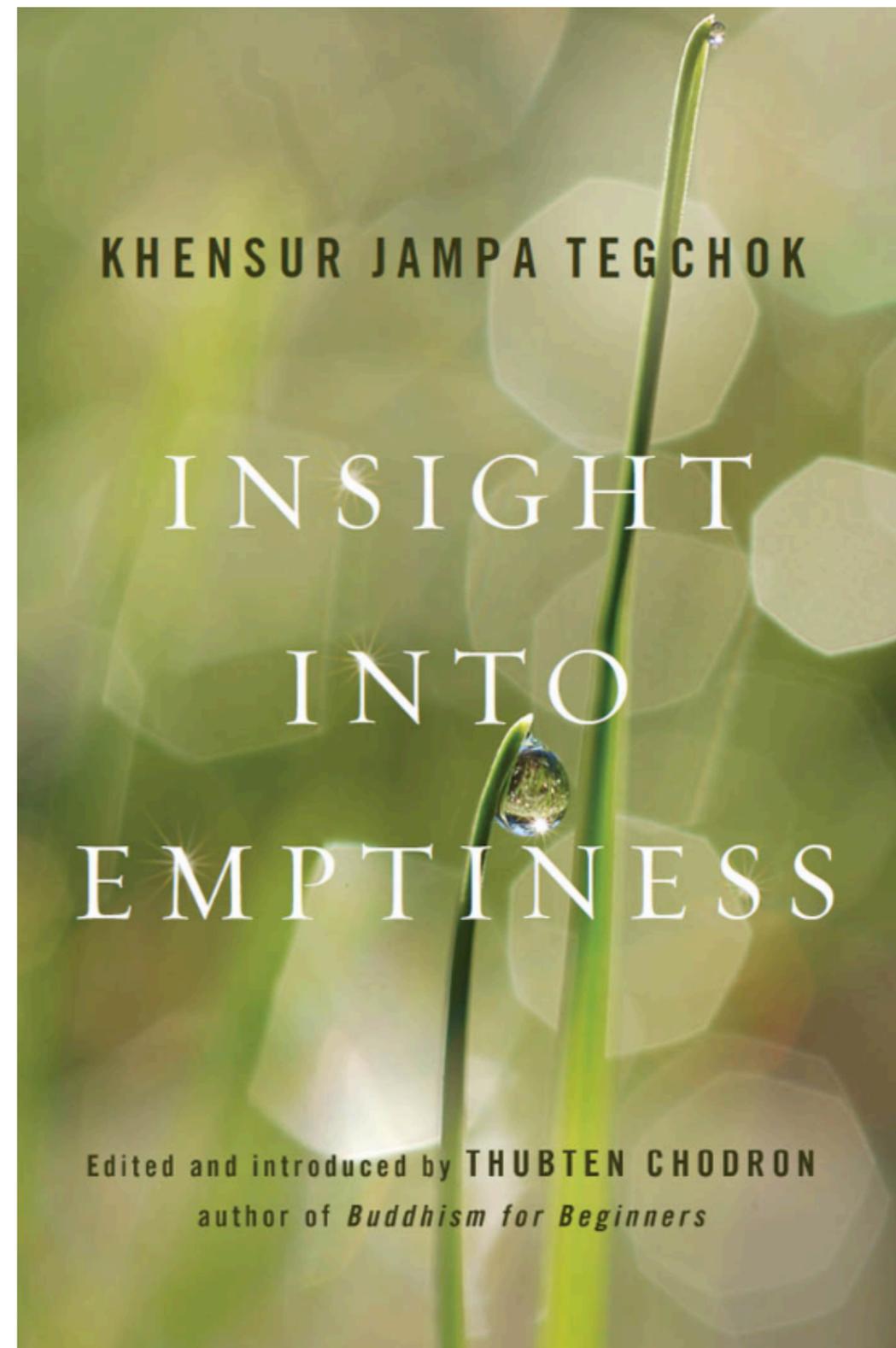


# How Things Exist

All Phenomena exist dependently!  
Dependent origination is the KING  
of all reasoning

CPM - Things exist in dependence  
upon:

1. Causes & Conditions
2. Parts
3. Mind That Conceives & Labels  
Them



# Things Exist & Appear Discordantly

**How Things Exist (Ultimate Truth)**

**How Things Appear (Conventional Truth)**

Dependent upon causes & conditions

Independent of causes & conditions

Dependent on parts

Independent of parts

Dependent upon the mind that conceives  
and labels them

Independent of mental labels

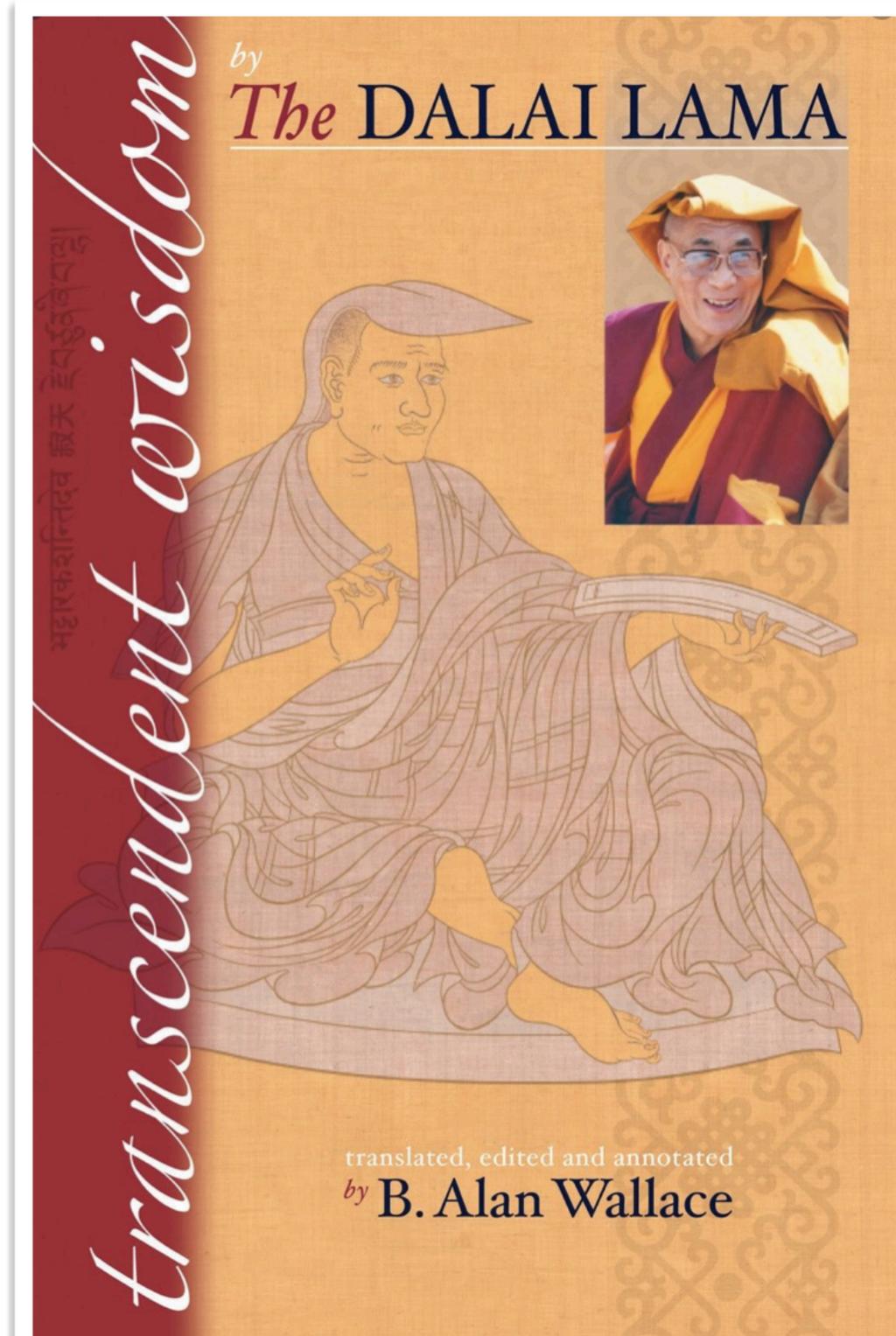
# Phenomena Exist & Appear Discordantly

**The Object of Refutation:** The object of refutation are objects which seem to be truly existent phenomena existing independently of a) causes & conditions, b) parts, c) mental labels

**Investigation:** We must deeply analyze how things appear to us, then investigate how they actually exist, and understand the contradiction. This analysis must be done again and again to loosen the hold ignorance has on our perception of reality

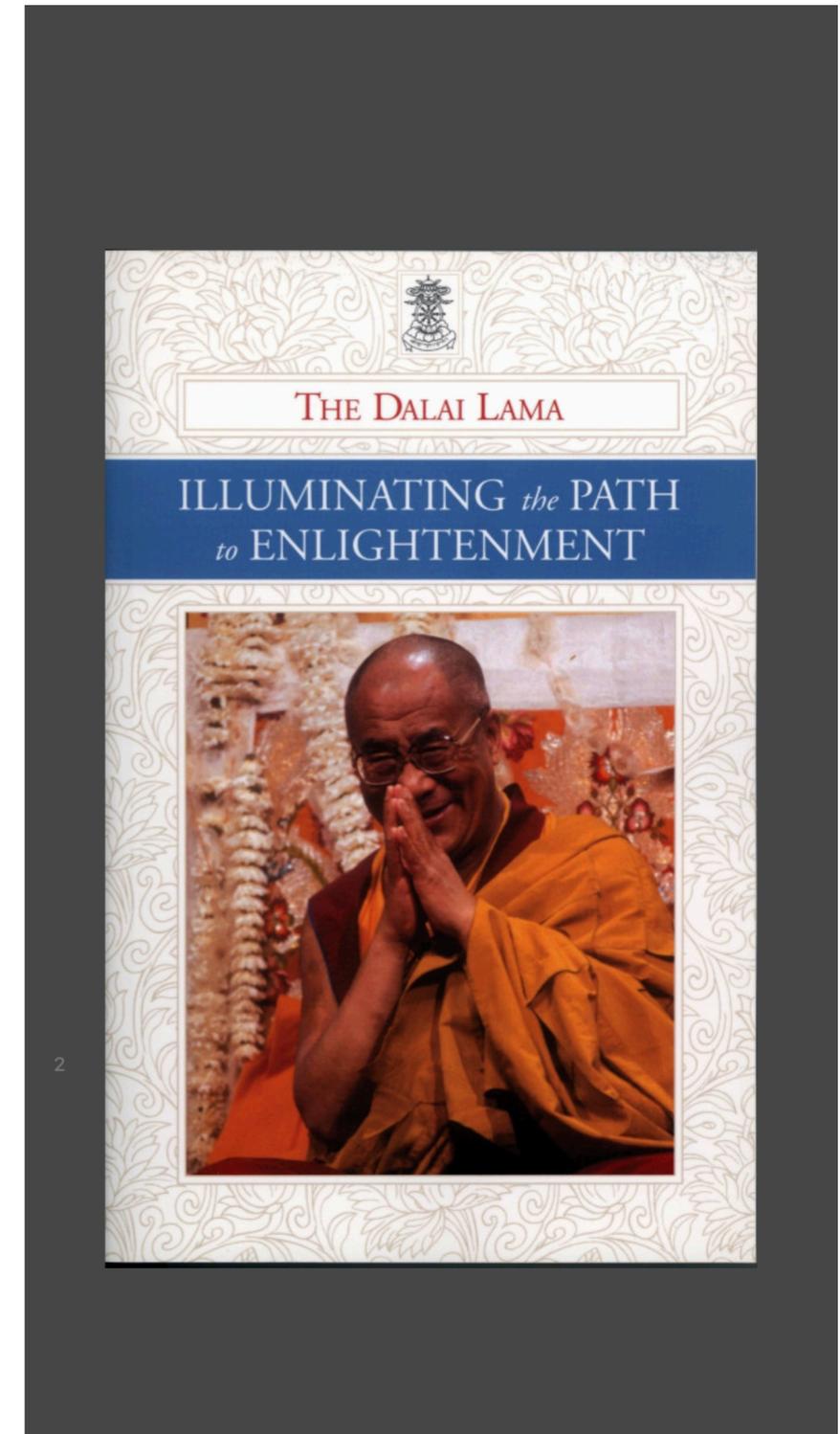
# Emptiness is NOT Non Existence

“The manifold events in the world are not non-existent; they do exist. They are able to help and hurt us –no further criterion for existence is necessary.”



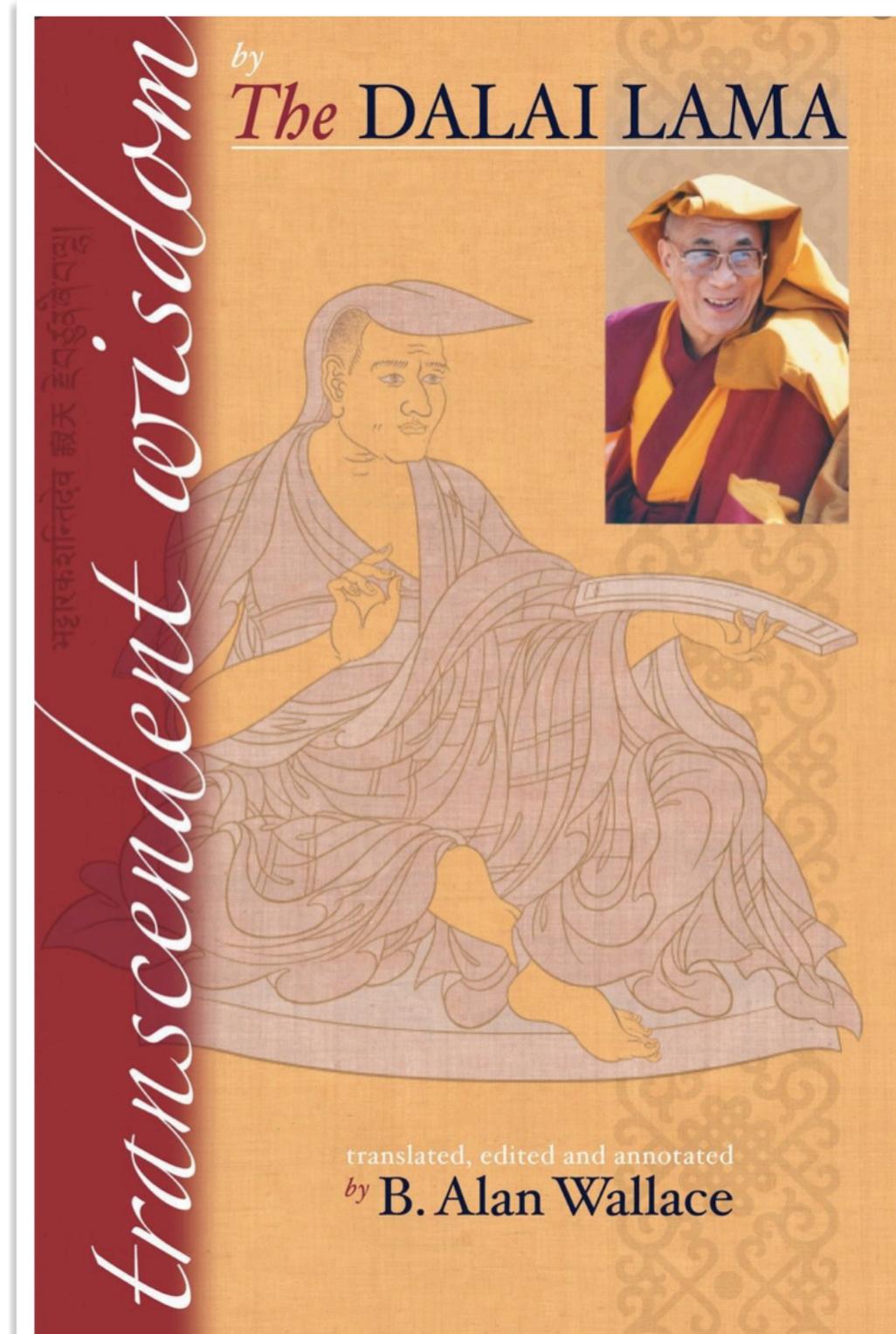
# Dependent Origination is NOT Non Existence

“To paraphrase Nagarjuna, “If you just reflect on the fact that the premise upon which I argue for emptiness is dependent origination, that alone reveals that by emptiness I do not mean nothingness. Emptiness is not to be equated with mere nothingness; it is simply the absence of inherent, independent existence.”



# The Mother of Spiritual Awakening

“Shantideva argues that the realization of emptiness is indispensable regardless of one’s spiritual “vehicle,” be it that of the Listeners, Solitary Sages or Bodhisattvas. Such insight is said to be like the mother of spiritual awakening.”



# Emptiness: The Powerful Antidote to THE Single cause of 84,000 afflictions (Self Grasping)

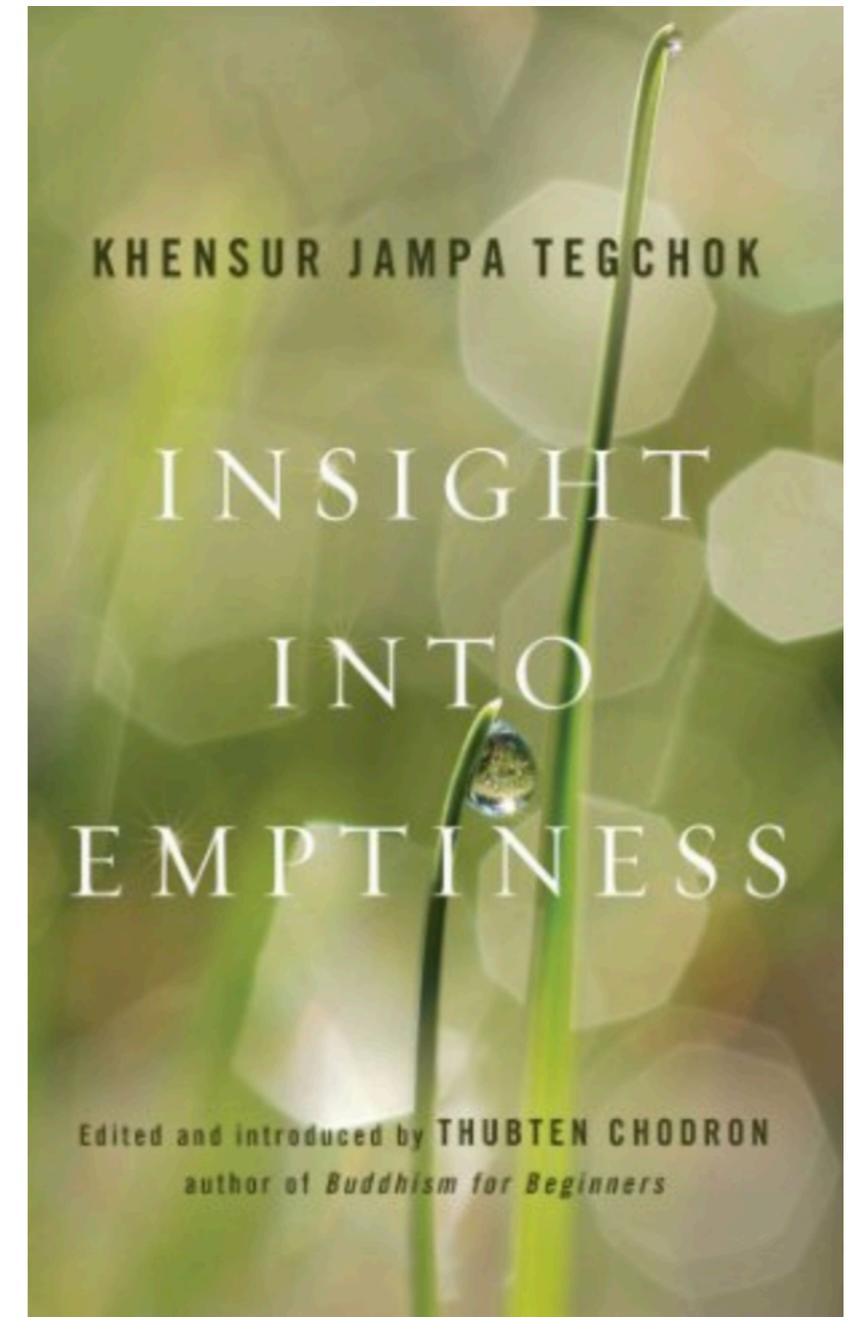
84,000 afflictions



Attachment, Anger, Confusion  
Desire, Aversion, Ignorance



Self Grasping Ignorance



# How a Tree Exists

## Causes/Conditions:

Seed/Water/Sunlight/Soil/Temperature

## Parts:

Roots/Trunk/Branches/Leaves/Flowers/Fruit

## Mind That Conceives & Labels Them

Mind becomes aware of the basis of designation, then fastens the conceptual label of tree on the object



# How a Tree Appears (seems) to exist

## Causes/Conditions:

When we look at phenomenon, they seem to exist independently of causes and conditions. They to exist as self arisen entities from their own side

## Parts:

Although we see the parts of phenomena, we don't consciously think the entities actually exist in dependence upon their parts

## Mind That Conceives & Labels Them

We don't understand that entities exist in dependence upon our conceptual labels. We think they exist independently out there at finger point as self existing, self sustaining entities



# How a Person Exists

## Causes/Conditions:

Sperm/Egg come together; mommy cares for the baby, food, water, shelter

## Parts:

Head/Torso/Arms/Legs/Hands/Feet

## Mind That Conceives & Labels Them

Mind becomes aware of a “basis of designation” to be labeled person. This happens based on mind seeing their characteristics, then fastening a conceptual label to the object



# How Anger Exists

## Causes/Conditions:

External stimuli: sight/sound/smell/taste/touch/thought perceived—> leads to unpleasant feeling—> Unpleasant feeling arises —> Aversion & resistance arises in mind—> Mind resists own inner thoughts/feelings

## Parts:

results in collection of sensations & outlooks: hot/warmth in chest & stomach, tension throughout body, racing thoughts, racing heart rate

## Mind That Conceives & Labels Them

Mind becomes aware of a “basis of designation” to be labeled anger. This happens based on mind seeing characteristics, then fastening a conceptual label of “anger” to the collection of sensations and behaviors



# How Do Things Exist?

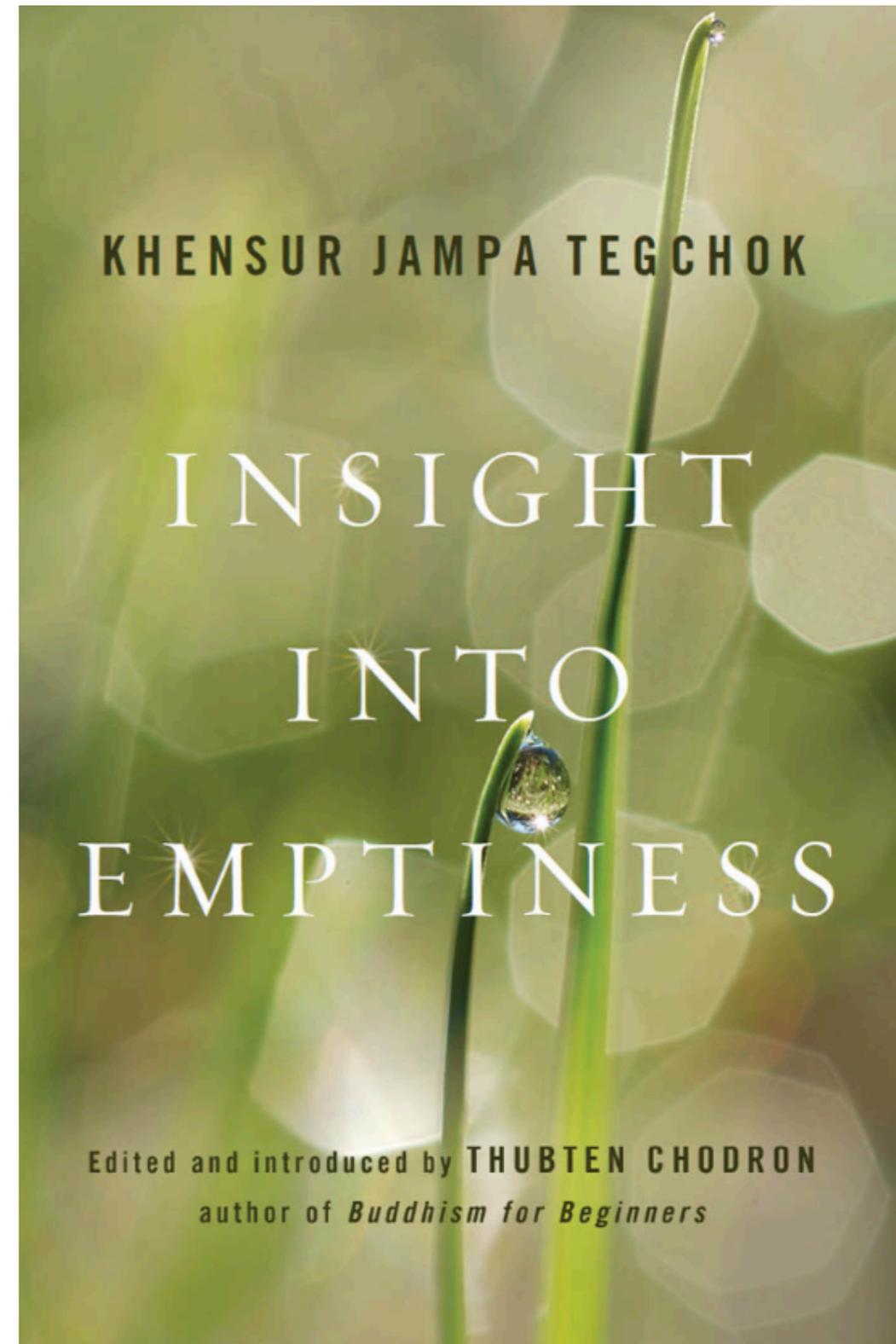
- The elephant appears to exist independently
- But, upon investigation, he's merely a holographic image arising as the result of causes which were also results of previous causes
- Light reflects off a mirror or holographic device & this projects the deceptive appearance of the elephant
- All things deceptively appear to exist independent of causes, parts, and the mind; however, they are mere projections of causal factors



# Terminology for “Inherent/Independent Existence”

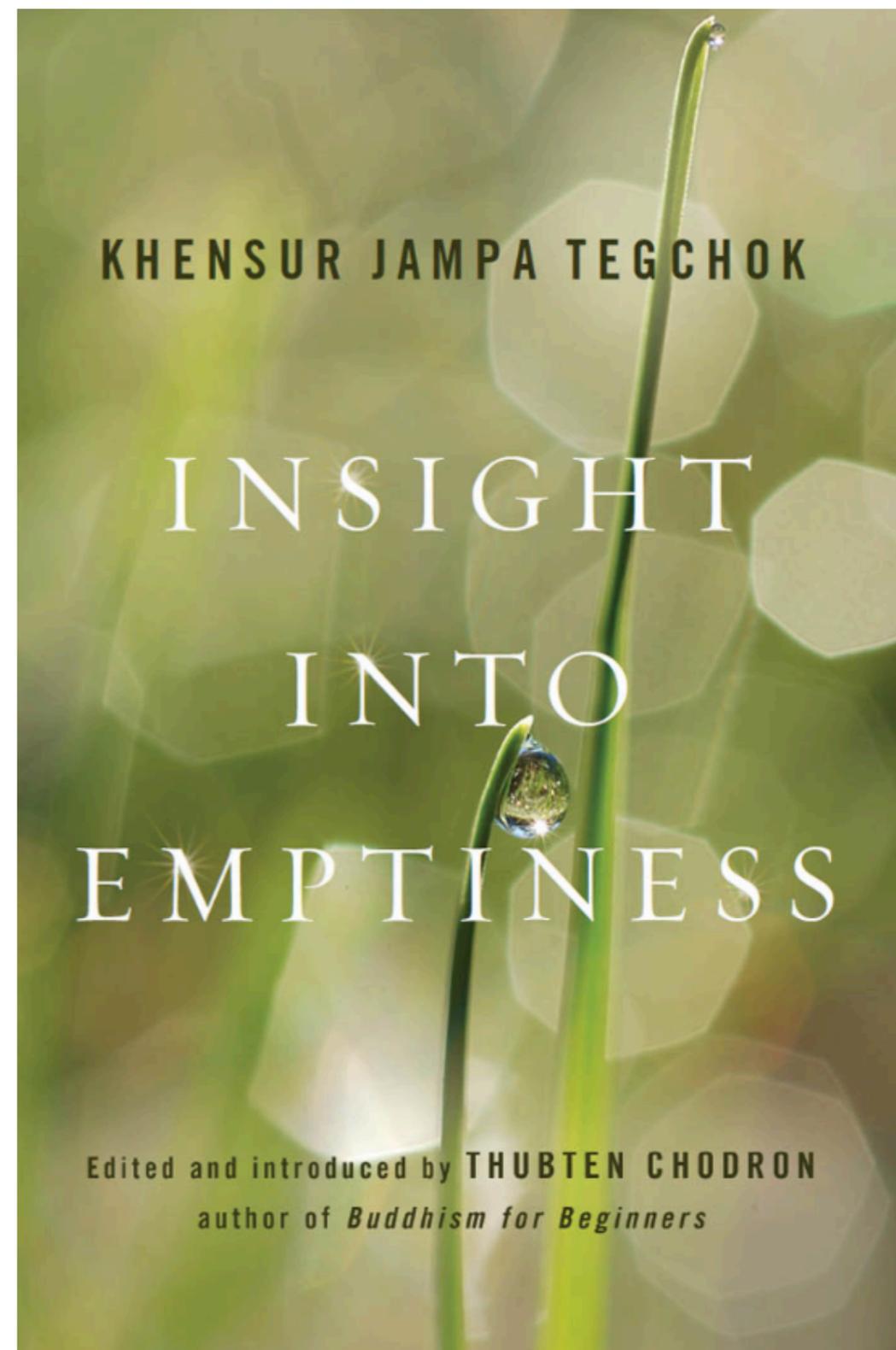
Conditioned Phenomena are  
EMPTY of existing in the following  
ways:

1. From their own side
2. Independently
3. Inherently
4. Essentially
5. Intrinsically



# The Object of Negation

“What, then, does ascertaining the object of negation mean? It means gaining certainty about the way in which the object of negation would exist, if it did exist. In other words, what would things be like if they were inherently existent, if they existed from their own side?”



# Depend Upon, Not Necessarily Produced By

“If we said that “to arise from causes” means to be produced from causes, applying dependent arising to all phenomena would not work because permanent phenomenon are not produced from causes. Therefore, this line cannot mean that all phenomena arise from causes that produce them.

From what do all phenomena arise? Since all phenomena are merely imputed by conception, everything that exists arises from the conceptual mind that imputes it. While that does not mean that a conceptual mind causes or produces it, it is true that all phenomena depend on, rely on, and arise from the conceptual mind that imputes them. In that sense, it would be correct to say that they arise from a “cause,” which is the conceptual mind that imputes them. Here the imputing mind is called cause, although cause is not being used in the strictest sense.”

