

# The Buddhist Path

## Wisdom and Compassion

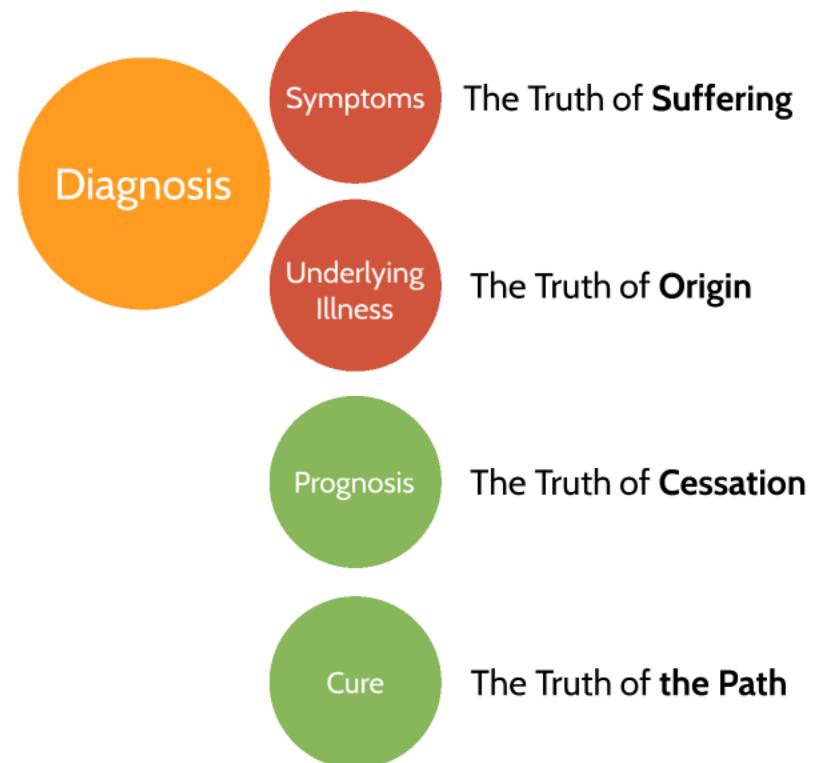
*Day 4, am*



review

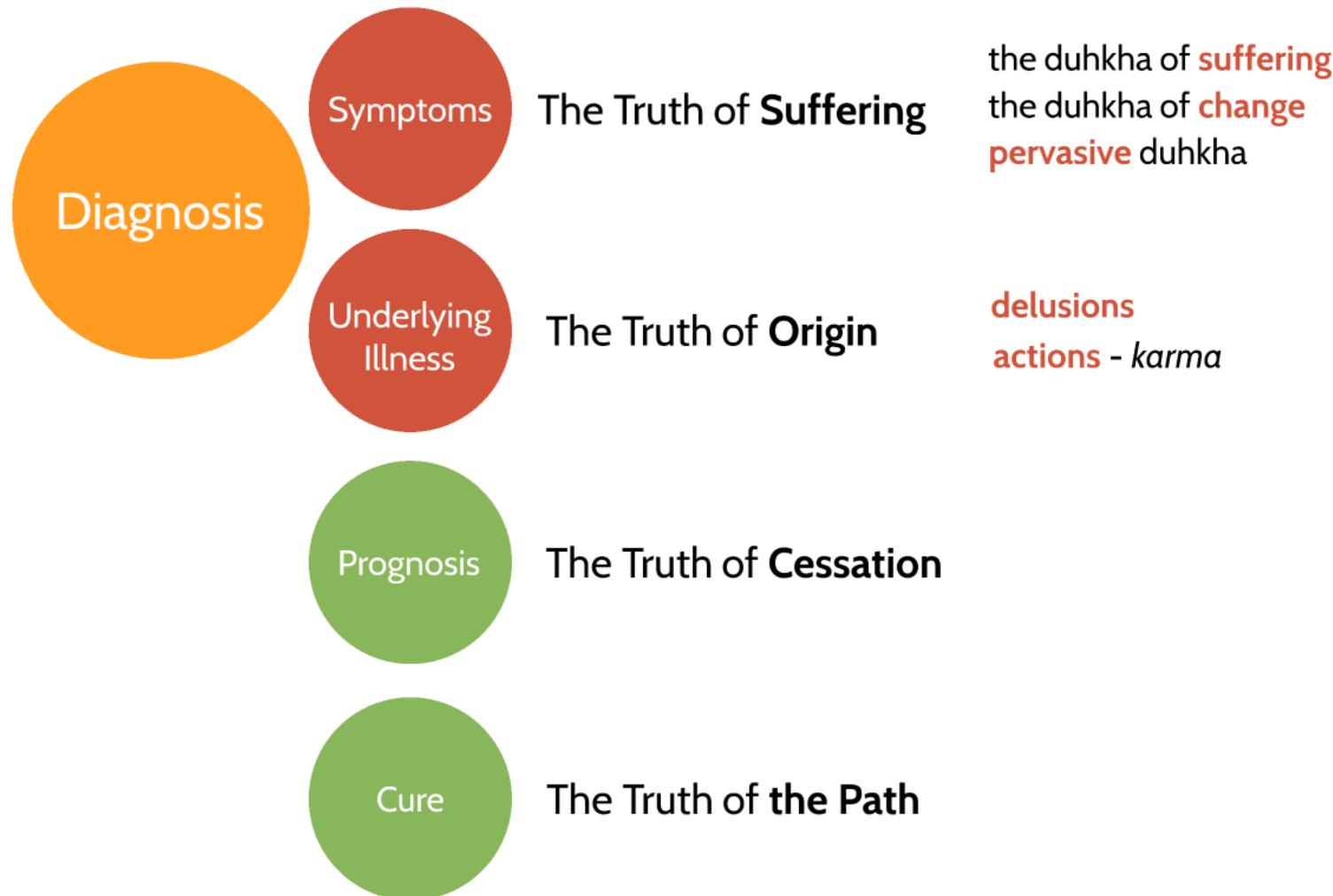
## The Four Noble Truths

### The Analogy of a Physical Illness



# The Four Noble Truths

## The Analogy of a Physical Illness





Cure

## The Truth of the Path

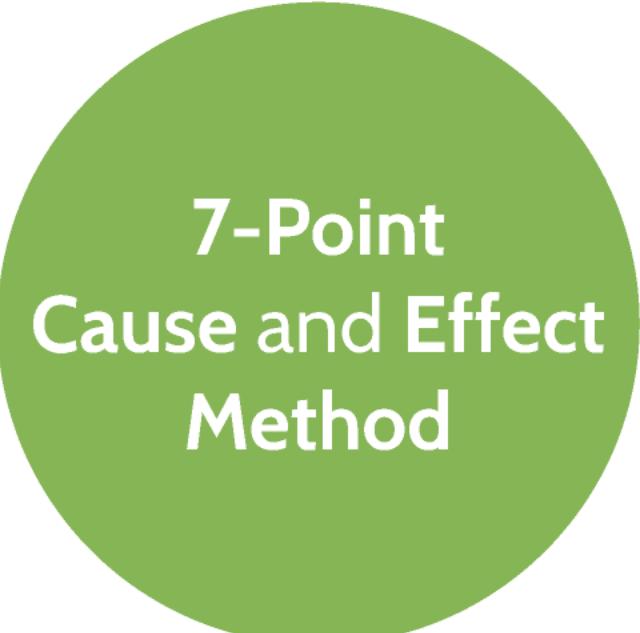
**T:** Three Higher Trainings

**M:** The Six Perfections

wisdom  
compassion



bodhicitta



7-Point  
Cause and Effect  
Method

equanimity  
interconnection

1. all beings have been **our mother**
2. remembering **their kindness**
3. wishing to **repay** their kindness

loving concern

4. cultivation of **love**
5. cultivation of **compassion**
6. the **special attitude**
7. **bodhicitta**



bodhicitta

1. equalising ourselves with others



cherishing  
others

2. disadvantages of self-cherishing
3. advantages of cherishing others
4. exchanging ourselves with others
5. Tong Len



Equalising and  
Exchanging  
Self with Others

bodhicitta

**7-Point  
Cause and Effect  
Method**

**Equalising and  
Exchanging  
Self with Others**

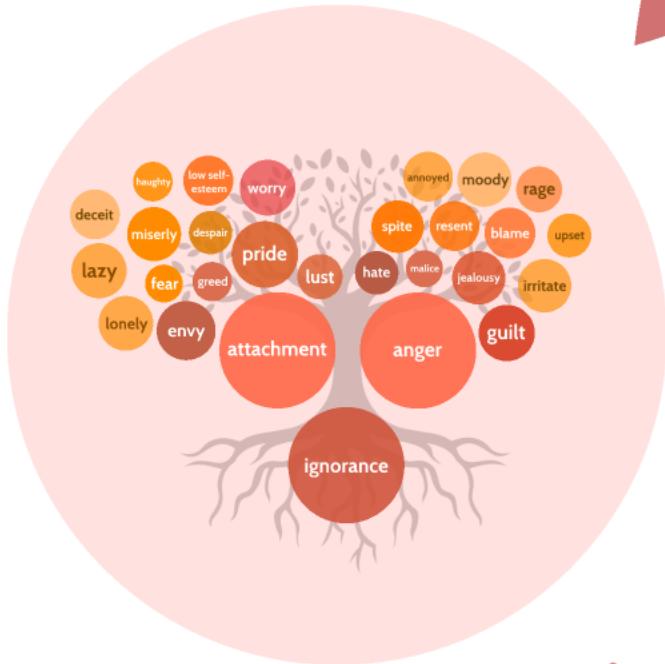




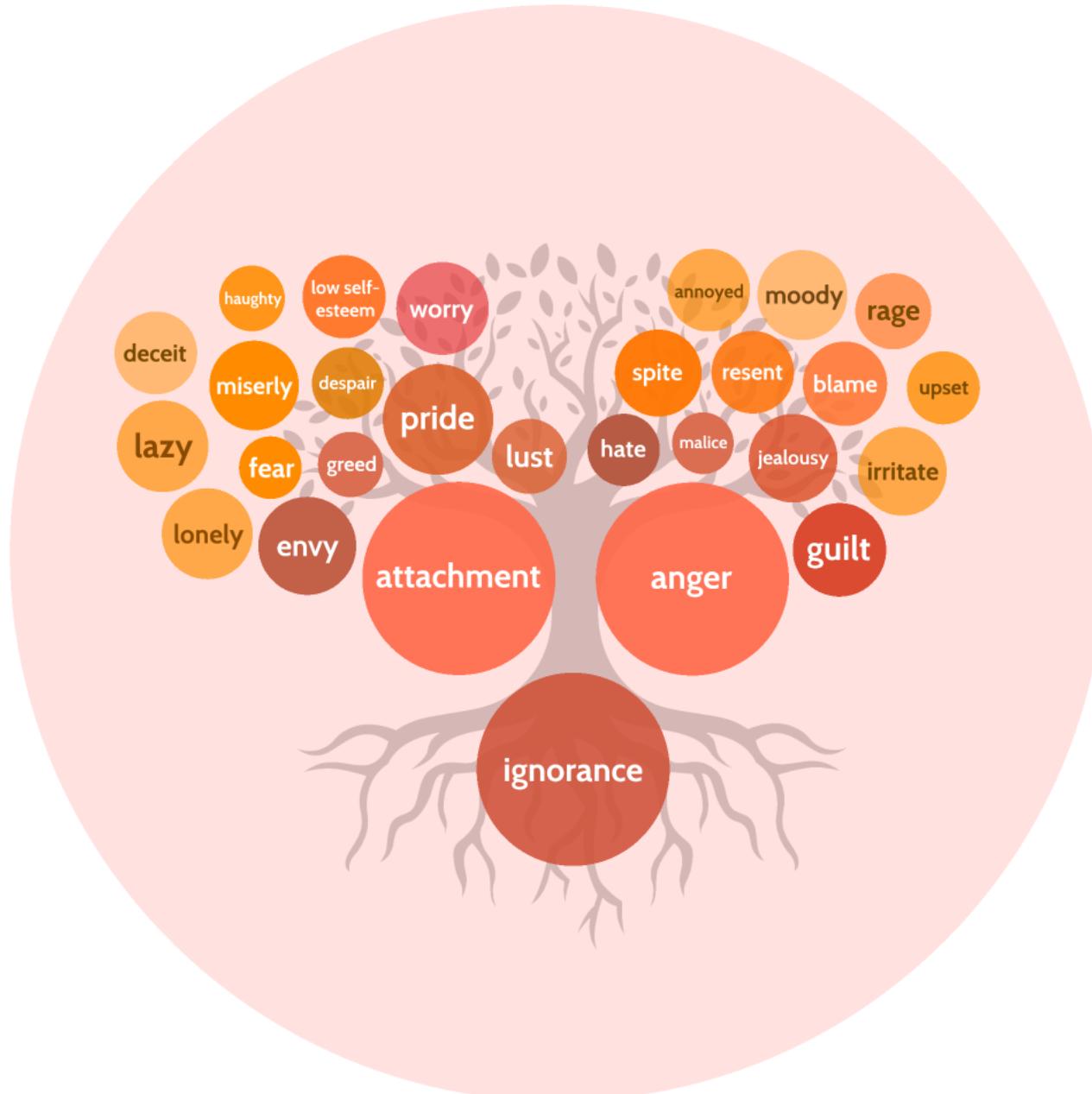
Cure

## The Truth of the Path

wisdom



**samsara**  
cyclic existence



# ignorance

grasps that  
which is **changing**

to be **unchanging**

grasps that  
which is **duhkha**

to be **satisfactory**

grasps that  
which has **no self**

to have **a self**

# self-grasping ignorance

grasps that  
which is **changing**

grasps that  
which is **duhkha**

grasps that  
which has **no self**

to be **unchanging**

to be **satisfactory**

to have **a self**



# Who is **I** ?

*"The 'I' that feels so real, so solid, so concrete – when you analyse: it disappears. This is the realisation of emptiness, and it is what destroys the root of all suffering."* - Lama Zopa Rinpoche

how we generally **experience ourselves** as a person, an 'I'



is it **correct**?

we **over-inflate** it

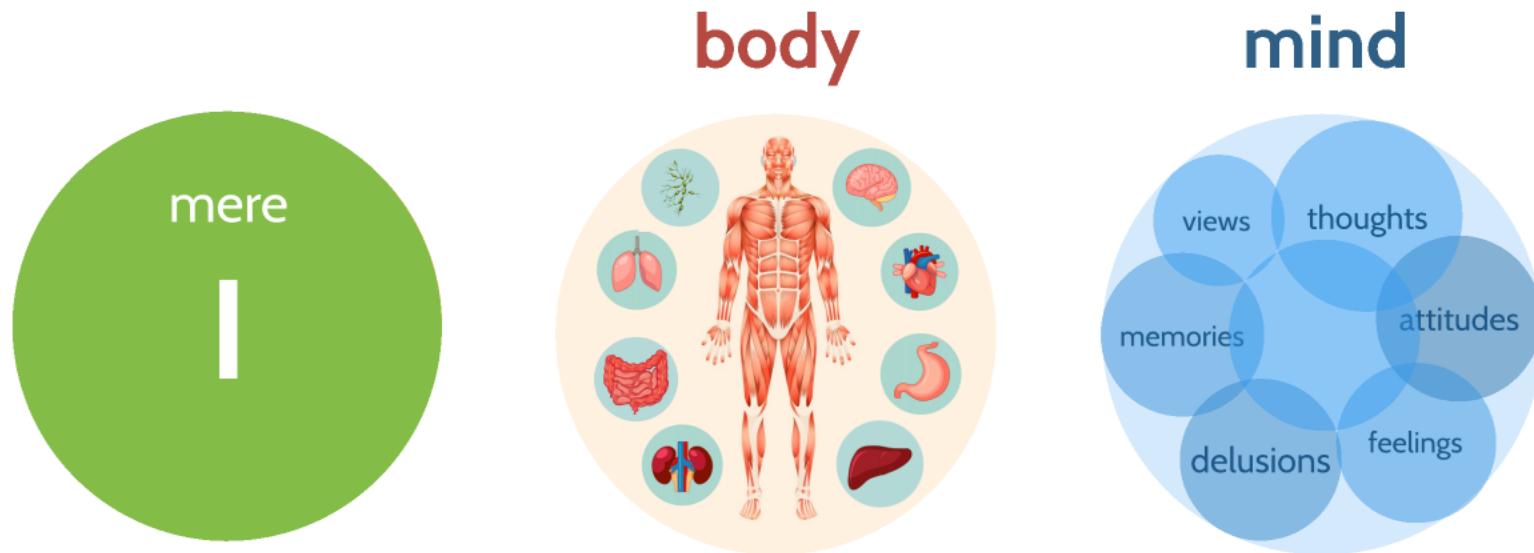
we have **an exaggerated sense** of 'I'

# Who is **I** ?

*"The 'I' that feels so real, so solid, so concrete – when you analyse: it disappears. This is the realisation of emptiness, and it is what destroys the root of all suffering."* - Lama Zopa Rinpoche

how we generally **experience ourselves as a person, an 'I'**





Based on the combination of body and mind, which are working together interdependently, within the law of cause and effect, and are constantly changing, **we mentally designate 'I' or 'person'.**

And there is no solid, independent 'I' or 'person' to be found anywhere within them or apart from them.

# What is **Emptiness** ?

Skt.: *sūnyatā*

how we experience **things existing around us:**

things  
appear to  
have

**independent existence**  
**inherent existence**  
**existence from their own side**



**but in reality:** all things **are empty of** independent existence

because every thing arises in **dependence** on something else





# Dependence

the Three Levels of Dependent Arising

on causes and conditions

Lewis **Waterman**  
1836-1901

raw material



someone  
producing it



someone  
transporting it



# Dependence

the Three Levels of Dependent Arising

on causes and conditions

on its parts





# Dependence

the Three Levels of Dependent Arising

1. on causes and conditions
2. on its parts
3. on designation by name and thought

the pen is a Dependent Arising

it is empty of independent existence

# Dependence

the Three Levels of Dependent Arising

1. on causes and conditions
2. on its parts
3. on designation by name and thought

the 'I' is a Dependent Arising

it is empty of independent existence



# The Two Truths

conventional truth  
the things we **experience**  
dependent **arisings**

reflect 

Middle Way

ultimate truth

how they **exist**  
**emptiness**

 reflect

nihilism  
extreme of **non-existence**  
**nothing** exists

avoiding:  
the two extremes

eternalism  
extreme of **existence**  
**things** exist independently

## Discussion Group Questions

1. What are the 6 Perfections? Is there one that you find particularly important in your life? How does keeping ethics relate to happiness?
2. What is the difference between self-cherishing and valuing/caring for yourself? Is wanting to be happy selfish?
3. What does emptiness mean? Why is it not the same as nothingness? Is it the same as things being interdependent? Share your understanding with each other.

# The Buddhist Path

## Wisdom and Compassion

*Day 4, pm*



- wrong consciousness**
- doubt**
- correct assumption**
- conceptual realisation**
- direct realisation**



for that we need  
**mental stability**



the mind of  
**shamatha**





posture

## obstacles

**forgetfulness**  
of the observed object  
or the instructions

**excitement and laxity**

  
our current mind

## antidotes

**mindfulness**  
a non-forgetfulness of  
mind with respect to a  
familiar object

**introspection**

investigates, like a spy,  
whether there are  
obstacles present



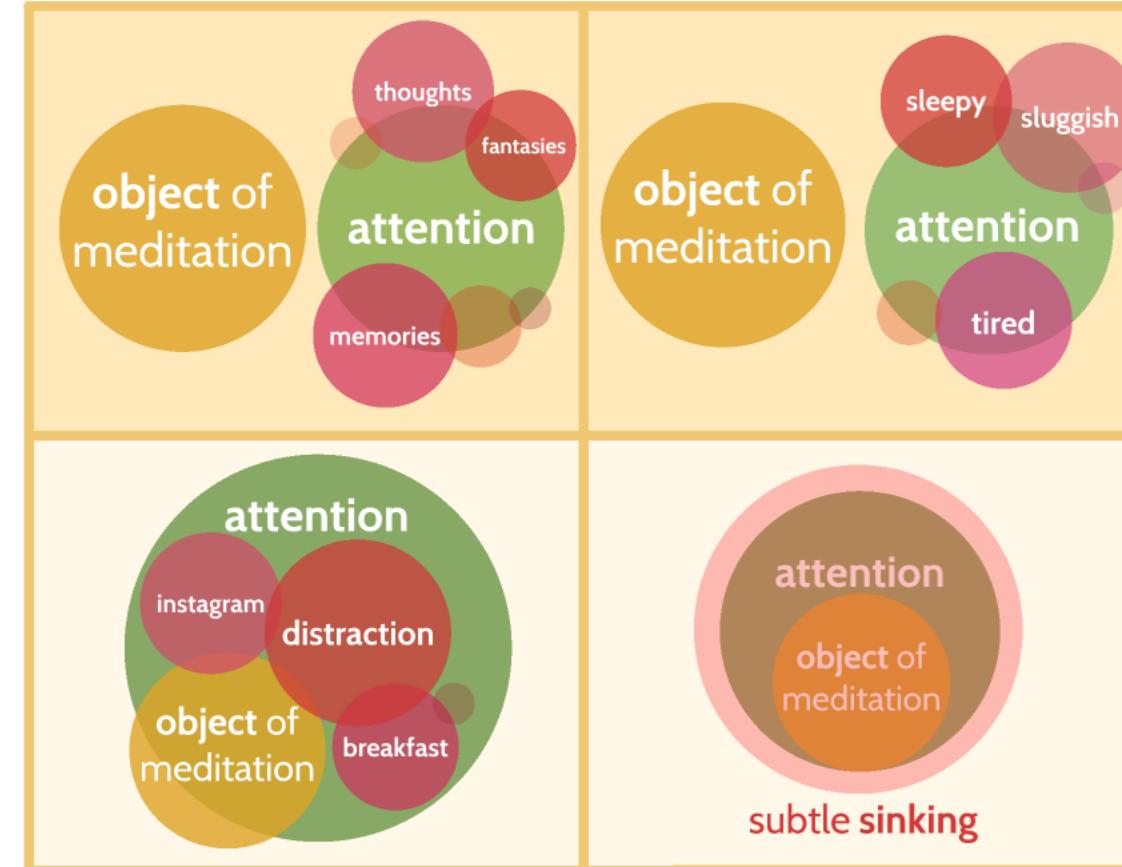
posture

coarse

subtle

excitement

laxity



relax

release

return

refresh

restore

retain

**excitement**

**laxity**

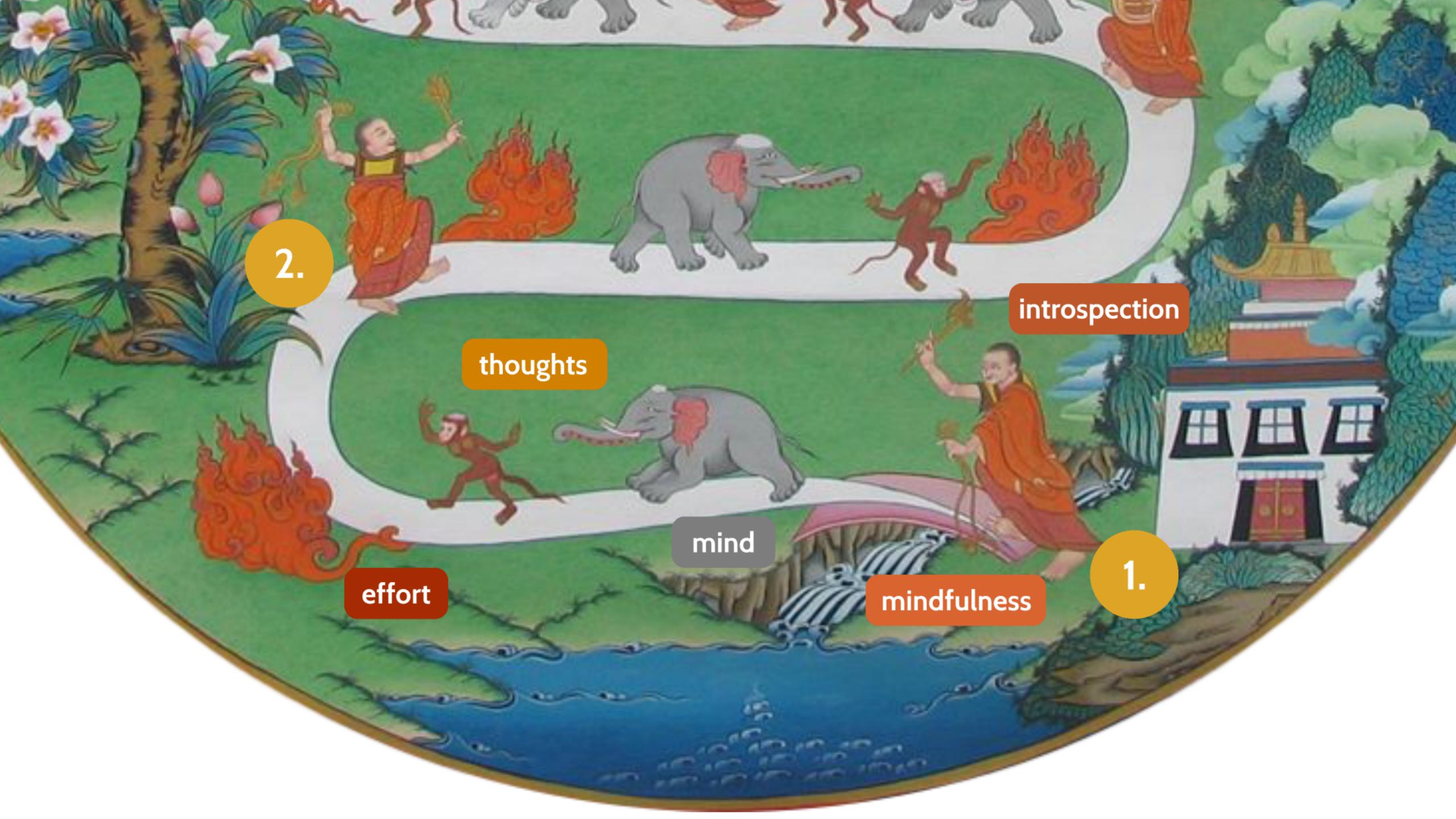
**relaxation**

**stability**

**clarity**

# The Nine Stages of Calm Abiding





1.

mindfulness

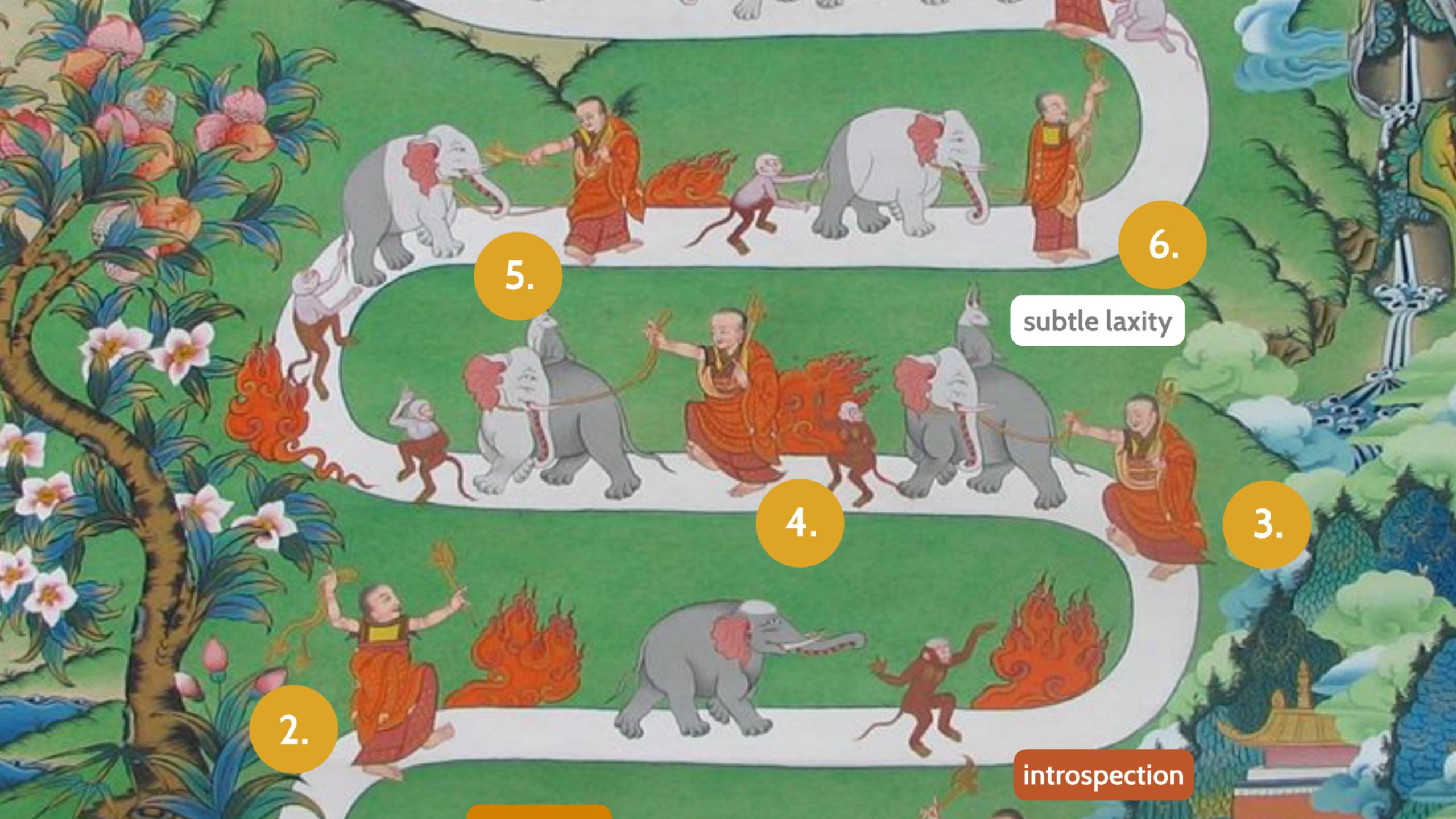
mind

effort

thoughts

introspection

2.



2.

introspection

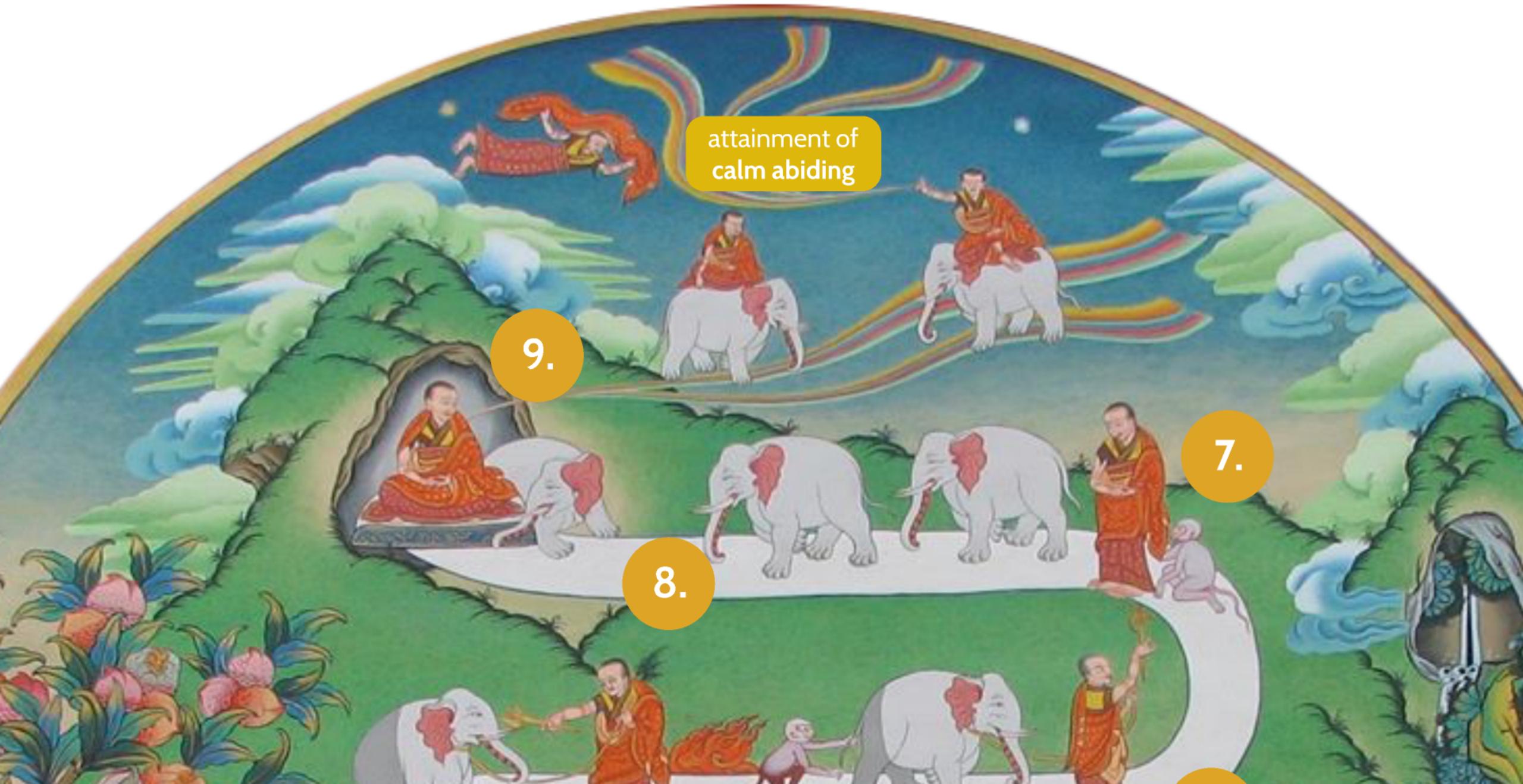
5.

4.

3.

6.

subtle laxity



9.

7.

8.





Thank You  
very much!



Pictures of His Holiness The Dalai Lama © [DalaiLama.com](https://www.DalaiLama.com)

Pictures of Lama Yeshe © [LamaYeshe.com](https://www.LamaYeshe.com)

All slides created by Thubten Wangdu © 2025