Eight Verses for Training the Mind

by Kadampa Geshe Langritangpa

Week 6

Re-cap on last session

- Verse 7 Tonglen practice of sending & receiving
- Using the breath to breathe all suffering as a thick black cloud & breathe out the white light that provides happiness, freedom from suffering, Nirvana
- Practicing all the time in difficult situations outside of sitting
- Directly & indirectly connecting with all the good done in the world
- Indirectly a 'Vision of History' seeing ones practice as part of movement that has been going on a very long time
- Dr. Ambedkar a spiritual core at the heart of society for it to survive
- Metaphysical meaning all the good we do has an effect

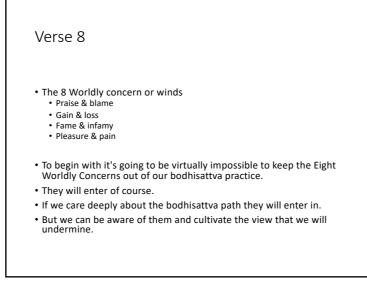
Verse 7 (cont)

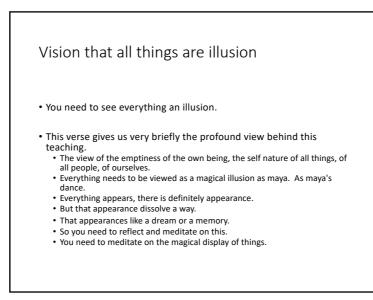
And may I take all their harm and pain

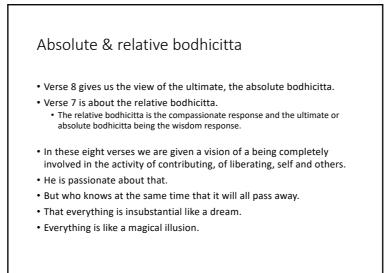
Secretly upon myself.

- Why secretly?
- you do not make a big deal about practising bodhicitta
- we need to be natural and unpretentious
- A bodhisattva just silently, quietly getting on with it.
- The bodhisattva probably doesn't know that he is even bodhisattva.
- It probably doesn't even think like that.
- he has completely forgotten himself and it is a big surprise when he finds the bodhicitta or when he sees that it is there.
- So we're talking about practice that is unpretentious
- 3

Kadampas keen on simplicity • Kadampa lamas unpretentious, with emphasis on simplicity & humility • In Sangha if you take on responsibility you just contributing to the life of the bodhicitta, the Sangha



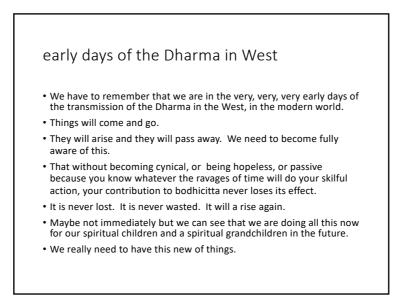




Hard to imagine such a being
What we are asked of in the bodhisattva tradition is to be such a being.
We don't have to be incredibly metaphysical about this.
Quite simply we need to live a life devoted to the Dharma, for the benefit of others, but at the same time, in the midst of it always keeping impermanence in mind. Always.

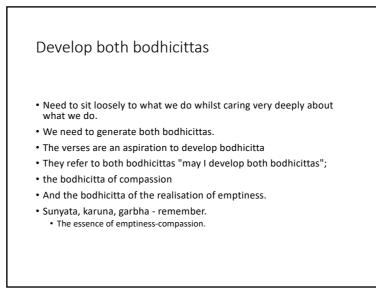
Things rise & fall

- In Bhante's talk the vision of history it was a vision of the rise and fall of spiritual communities.
- He deliberately mentioned Manichaeism, because it was a thriving spiritual community.
 - They were all vegetarians, artists, very cultured, non-violent people, a very rich tradition but it was all destroyed.
 - All we have left his fragments of Manichaeism.
 - It was completely decimated by a combination of Zoroastrianism and Islam.
- Buddhist history, the great Buddhist civilisations, China, Korea, Tibet, Central Asia, Indonesia, India all had incredible amazing cultures that they all came to an end.
- But they rise and they fall.
- And it will be the same with us.
- 9



Locked into the present

- So often we are just locked into the present moment. So locked into the people around us.
- Locked into this time this place.
- But we need to think of who comes after us; after we have long gone.
- What will be their legacy?
- What will we pass on to them?
- Will the bodhicitta is a teaching, as the practice be alive for people in the future?
- We need to practice like that.



8 Verses are precepts

- And as such are to be memorised and said over, & over again
- Brought to bear in all sorts of situations
- Originally not framed as a aspiration but and injunction I will cherish all beings
- They are also mind training
- There is a lot in them
- May find them hard a bit much
- But good to enter the mind of the Bodhisattva if only briefly

13

