

Lojong Class

Warm Welcome!!

Lojong Class I:

January 23rd, 2021

Let's heal this broken world, shall we 🙏

❤️.. But how???



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(1101-1175)

IBC Activities

Join Slack for course materials

<https://indianabuddhi-qzm6984.slack.com/ssb/redirect>

IBC Activities

1. Daily Silent Meditation 8am Mon- Fri
2. Sunday Intro to Buddhism 11am
3. Sunday Sashi Zangpo 1pm
4. Sunday Geshe La Teachings 3:15pm
5. Wednesday night prayers and chanting 6:30

Lojong = Thought Transformation

Lo = mind

Jong = training

“Cleansing or purification, as in purifying one’s mind of craving, hatred, and delusion.”



Why????

Do we need Lojong?

Says Who? Prove It :-)



Lojong Class Intro

Why do we need Lojong?



Simple Answer- We're Prisoners



Less Simple Answer: We're Prisoners

Contact

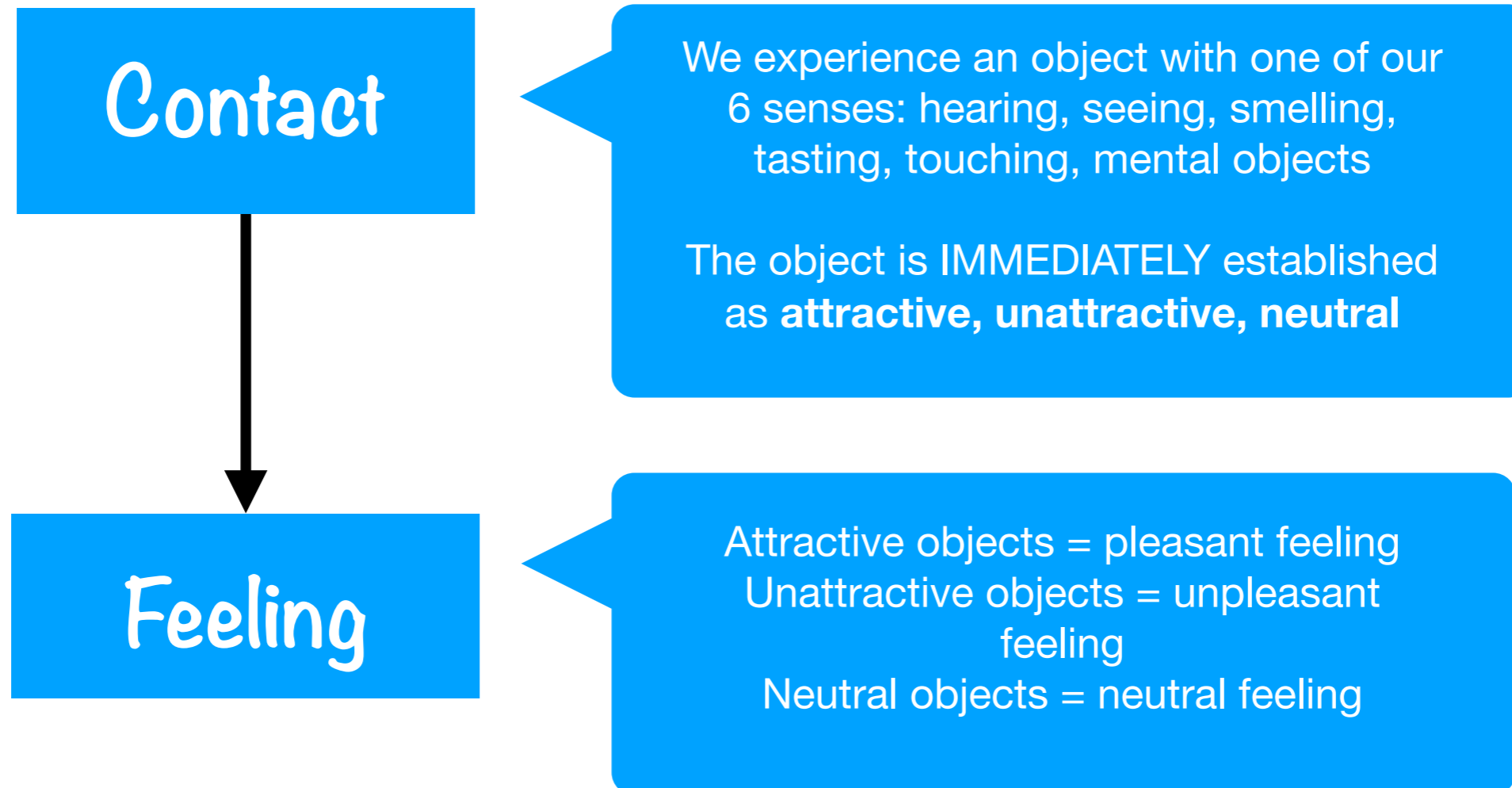
We experience an object with one of our 6 senses: hearing, seeing, smelling, tasting, touching, mental objects

The object is IMMEDIATELY established as **attractive, unattractive, neutral**

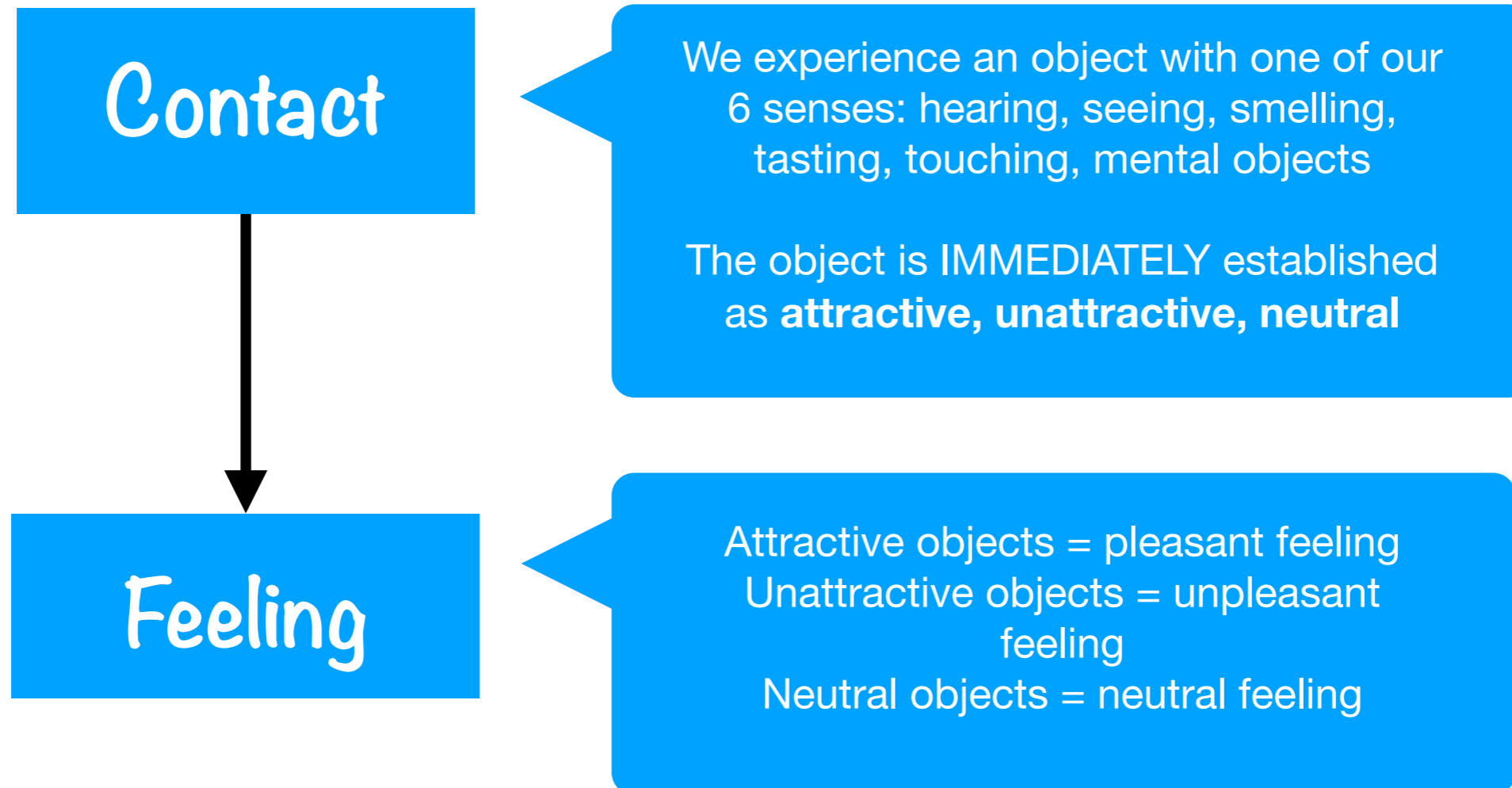


We filter everything &
TRULY experience nothing

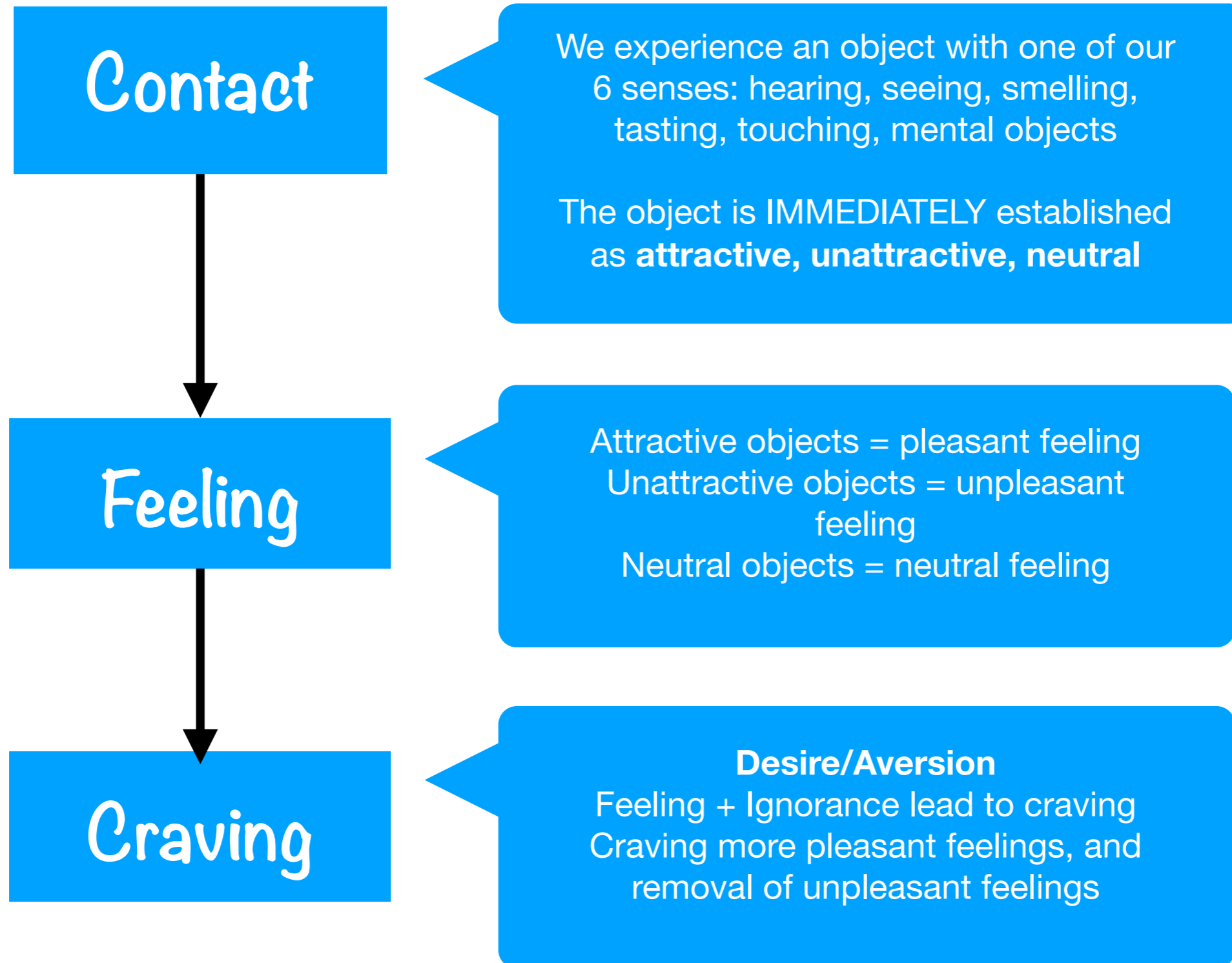
Less Simple Answer: We're Prisoners



Do we need Lojong?



Do we need Lojong?



Continued -

Craving

Feeling + Ignorance lead to craving
Craving more pleasant feelings, and
removal of unpleasant feelings



Grasping

Stronger form of craving called grasping
perpetuates more and more negative
Karma by locking us further into the
prison of our desires/aversions

Grasping

“The powerful form of attachment we call “grasping” acts as the moisture that awakens, stimulates, and nourishes the dormant karmic seeds you have deposited on your mental continuum by previous actions. The latent seeds of past actions are always present, but they require the moisture of attachment in order to ripen and bear fruit. Once the two levels of attachment, craving and grasping, actualize the potentiality of a karmic seed, it ripens quickly into a resultant experience”

Lama Sopa



**“STEPS
ON THE PATH TO
ENLIGHTENMENT
A Commentary on Tsongkhapa’s
Lamrim Chenmo**

Volume 2: Karma

**GESHE LHUNDUB SOPA
with David Patt**

Karmic Prison



Strong Mindfulness

“2 With mindfulness, awareness, and heedfulness, constantly guard the gateways of your senses. Again and again, three times both day and night, examine the flow of your thoughts.”

Atiśa, Bodhisattva Jewel Garland

Excerpt From: Thupten Jinpa.

Essential Mind Training.



Strong Mindfulness - again

“36

In short, wherever I am, whatever I do,

To be continually mindful and alert,

Asking, “What is the state of my mind?”

And accomplishing the good of others is the
practice of a bodhisattva.”

Thogme Zangpo



Tilopa to Naropa

“Son, it is not appearances
that bind you, it is grasping.

Cut through your
attachment, Naropa.”

Tilopa



Seng-ts'an

“The Great Way is not difficult
for those not attached to preferences.
When neither love nor hate arises,
all is clear and undisguised.
Separate by the smallest amount, however,
and you are as far from it as heaven is from earth.
If you wish to know the truth,
then hold to no opinions for or against anything.
To set up what you like against what you dislike
is the disease of the mind.”

