




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



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**Class 7:
 Bodhichitta and its Benefits**



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Last time....

- Renunciation
 - what it is
 - meditations to develop it
 - leisure and fortune
 - certainty of death
 - 8 worldly thoughts
 - 6 problems of human life
 - how to know when you’ve got it
- Karma

Class Objectives

- Know the definitions of
 - Bodhichitta
 - Bodhisattva
 - Listeners
 - Self-made Buddhas
- Explain the benefits of Bodhichitta

The Root Text

"I bow to all the high and holy lamas.

As far as I am able I'll explain the essence of all high teachings of the Victors, the path that all their holy sons commend, the entry point for the fortunate seeking freedom.

Listen with a pure mind, fortunate ones who have no craving for the pleasures of life, and who, to make leisure and fortune meaningful, strive to turn their minds to the path which pleases the Victors.

There's no way to end, without pure renunciation, this striving for pleasant results in the ocean of life. It's because of their hankering life as well that beings are fettered, so seek renunciation first.

Leisure and fortune are hard to find, life's not long; Think it constantly, stop desire for this life. Think over and over how deeds and their fruits never fail, and the cycle's suffering; stop desire for the future.

When you've meditated thus and feel not even a moment's wish for the good things of cyclic life, and when you begin to think both night and day of achieving freedom, you've found renunciation.

Renunciation though, can never bring the total bliss of matchless Buddhahood unless it's bound by the purest wish; and so, the wise seek the high wish for enlightenment."

Buddha

Bodhichitta

mind

བྱང་ལྡན་གྱི་སེམས།

jangchub kyi sem

also spelled as:

སེམས་བསྐྱེད།

semkye

The wish to achieve total enlightenment
for the benefit of all sentient beings

Bodhisattva

- Someone that has bodhichitta
- The first moment true bodhichitta arises in your mind/heart you become a bodhisattva
- The first bodhisattva level is reached when someone with bodhichitta perceives emptiness directly.



Sugar Cane Bodhichitta

- Sugar Cane Bodhichitta is a preliminary stage to realizing true bodhichitta.
- Active and consciously holding the wish.
- True bodhichitta is experienced as light energy coming out of one's heart and reaching out to the multitudes of beings.
- True bodhichitta is not lost, even when the bodhisattva becomes angry.

Importance of Bodhichitta

Achieving the 2nd path sets you apart from:

- lesser scope practitioners
- medium scope practitioners
- listeners
- self-made victors

Benefits of Bodhichitta



1) Benefit of Bodhichitta

དགེ་བ་ནམ་མཁུན་གྱི་རྒྱ།
ge-ba nam-kyen gyi gyu

ge ba **nam-kyen** gyi gyu
good deed **omniscience** of cause

If you have bodhichitta your good deeds are a cause for omniscience.

2) Benefit of Bodhichitta

ལྷ་མི་སྤྲུག་བྱུང་འོས་པ།
hla mi chak jar u-pa

hla mi **chak jar** upa
god human **bowed down to - to be** worthy

You are a person worthy to be bowed down to by humans and gods (pleasure beings).

3) Benefit of Bodhichitta

ཉན་རང་བཟོ་བྱིས་གནོན་པ།
nyen rang sil-gyi nu-pa

nyen rang **sil-gyi** nu-pa

listener self-made buddha **to** outshine

You outshine
"listeners" and "self-made buddhas".

4) Benefit of Bodhichitta

དག་པ་ཚུང་ཟང་ཐེག་ཆེན་གྱི་ཚེས།
ge-wa chung-se tek-chen gyi chu

gewa **chungse** tekchen **gyi chu**

good deed **tiny** mahayana **of dharma**

The very tiniest good deed you do is
a) mahayana dharma &
b) a cause for buddhahood.

5) Benefit of Bodhichitta

རྒྱལ་སྐྱེས་ཀྱི་སྤོང་པ།
gye-se kyi chu-pa

gye se **kyi** chupa

bodhisattva **of** the activity

The smallest action you do is
the activity of a bodhisattva.

6) Benefit of Bodhichitta སངས་རྒྱལ་ནམས་ཀྱི་སྲས་སྲུང་བོད་སྐད་སྐད་སྐད་
sang-gye nam kyi se-su gong

sanggye **nam kyi** se-su **gong**
buddha **by them** son-daughter **consider**

The buddhas consider you
a son or daughter.

7) Benefit of Bodhichitta བྱང་ཆུབ་སེམས་པ་ནམས་ཀྱི་སྲུང་བོད་སྐད་སྐད་སྐད་
jang-chub sem-pa nam kyi pun du gong

jangchub sempa **nam** kyi **pun** du **gong**
bodhisattva (**plural**) by **sibling** as **consider**

The bodhisattvas consider you
a brother or sister.

8) Benefit of Bodhichitta ཐེག་ཆེན་ལ་བཞུགས་པ་
tek-chen la shuk

tek **chen** la **shuk**
yana **maha** into **entered**

You have entered into mahayana.
[You have bodhichitta.]

9) Benefit of
Bodhichitta

ཚེ་ཅིག་ལ་སངས་རྒྱལ།
tse chik la sang-gye

tse **chik** la **sanggye**

life **one** in **to become** a buddha

If you have bodhichitta you can become a
buddha in one life.

Homework #7

- Questions
- Memorization: memorize the third verse of the Three Principal Paths
- Meditation: Fifteen minutes each day analytical meditation on the benefits of the wish for enlightenment.

(Remember to record date and time of meditation.)
