


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



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**Class 5:  
 What is Samsara and Renunciation?**



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**Class Objectives**

- Understand what samsara is and how it is related to renunciation.
- Know the two steps to stop desire for this life.
- List the eight worldly thoughts/things

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### The First Path: Renunciation

ངེས་འབྱུང་།  
*ngenjung*

“There’s no way to end, without pure renunciation, this striving for pleasant results in the ocean of life.”

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འཁོར་བ།  
*korwa*

### Cyclic Life - Samsara

sakche **nyerlen** gyi **pungpoy** gyun **yagne yangdu** lenpa ni korwa **yin**

stain/impurity **taken on** of **heaps/piles** stream **again and again** take **that's what** samsara **it is**

Samsara is the condition of having to take on, over and over again, a stream of impure parts (heaps) which were forced on you.

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### Renunciation and Samsara

- Renunciation means not wanting our samsaric dissatisfactory condition.
- Liberation is to be born with pure parts.

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### What keeps us in samsara?

le **nyun** gyi ching

karma **bad thought** by chained

We are chained by our bad thoughts and karma.

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### Two Meditations to Eliminate Desire for this life

དལ་འབྱོར་དོན་ཆེ་རྣམས་དཀའ།

*delnjoj dunche nyeka*

ཆེ་བ་མི་རྟག་པ།

*chiwa mitakpa*

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### Meditation One

དལ་འབྱོར་དོན་ཆེ་རྣམས་དཀའ།

*delnjoj dunche nyeka*

Consider the difficulty of finding a life with  
leisure and fortune.

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## Meditation Two

ཧི་བ་མི་དྲག་པ།

*chiwa mitakpa*

Consider the inevitability and certainty of death.

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## Eight Worldly Thoughts

**Being Happy when...**

- Get something
- Feel good
- Become well known
- Someone speaks well of us

**Being Unhappy when...**

- Don't get something
- Don't feel good
- We aren't well known
- Someone doesn't speak well of us

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## Homework #5

- Questions
- Memorization: memorize the first verse of the Three Principal Paths
- Meditation: Fifteen minutes each day analytical meditation on the eight worldly thoughts

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

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