


**Course 1: The Principal Teachings of Buddhism**  
Level 1 of the Steps to Buddhahood



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**Class 3:  
What is a Qualified Teacher?**



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**Class Objectives**

- List and recognize the ten qualities of a good dharma teacher.

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The first line of the root text.

“I bow to all the high and holy lamas.”

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Master Asanga – (Sutralamkara)  
The Ornament of the Sutras

“Take yourself to a spiritual guide  
controlled, at peace, high peace,  
with exceeding qualities and effort,  
who's rich in scripture,  
with a deep realization of suchness,  
a master instructor who's the very image of  
love, and beyond becoming discouraged.”

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དུལ་བ།      Tamed Morality  
*duwa*

Practices the extraordinary training in ethics  
\*

Has the ability to control themselves

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ཞི་བ། **At Peace**  
*shīwa*  
  
 Practices the extraordinary  
 training in concentration  
 \*  
 Is able to be mindful of what they are doing  
 in order to be able to keep their morality.

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ཅེས་ཞི་བ། **Very Peaceful**  
*nyer shīwa*  
  
 Practices the extraordinary  
 training in wisdom  
 \*  
 Has full calm-abiding and the  
 uses that ability to investigate reality.

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ཡོན་ཏན་ལྷན་པ། **Exceeds  
Student's Abilities**  
*yunten hlakpa*  
  
 Spiritual qualities  
 exceed those of the student.

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བརྩོན་བཅས།

Joyful Effort

*tsunche*

'Effort'

is a code word for  
taking joy in doing good.

\*

- in this case:

Takes joy in helping students

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ལུང་གིས་ལུག།

Rich in Scripture

*lung gi chuk*

Has a deep knowledge of the sacred texts.

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དེ་ཉིད་རབ་རྟོགས།

Deep Realization of  
Suchness

*de-nyi rabtok*

Has perceived emptiness directly.

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At the least, has a good understanding of  
emptiness from scriptural study and  
intellectual analysis.

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སློལ་ཁམས་ལྡན།  
*make den*      **Master Teacher**

Knows the capacity and the level of students.  
\*

Matches the amount and order of  
teachings to the student.

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བརྗེ་བའི་བདག་ཉིད།  
*tseway daknyi*      **Image of Love**

Teaches out of love.  
\*

Not motivated by fame, fortune,  
or other worldly things.

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སློབ་སྦངས།  
*kyowa pang*      **Tireless**

Is beyond becoming discouraged.  
\*

Can answer the same question over and over.

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### Ten Characteristics of a Qualified Teacher

- Tamed Morality
- Peaceful
- Very Peaceful
- Exceeds Students Abilities
- Joyful Effort
- Rich in Scripture
- Deep Realization of Suchness
- Master Teacher
- Image of Love
- Tireless

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### How to find a Teacher

- Start where you are.
  - Teachers might not “look” the way you expected. They might not call themselves a teacher.
- Be respectful of all teachers.
  - Serve teachers and dedicate the goodness to “yours”
- Teach others.
- Study, practice and pray.
  - “my lama loves me”
  - when the student is ready the teacher will appear.

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### How to Take a Lama

- Proper behavior towards one’s teacher has tremendous potential – both good and bad.
- Your teacher holds information and guidance that can bring you to nirvana and total enlightenment – value them as such.
- Your teacher is “empty”.
- Your teacher could be an enlightened being.

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### Homework #3

- Question
- Memorization: memorize the “offering the mandala” prayer in Tibetan
- Meditation: Fifteen minutes each day contemplate what renunciation is.

*(Remember to record date and time of meditation.)*

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