

# Lojong 2021 - Class 10 (4.3.21)

## Today's Agenda:

Cultivate pure motivation of love  
(may all beings benefit from our  
Dharma practice)

Continue Point 3: Taking  
Adverse Conditions Onto the  
Path



# Join Us - IBC Activities

**Join Slack for course materials**

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

## IBC Activities

1. Sunday Intro to Buddhism 11am
2. Sunday Sashi Zangpo 1pm
3. Sunday Geshe La Teachings 3:15pm
4. Wednesday night prayers and chanting 6:30



# 7 Point Mind Training

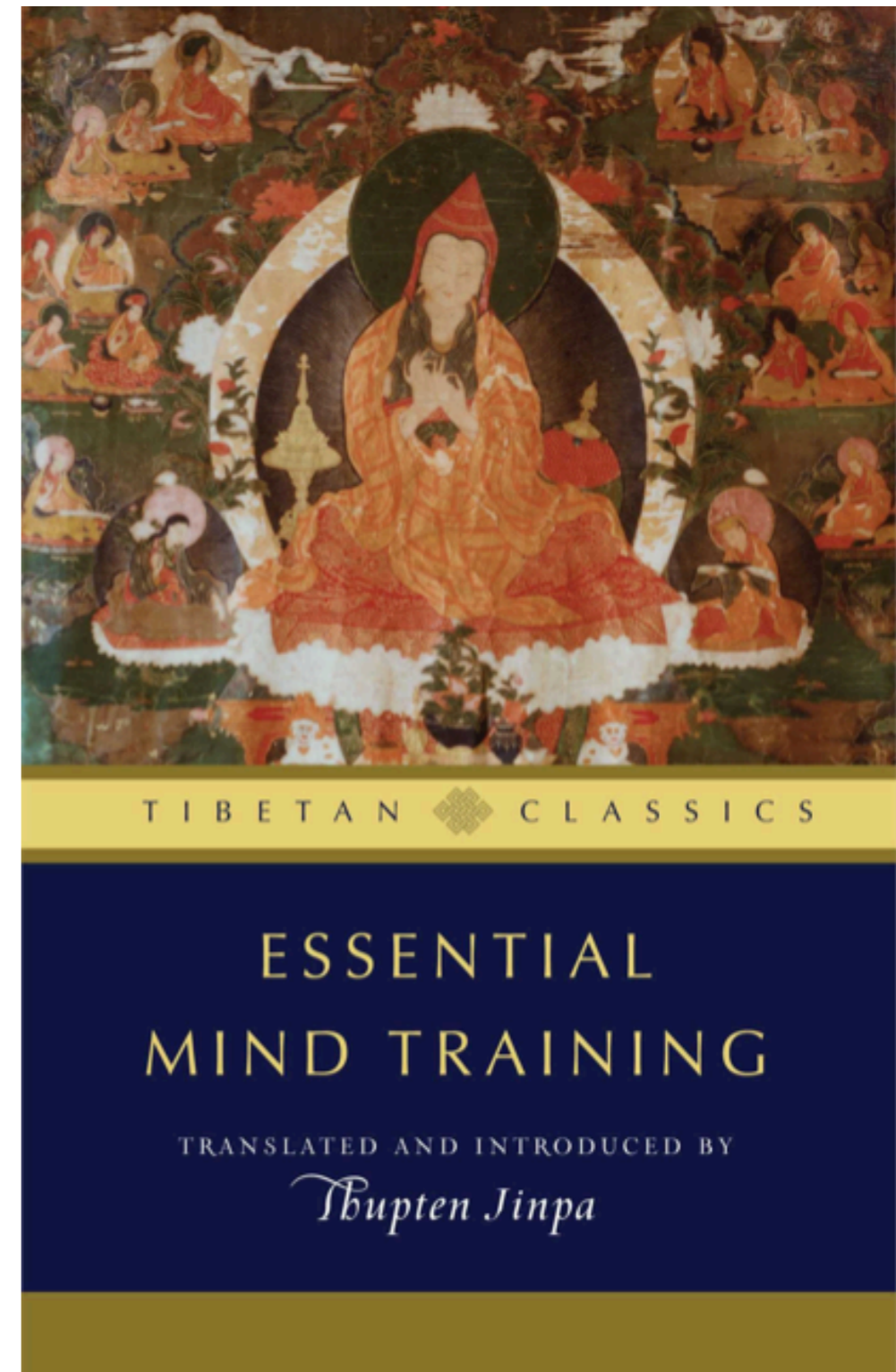
1. Presentation of the preliminaries, the basis
2. Training in the awakening mind, the main practice
3. Taking adverse conditions onto the path of enlightenment
4. Presentation of a lifetime's practice in summary (how to use this practice throughout your life)
5. Presentation of the measure of having trained your mind
6. Presentation of the commitments of mind training
7. Presentation of the precepts (the rules) of mind training



Geshe Chekawa Yeshe Dorje  
(1101-1775)

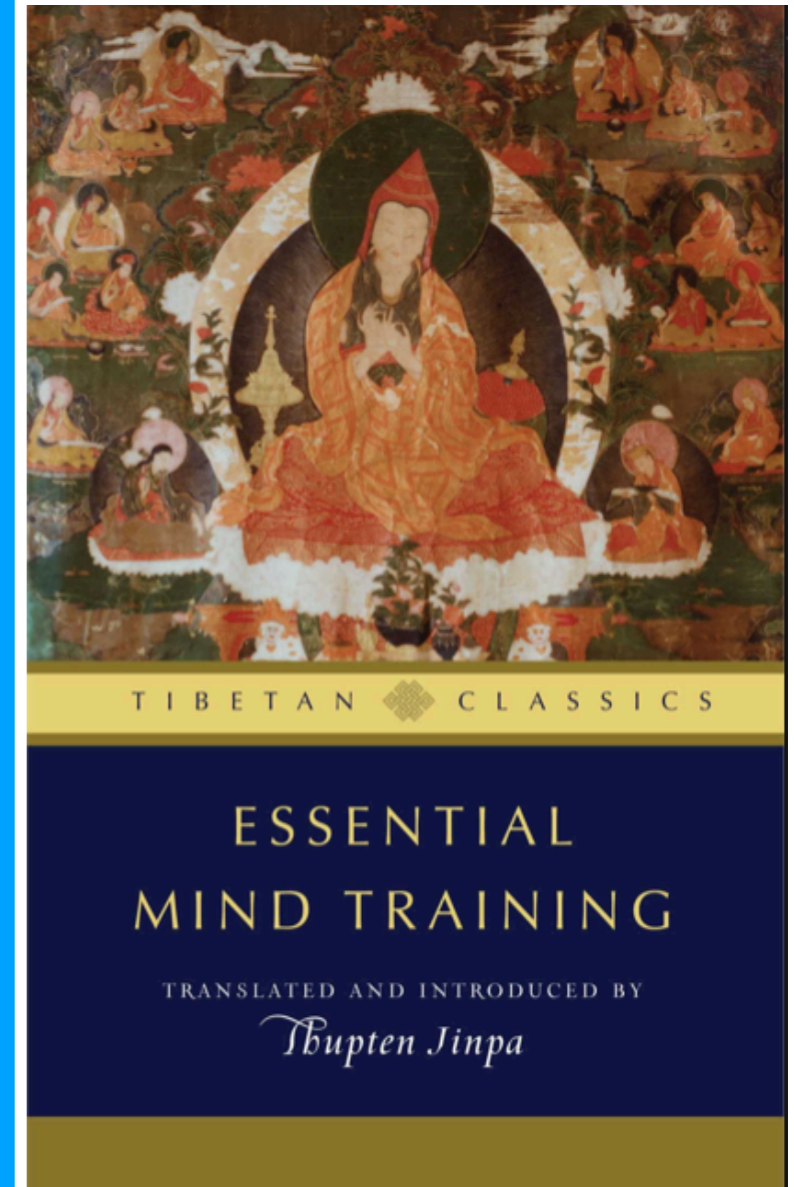
## Point 3: Taking adverse conditions onto the path of enlightenment

- “When the world and its inhabitants boil with negativity,  
transform adverse conditions into the path of enlightenment.
- Banish all blames to the single source.
- Toward all beings contemplate their great kindness.
- With the three views and treasury of space,  
the yoga of protection is unexcelled.
- By meditating on illusions as the four buddha bodies,  
emptiness is protection unsurpassed.
- The fourfold practice is the most excellent method.
- Relate whatever you can to meditation right now.



# Banish all blames to the single source

- This is NOT about kicking our own butts & creating a negative self image. It's a chance to finally attack the real enemy of all suffering: our psychological addiction to the mere thought "I" and "me"
- "Whatever befalls you, without blaming others, think, "This is due to my own self-grasping."
- If you let go of your expectations, nothing can stick to you. Let go of the selfish wishes, wants, and desires, and rest in the freedom of letting go
- Understand very clearly that our own selfish thinking, NOT the outside world, magnifies all suffering and makes life unbearable
- We must let go of that thinking



# Banish all blames to the single source

- 2 ways we typically reply to adversity: 1) I don't like this, 2) why me?
- “Understand why things happen to us. There's never been a personal self but throughout beginningless samsara we've held there to be a personal self, fixated on it. Therefore, from beginning of samsara I've not only fixated on my personal self, but I've acted based on that basis which means I've been selfish.
- When we act selfishly, we do bad things, in fact we can define bad things as selfish actions, so all of the things that happen to us now, all the suffering we experience, are the results of us having engaged in various forms of wrong doing and they were all caused by one thing, selfishness so nobody is to blame other than our own, my own, selfishness”



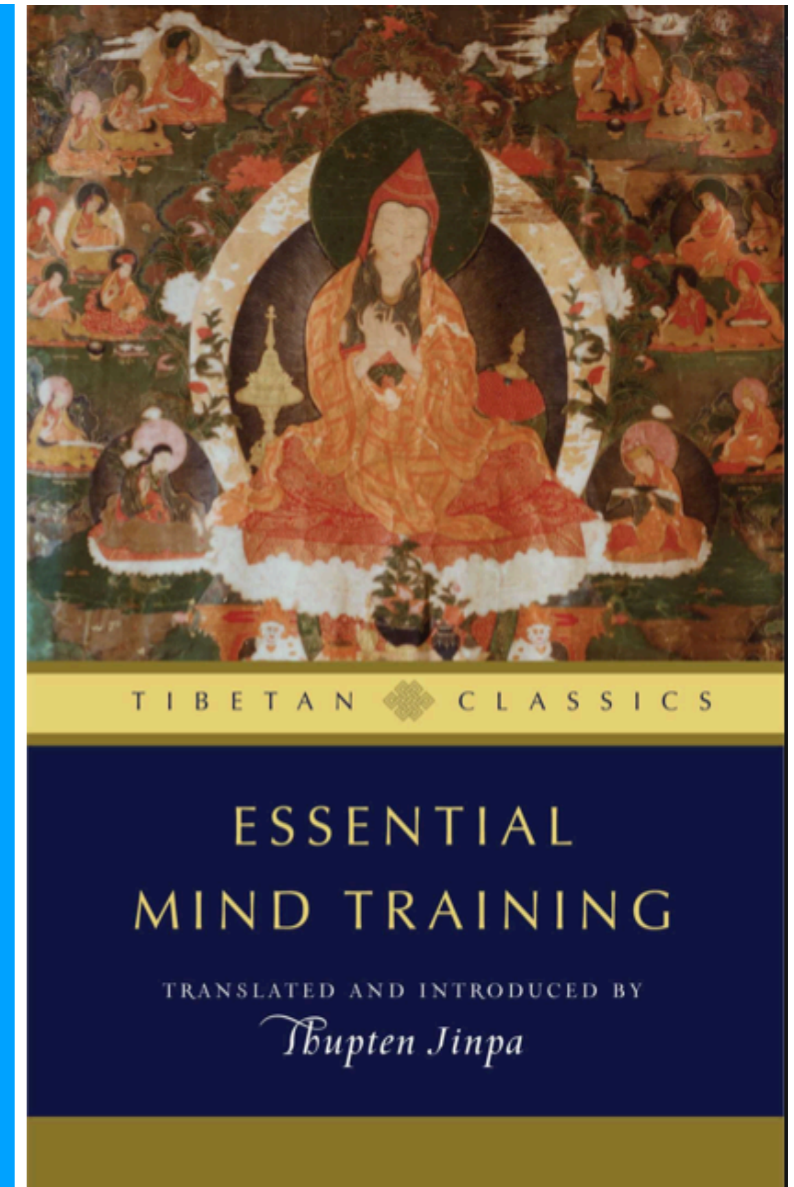
# Banish all blames to the single source

“So, understand it is my selfishness alone that has caused me to act in ways that have now arose as suffering, therefore I must conquer selfishness, and resolve to PILE all of your dharma practice on top of that selfishness like a rugby scrum.”



# Banish all blames to the single source

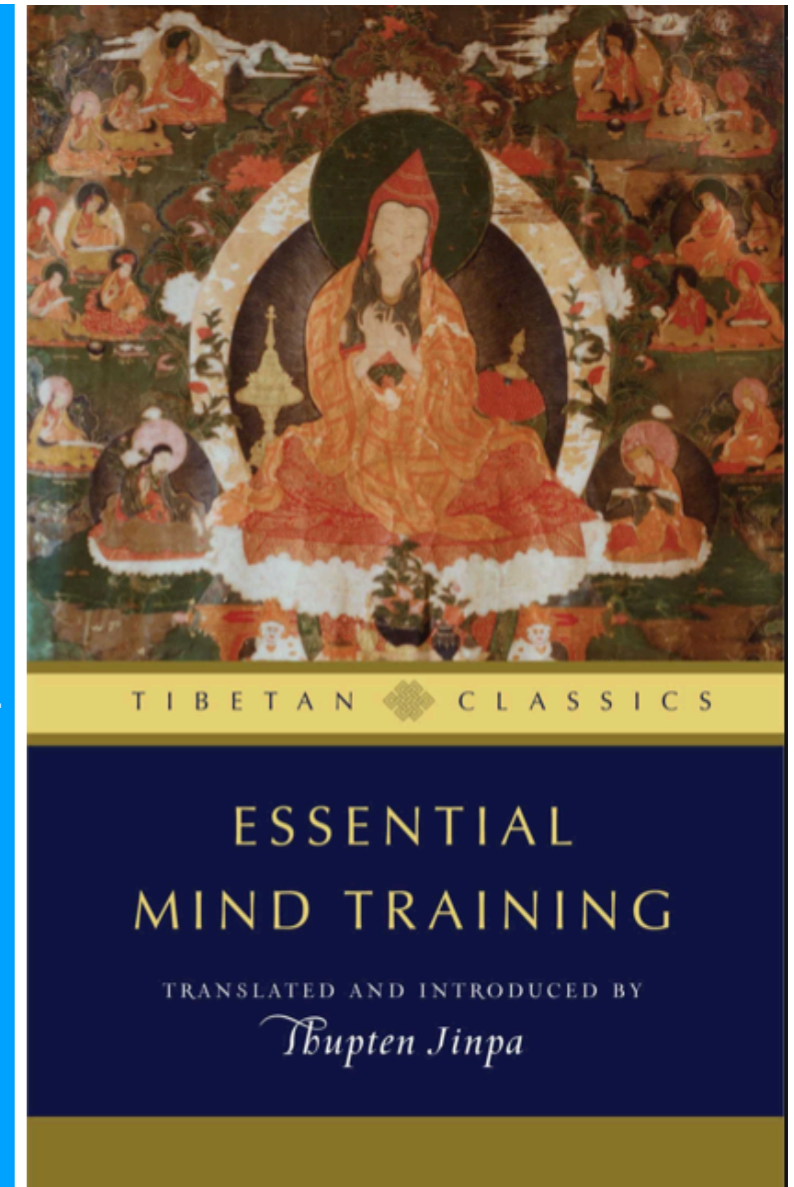
“If there is “self,” recognition of “others” arises; on this division into self and others, grasping and anger arise; and in relation to these two emotions, all calamities come into being.”





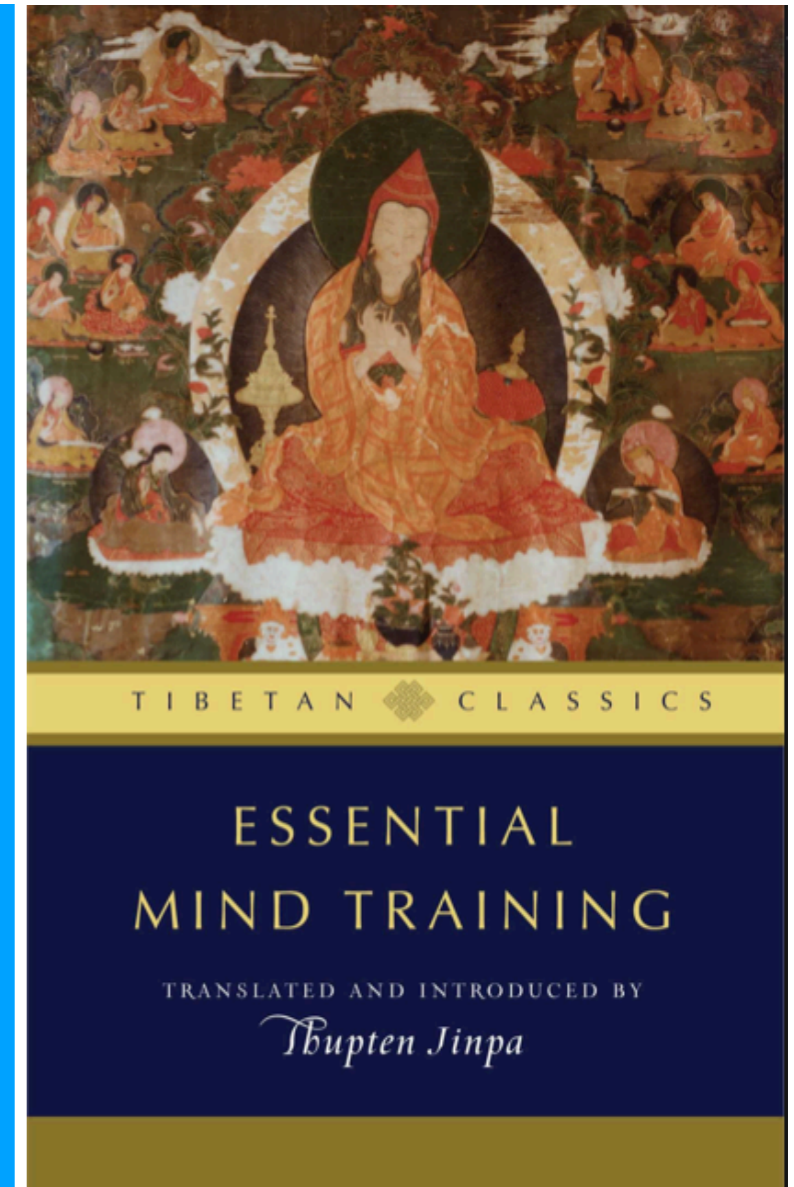
# Banish all blames to the single source

“So to cherish, look at, and protect this discolored human corpse—a lump of pus and blood and a sack of mucus—is like carrying a bag of thorns on your back while naked! Happiness would result if you let go, but instead you believe that pursuing self-interest will bring happiness, and you thus sink ever deeper into suffering as though you craved it.”



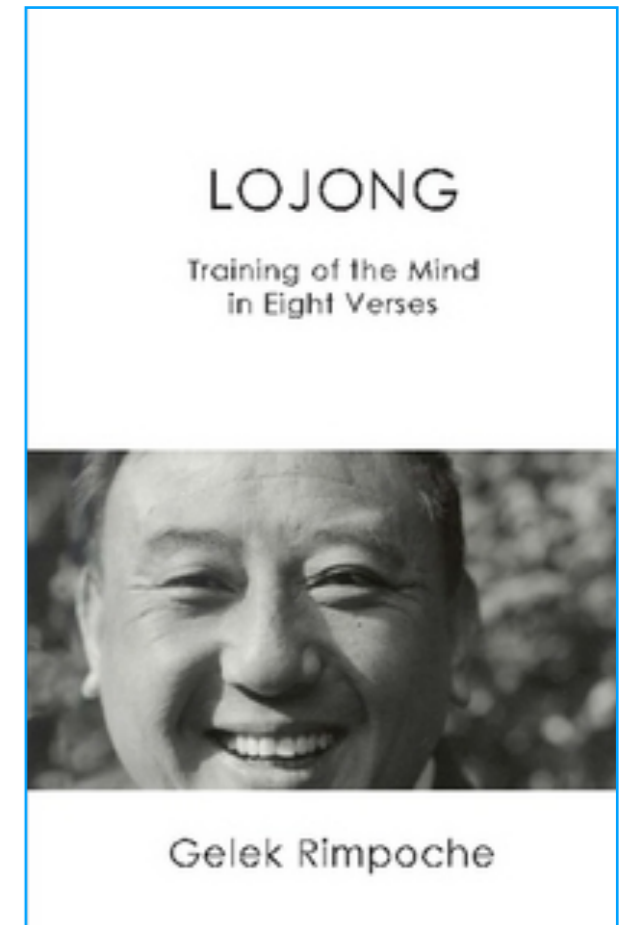
# Banish all blames to the single source

“So if you view your own self as the enemy, even when harms brought on by hosts of nonhumans and malevolent elemental spirits befall you, these become harms perpetrated against the enemy. They become allies in your battle against self-grasping. Since they are a powerful army on your side, it is inappropriate to generate anger toward these agents of harm; look on them instead with joy.”



# Toward all beings contemplate their kindness

“Langri Tangpa himself has said: ‘All sentient beings are the creators of all enlightened beings. And I recognize that.’ That’s why we should consider everybody else as more important than ourselves. Because of that, no matter who you’re going with, no matter who you’re dealing with, no matter where you go, you will consider yourself to be of lesser importance than they. Because they are the creators of all the enlightened beings.”



# Toward all beings contemplate their kindness

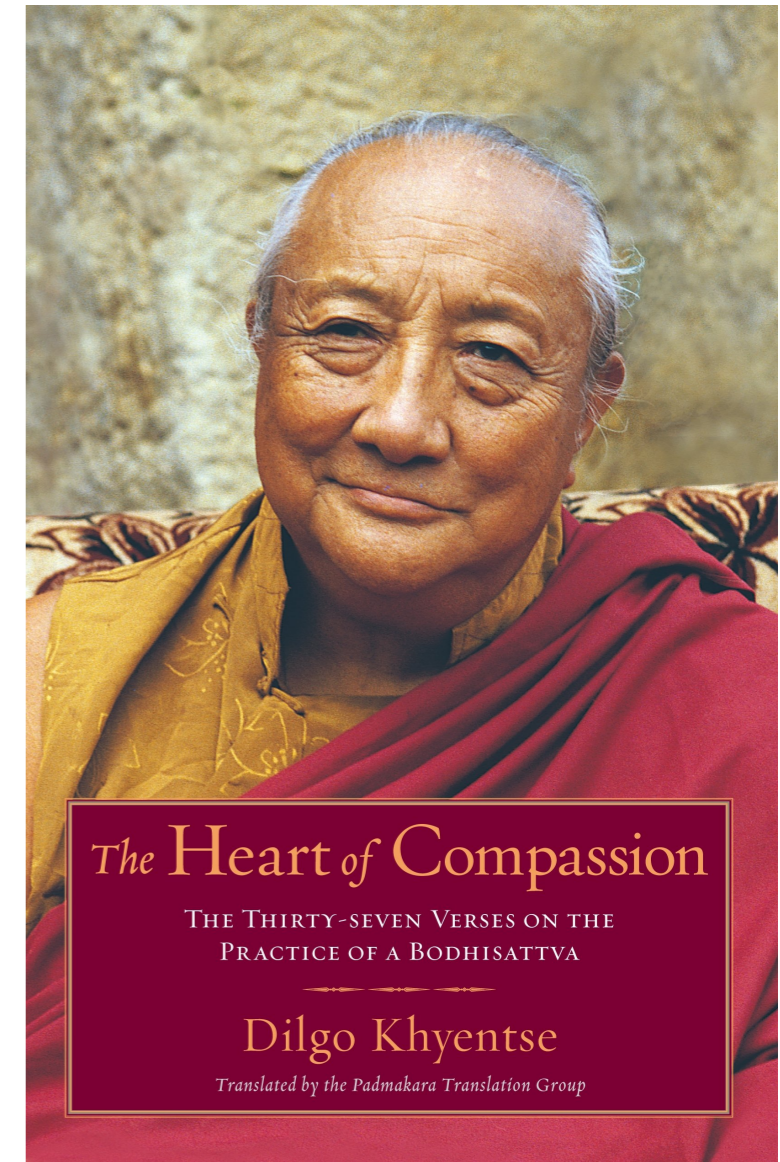
“13

If, in return for not the slightest wrong of mine,

Someone were to cut off even my very head,

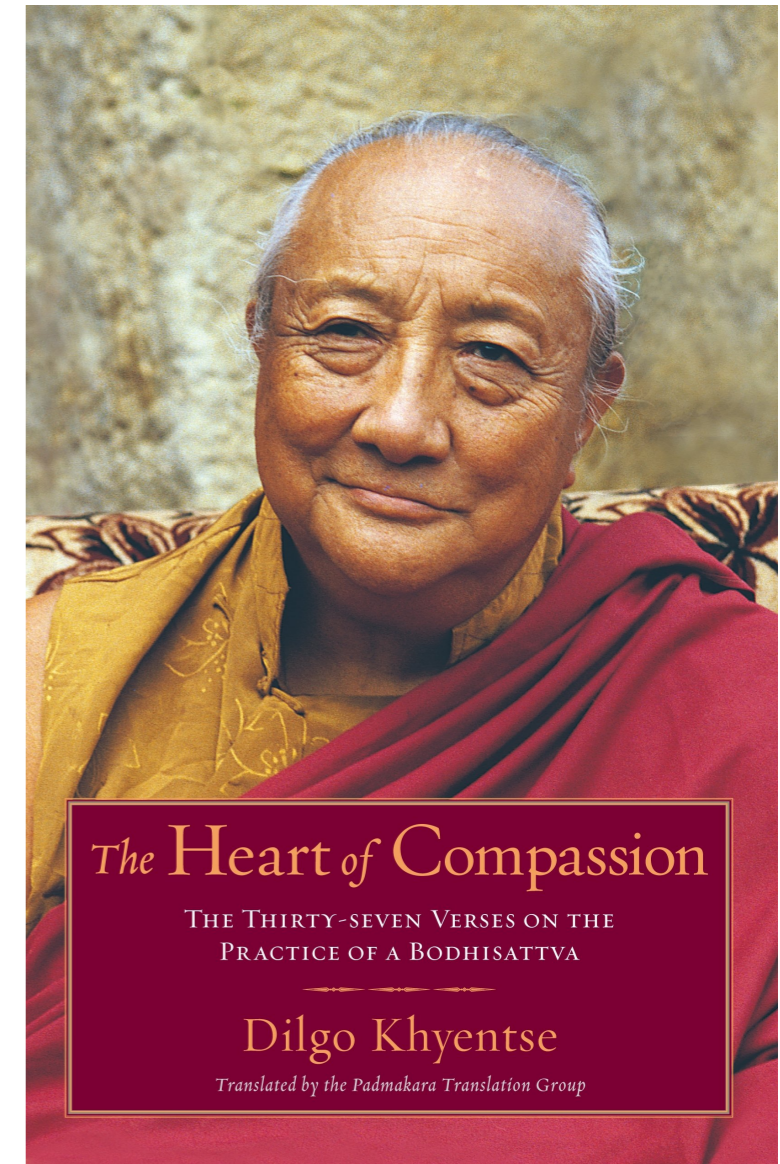
Through the power of compassion to take all his negative actions

Upon myself is the practice of a bodhisattva.”



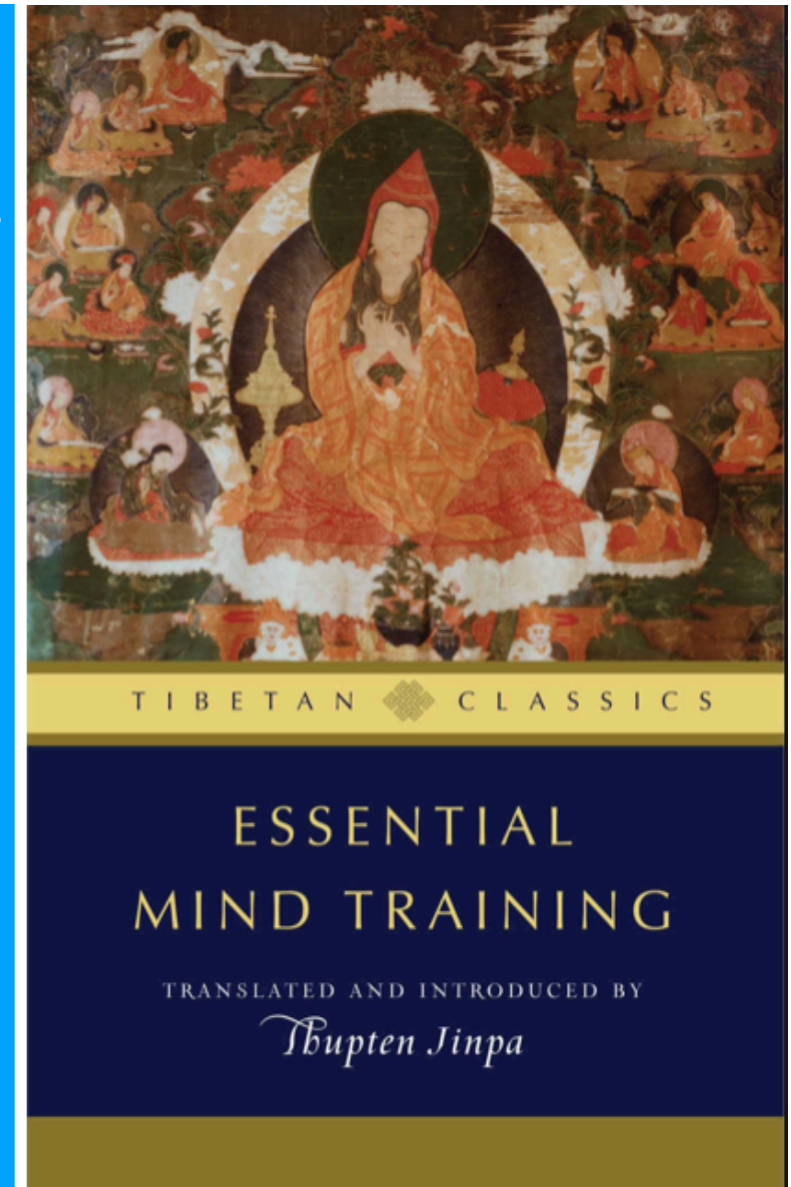
# Toward all beings contemplate their kindness

“To meet someone who really hurts you is to meet a rare and precious treasure. Hold that person in high esteem, and make full use of the opportunity to eradicate your defects and make progress on the path. If you cannot yet feel love and compassion for those who treat you badly, it is a sign that your mind has not been fully transformed and that you need to keep working on it with increased application”



# Voidness is the unsurpassed protection

“Phenomena are not established primordially, yet I remain bound, as though unable to undo knots made in the sky or strangled by a tortoise-hair noose.<sup>68</sup> As such, my mind has arisen as a demon, and chained by conceptualization, I remain enmeshed in suffering.” All hopes and fears, such as fearing illness or harm from ghosts, or hoping to be cured of illnesses, as well as all thoughts of negation and affirmation in emptiness: place them all within the sphere of emptiness and release them within ultimate reality itself”



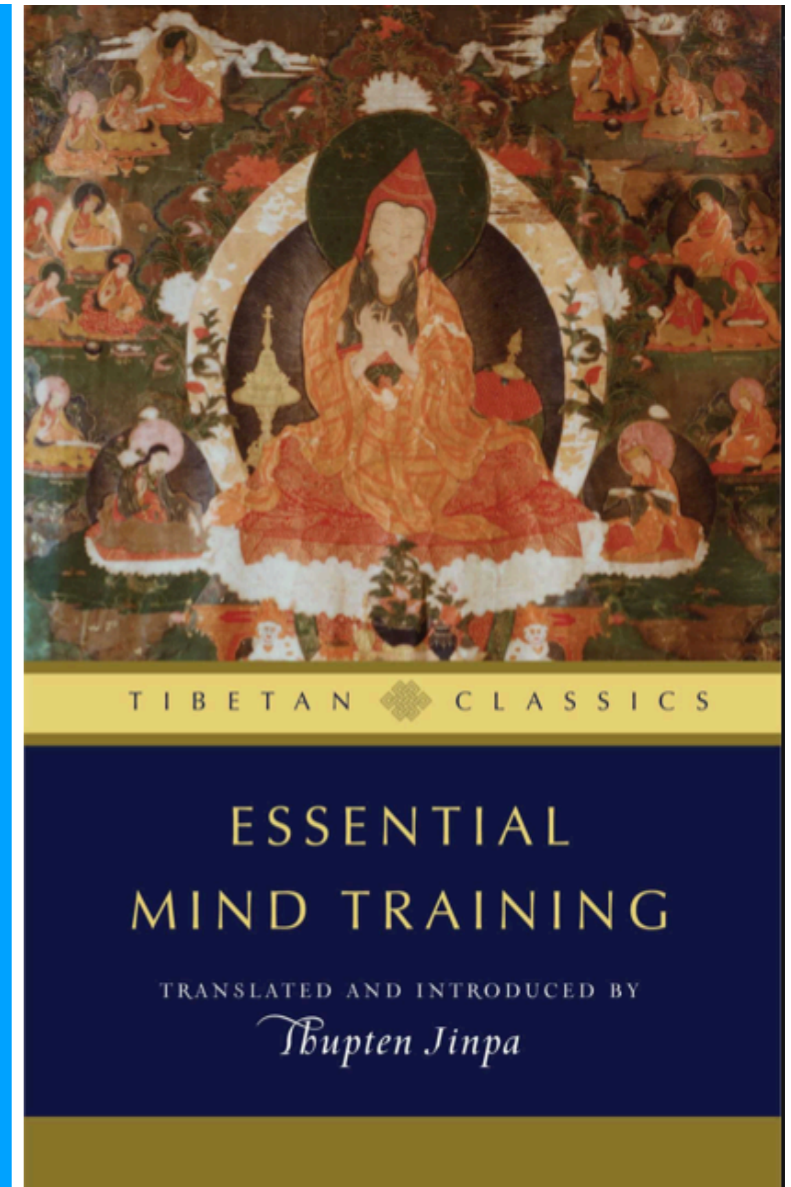
# Voidness is the unsurpassed protection

“Sickness and other sufferings engender true renunciation in me; for without suffering, there can be no true renunciation. Since they definitely help dispel the afflictions of my mind, they help me realize the teachings’ intent. So they are most kind indeed!” For it is stated:

With disenchantment, arrogance is dispelled.<sup>70</sup>

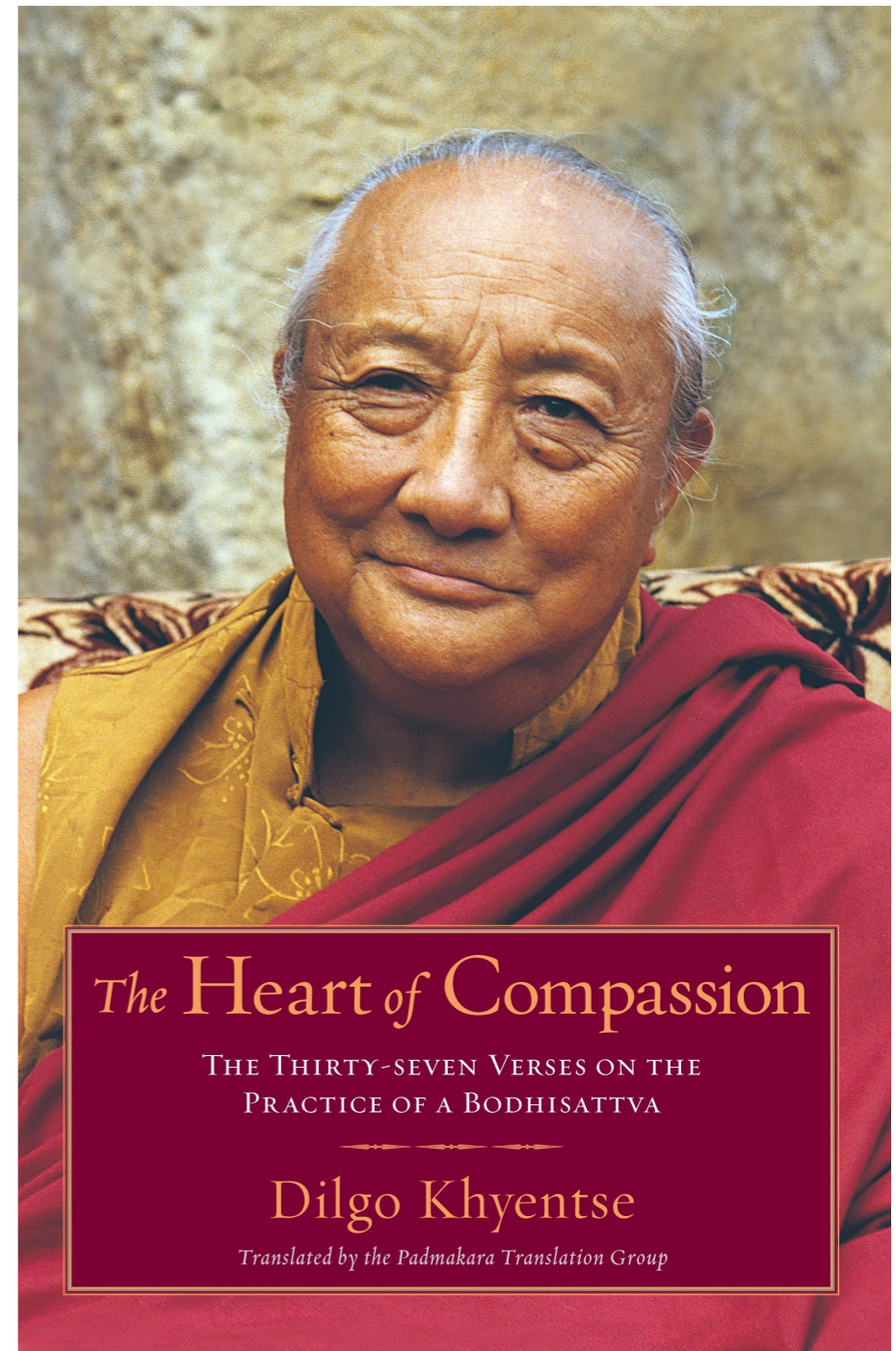
Furthermore suffering brings forth compassion, which is the root of the Great Vehicle. For it is stated:

Toward samsaric beings, generate compassion”



# Voidness is the unsurpassed protection;

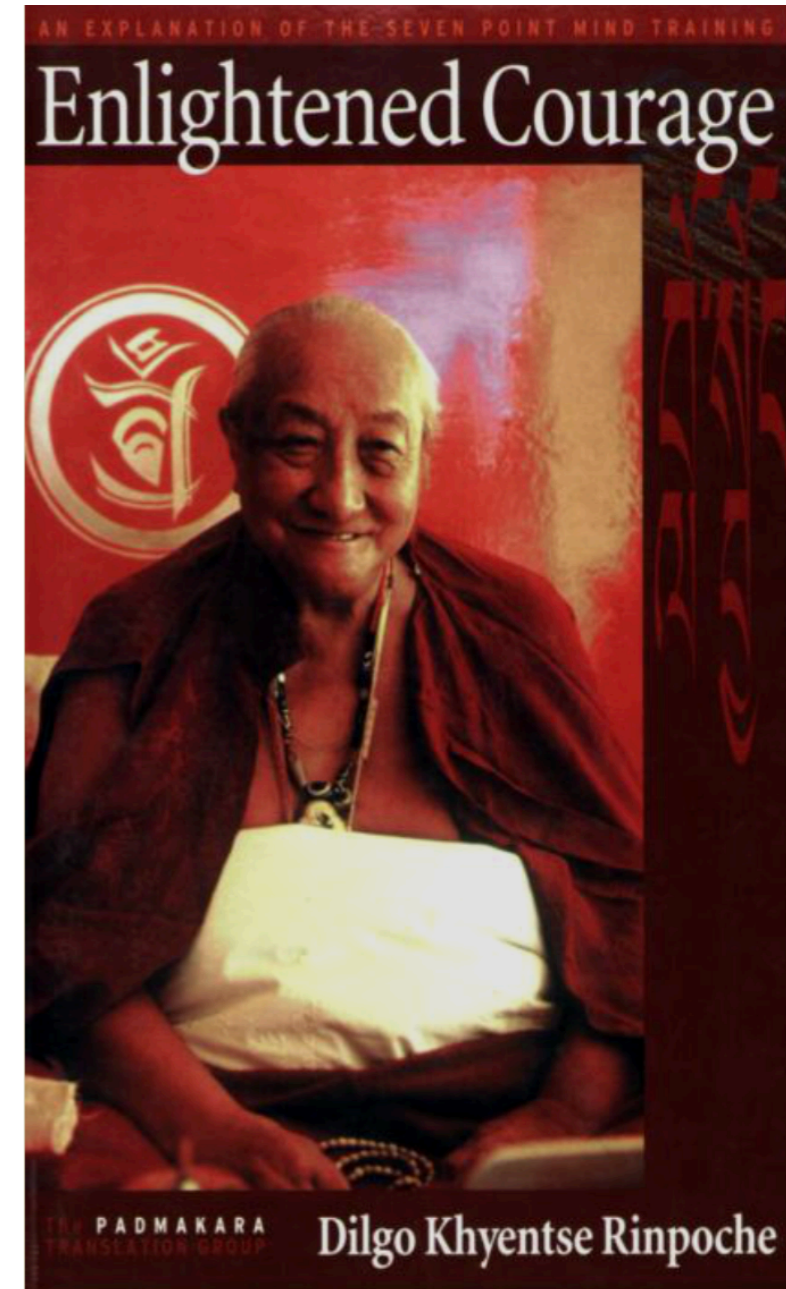
- About a strong angry thought:
- Is it holding a weapon in its hand?
- Could it lead an army?
- Might it burn anyone like a fire?
- crush them like a stone?
- Carry them away like a raging river?





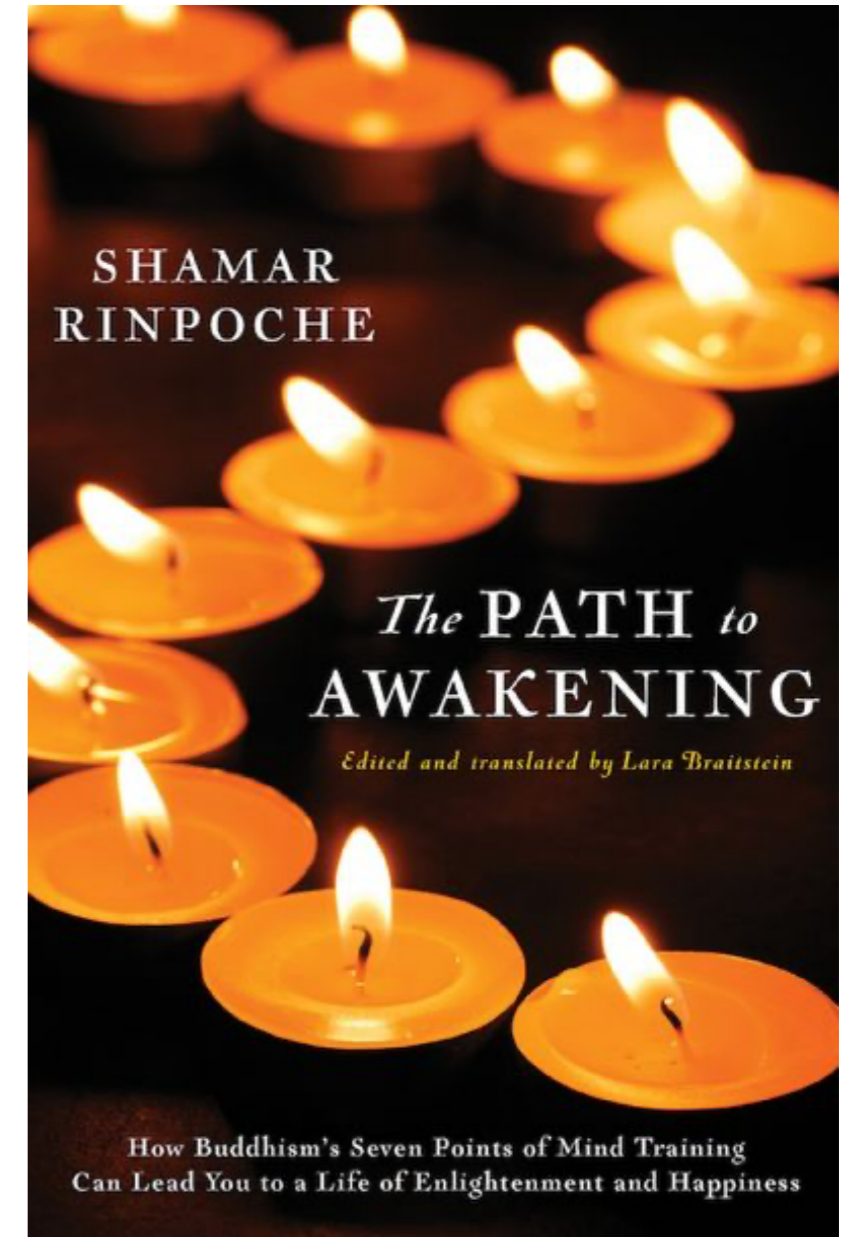
# Voidness is the unsurpassed protection;

“the five poisons are by nature empty. Bearing this fact in mind, we should watch from where these poisons, these negative emotions arise, what does the agent of these arisings look like, and what do the emotions themselves look like? If we analyze, we shall find nothing. This absence is the unborn Dharmakaya.



# 3 Views are like the treasury of the sky, the unsurpassed protection of the yoga

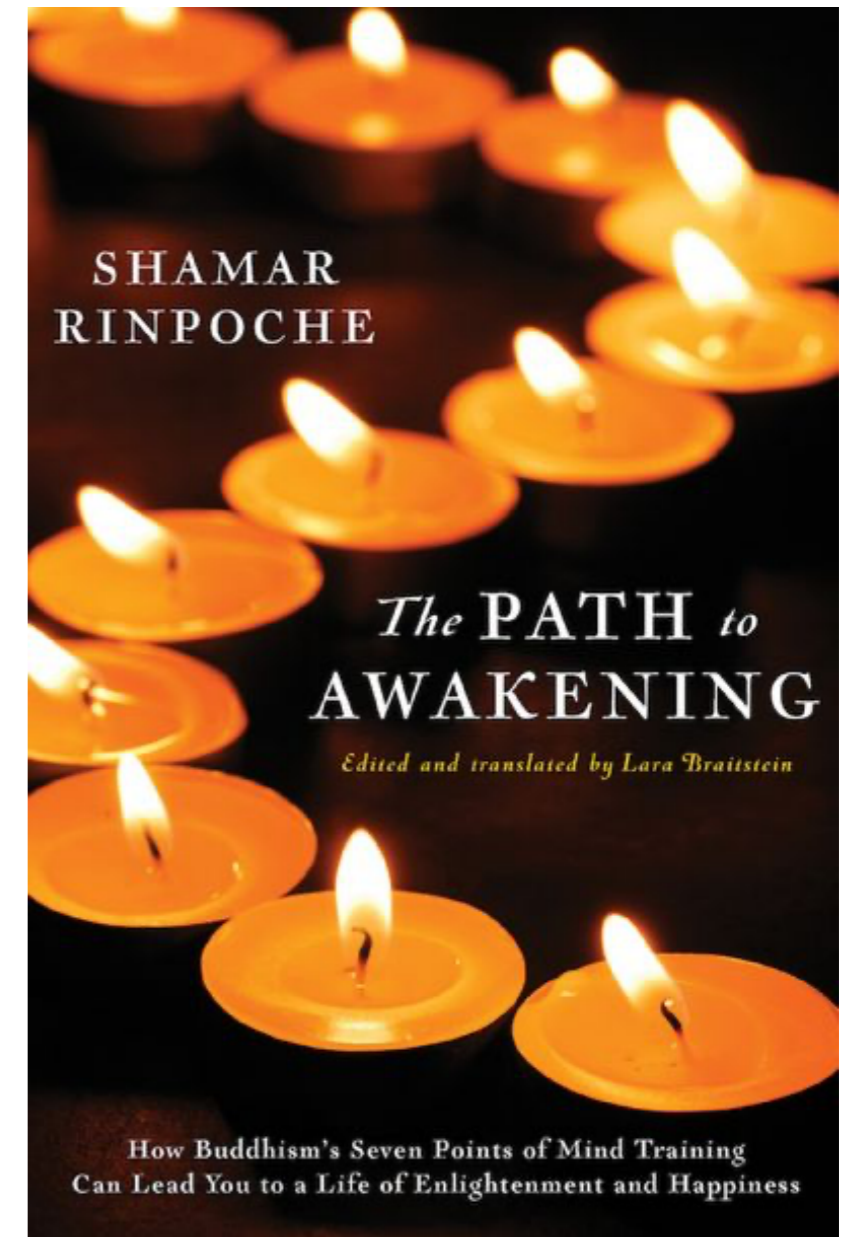
1. Happiness
2. Gratitude
3. Purity



# 3 Views are like the treasury of the sky, the unsurpassed protection of the yoga

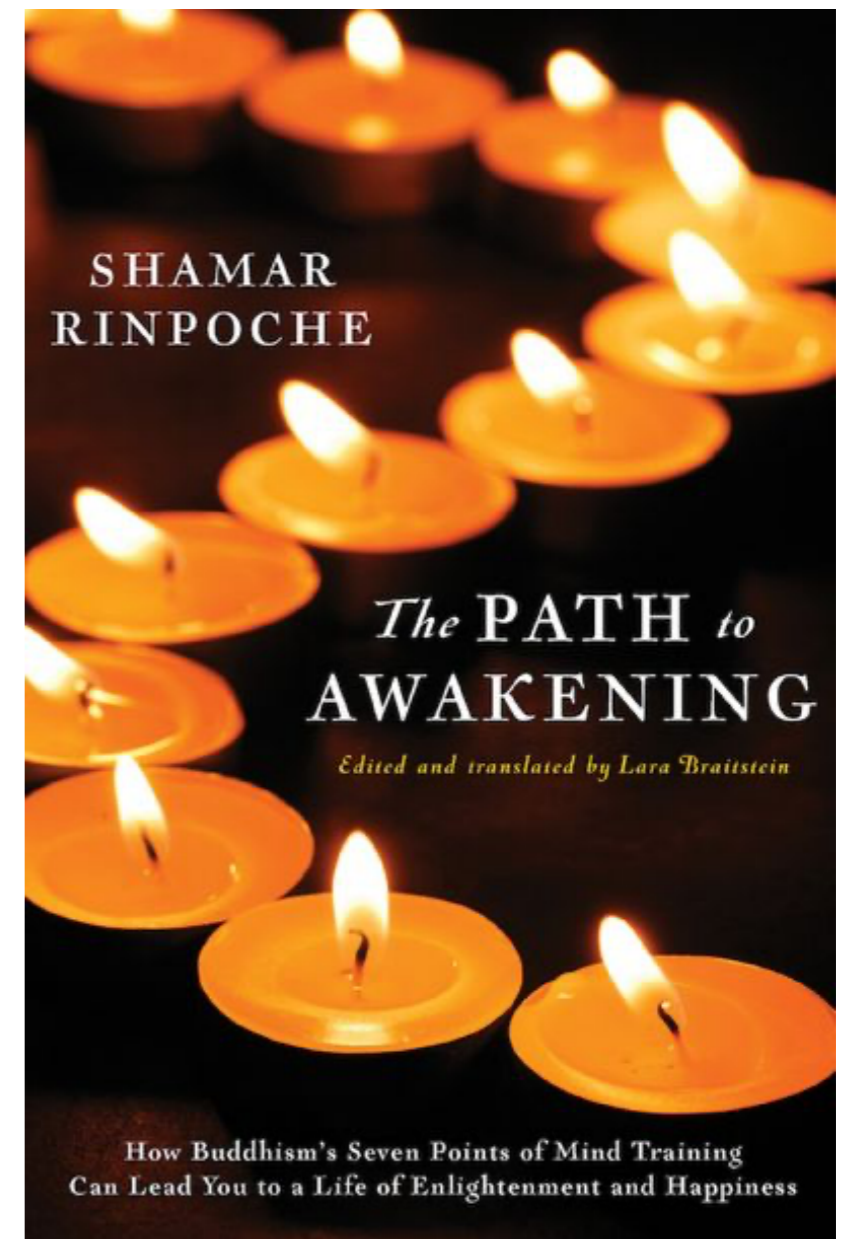
**“Happiness:** Adversities that may at first seem harmful are in fact the complete opposite. They are extremely helpful. Obstacles and disturbances are actually reminders to you that you have not perfected the two bodhicittas. Be happy that you now have a clear reminder to work on your bodhicitta.

**Gratitude:** Understand that adversities warn us to not be too relaxed, to not let our precious human life be taken for granted. We must use this precious life for the ultimate goal of awakening and not waste time on other things. If we misuse this opportunity now, we may fall into darkness for eons. In this way, adversities are as kind as parents to us. Therefore, you may go so far as to feel love for adversities, for they prevent you from misusing your precious human life.



# 3 Views are like the treasury of the sky, the unsurpassed protection of the yoga

Purity: Think about how as a result of every obstacle and harm in your life, you may develop the greatest results from meditation. This type of harm is therefore not harmful at all. It is, rather, full of remarkable qualities like a very bitter medicine that will completely cure your sickness. It is therefore completely pure, as pure as the most effective medicine.”



# The fourfold practice is the most excellent method

1. Accumulation of Merit
2. Purification of Negative Karma
3. Making Offerings to Malevolent Forces
4. Offering Torma to the Dharma Protectors

