

# Buddha Shakyamuni

*taught Perfection of Wisdom Sutras*

EXTENSIVE PATH

Maitreya

Asanga

Manjushri

Nagarjuna

PROFOUND PATH

Atisha

Tsongkhapa

- HOMAGE & VOW TO COMPOSE
- GENERAL INTRODUCTION
- GREATNESS OF THE AUTHOR
- GREATNESS OF THE TEACHING
- HOW TO LISTEN TO AND EXPLAIN THE TEACHING
- HOW TO GUIDE A STUDENT ON THE PATH
  - Guru Devotion
  - PHR
  - Small Scope, Middle Scope, Great Scope

## Two Aspects of the Buddha's Teachings

### Scriptural understanding (cause)

3 baskets

Sutra  
Concentration

Abhidharma  
Knowledge/Wisdom

Vinaya  
Discipline

### Realisation (effect)

3 Higher Trainings

Ethics, Concentration, Wisdom

- THE ROOT OF THE PATH, RELYING ON THE GURU
- THE STAGES OF TRAINING THE MIND ONCE YOU HAVE RELIED
  - With regard to the basis of leisure, an exhortation to take its essence (PHR)
  - How to take the essence
    - The way in which the three types of beings practice the path

## The Three Types of Practitioners

- Hearer (shravaka)
- Solitary Realiser (pratyekabuddha)
- Enlightenment Hero (bodhisattva)

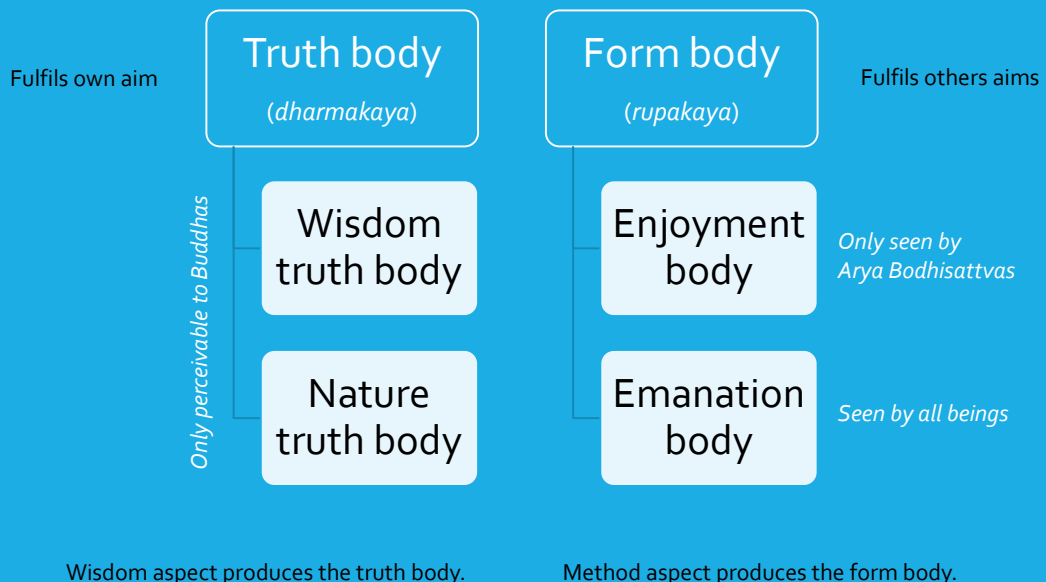


Hinayana  
Practitioners

Mahayana  
Practitioners

They accumulate different amounts of merit, therefore three different types of enlightenment.

## The Buddha Bodies



# THE THREE WISDOMS

HH Dalai Lama, Kalachakra, Washington DC 2011

## WISDOM THROUGH LISTENING

Simply listening to words or reading words in a book. Not stable – can lead to doubt if meets with different views.



## WISDOM THROUGH REFLECTION

Developed through ones own critical thinking, attaining certainly such that it won't be shaken by other views.



## WISDOM THROUGH MEDITATION

Developing the feeling found in the previous wisdom so that it becomes spontaneous.

# THE THREE WISDOMS

LRCM 1, chapter 6

"Proper attention is based upon prior study. Sublime wisdom, which takes reality as its object, arises from your cultivation of proper attention." *Maitreya – Ornament for the Mahayana Sutras*

- Listen / Study
  - Wisdom from listening / study (secondhand)
- Reflect
  - Wisdom from reflection (firsthand)
- Meditate
  - Wisdom from meditation (realisation)

**This is the path!**