




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



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Class 6:
Divisions of Nirvana



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Definition of Nirvana

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

1. Natural Nirvana

- Ultimate reality (ultimate truth)

Class Objectives

- Describe three types of nirvana
- Describe the five heaps (five aggregates)
- Give the four results of the Buddhist path
- Describe the three main parts of the method for achieving nirvana.

Four Types of Nirvana

2. Nirvana with something left over
 - nirvana
 - still have the suffering five heaps

ལྷན་བཅས་སྤང་འདས།
hlakche nyangde

The Five Heaps

1. Physical Body
2. Feeling
 - Pleasant, Unpleasant, Neutral
 - Sensory or Emotional
3. Discrimination
 - Ability to distinguish between two things
 - I like this, I don't like this; This is red, this is blue.
4. Everything Else (includes 44 mental functions)
5. Main Mind Consciousness
 - mental awareness and five sense awareness

Four Types of Nirvana

2. Nirvana with something left over

- nirvana
- still have the five suffering heaps
- arhat with body

ལྷག་བཅས་སྤང་འདས།
hlakche nyangde

Four Types of Nirvana

3. Nirvana with nothing left over

- nirvana
- has shucked off the suffering heaps
- arhat without body

ལྷག་མེད་སྤང་འདས།
hlakme nyangde

Four Types of Nirvana

4. Nirvana which does not stay

- nirvana of a buddha

མི་གནས་པའི་སྤང་འདས།
mi-nepay nyangde

The Way to Reach Nirvana

- Training in the wisdom realizing emptiness
- Undertaking your wisdom training under the influence of the trainings in morality and concentration
- Habituation

Stages before becoming an Arhat

- arhat
 - foe destroyer, being that has reached nirvana.
- stream-enterer
 - another way of saying arya
- once-returner
 - will take birth in the desire realms one more time
- non-returner
 - will not take birth again in desire realms

Homework # 6

- Questions
- Memorization: memorize **“Nirvana must be achieved with the training of wisdom which realizes that nothing has any self nature; this wisdom must be under the influence of the first two trainings and with it you must habituate yourself to what you were already able to realize.”**
- Meditation: Fifteen minutes each day imagine what it would be like to achieve nirvana.
Remember to record date and time of meditation.
