


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



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**Class 5:**  
**Definitions of Nirvana**



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**The Five Paths to Buddhahood**

1. Accumulation
2. Preparation
3. Seeing
4. Habituation
5. No More Learning

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### Class Objectives

- Know the technical definition of nirvana.
- Be able to describe the following:
  - mental affliction or mental stain
  - bak-chak or mental potential
  - different types of cessations
- Give the first of four types of Nirvana

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### Nirvana

ལྷན་འདས།  
nyangde

nyang ngen    le    depa  
grief        beyond    gone

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### Definition of Nirvana

ཉོན་ལྷན་མ་ལུམ་པར་པཎ་པཎ་ཤེས་མོ་སོར་བརྟག་མཁེའི་པ།  
nyundrip malupar pangpay so-sor tan gok nyangde

nyun    drip    ma lu par    pang pay    so-sor    tan gok    nyangde  
mental    obstacle    in their entirety    eliminated    one by one    see cessations    nirvana  
affliction  
(kiesha)

**The permanent cessation in which one has eliminated the mental-affliction obstacles, in their entirety, due to one's individual analysis.**




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### Mental Afflictions - Kleshas

- Mental afflictions refer to things like:
  - anger      --- jealousy      --- longing
  - sadness    --- regret        --- hurt
- “Bad thoughts”
- Mental afflictions destroy the peace of mind of the mind that has them.
- Are mental things (not physical)

*Nirvana is the permanent cessation in which one has eliminated the mental-affliction obstacles, in their entirety, due to one's individual analysis.*

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### Bak-Chak

- Energetic potential that stays in the mind
- Not mental – made of energy
- A mental affliction obstacle includes mental afflictions and their potentials and acts primarily to obstruct one from reaching nirvana.

*Nirvana is the permanent cessation in which one has eliminated the mental-affliction obstacles, in their entirety, due to one's individual analysis.*

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### Cessation

- Cessations before reaching the path of seeing
  - Unable to destroy root virtue at a certain point on the path of preparation
  - Unable to take a lower birth at a certain point on the path of preparation.
- Cessations after reaching the path of seeing
  - Stop believing that things are self-existent (occurs at the path of seeing)
  - End of some mental afflictions (path of habituation)

*Nirvana is the permanent cessation in which one has eliminated the mental-affliction obstacles, in their entirety, due to one's individual analysis.*

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### Definition of Nirvana

ཉོན་ལྷོབ་མ་ལུའུ་པར་སྤངས་པའི་མེ་མོང་བརྟགས་འགོག

*nyundrip malupar pangpay so-sor tangok nyangde*

nyun mental affliction	drip obstacle	ma lu par in their entirety	pang pay eliminated	so-sor one by one	tangok see cessations	nyangde nirvana
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**The permanent cessation in which one has eliminated the mental-affliction obstacles, in their entirety, due to one's individual analysis.**

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### “Individual Analysis”

- Four Arya Truths (aka Four Noble Truths)
  - I am suffering
  - Suffering comes from my own bad thoughts
  - I see the end of my suffering
  - I see how to get out of my suffering (the path)
- Realization and Analysis leads to Freedom

*Nirvana is the permanent cessation in which one has eliminated the mental-affliction obstacles, in their entirety, due to one's individual analysis.*

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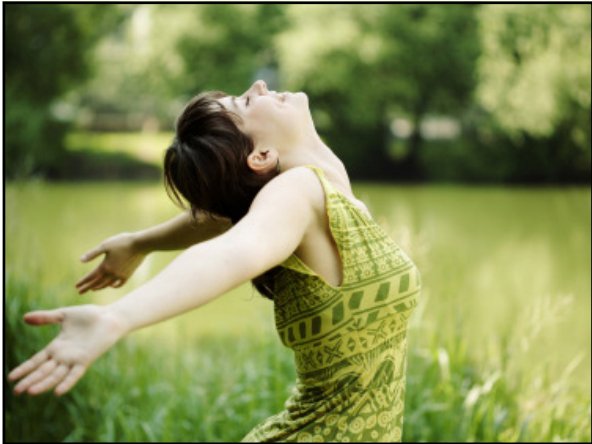
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### Four Types of Nirvana

1. Natural Nirvana རང་ཞིན་ལྷུང་འདས།  
*rangshin nyangde*
- Not a 'real' nirvana
  - Ultimate reality (ultimate truth)
  - The emptiness which is part of every existing object
2. More next class...

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### Homework #5

- Questions
- Memorize the definition of nirvana.
- Meditation: Fifteen minutes each day imagine what it would be like to have achieved nirvana  
*Remember to record date and time of meditation.*

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