


Course 2: Buddhist Refuge
Level 1 of the Perfection of Wisdom



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Class 3: Bodhichitta & Mind



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Class Objectives

- Know the short definition of Bodhichitta
- Know where the short definition comes from
- Understand that the Tibetan word (semkye) for Bodhichitta can refer to three kinds of the “wish” for enlightenment
- Understand the details of the long definition of Bodhichitta
- Distinguish between main mind and mental functions

Short Definition of Bodhichitta

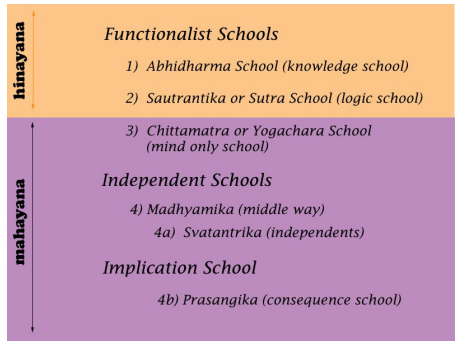
།སེམམ་བསྐྱེད་པ་ནི་གཞན་དོན་ཕྱིར། །ཡང་དགའ་ལྡན་གསུང་རྒྱུ་འདོད།
semkyepa ni shendun chir yangdak dzokpay jangchub du

semkye pa ni shen dun chir yangdak dzokpay jangchub du
bodhichitta is for the sake of others total enlightenment the wish

Bodhichitta is the wish to achieve total enlightenment for the sake of others.



Ancient Indian Schools of Buddhism



Semkye

- Three tracks that lead to enlightenment:
 - Mahayana
 - Leads to buddhahood
 - Self-Made Buddha
 - Leads to nirvana
 - Listeners
 - Leads to nirvana

Long Definition of Bodhichitta

- First, it is that main mental awareness belonging to the greater way, which is focused on achieving total enlightenment for the benefit of others, and which is matched with a state of mind that is associated with it: the aspiration to achieve total enlightenment.
- Secondly, it is a knowledge belonging to the greater way, which acts as a door for entering the greater way (or is something of the type), and which is included into the activity side of the standard division into the two of "view" and "activity."

From reading two in your readings.

"Bodhichitta is **main mental awareness..."**

- main mind
 - raw awareness
 - can hold one object at a time
- mental functions
 - response to the object held by the main mind
 - thoughts
 - feelings
 - wishes and desires

Why main?

- Either one of the two parts of the wish are not sufficient by themselves.
- The two parts of the wish are inseparable and are an overall state of consciousness rather than a mental function.

“Bodhichitta is main **mental** awareness...”

- awareness
 - main mental awareness
 - five sense awarenesses
- buddha sensory awareness
 - buddha can
 - smell with his ear
 - hear everything that will ever be touched
 - see everything that will ever be said
 - etc...

Why “total” enlightenment?

- To distinguish between
 - Listeners
 - Self-made Buddhas
- To distinguish between other realizations
 - direct perception of no-self or emptiness

“...belonging to the greater way,”

- to distinguish from ‘sugar-cane’ bodhichitta

"...for the benefit of others,"

- To distinguish from the lesser forms of enlightenment
 - Listeners
 - Self-made buddhas
- Other motivations might be:
 - power
 - fame
 - some other personal goal

Homework #3

- Questions.
- Memorization: memorize the short definition of Bodhichitta.
- Meditation: Fifteen minutes each day contemplate the closest you have come to this wish in the last 24 hours.

Remember to record date and time of meditation.
