

HINAYANA: THE IMMEDIATE YANA
PRE-SEMINARY COURSE

Required texts:

Hinayana-Mahayana Seminary Transcripts, 1973-1982
Cutting Through Spiritual Materialism
Glimpses of Abhidharma
The Jewel Ornament of Liberation

Class 1 Introduction and Overview

Class 2 Unity of Study and Practice: The Hinayana Environment

- Required: 1980 Talk 4, "Samadhi," pp. 33-40
 1978 Talk 3, "Satdharma II: Theism and Nontheism," pp. 19-28
 1976 Talk 1, "Study and Practice," pp. 1-6
- Recommended: 1974 Talk 4, "Loneliness," pp. 30-38
 1974 Talk 5, "Motivation for Practice," pp. 39-44
 1975 Talk 5, "Sravakayana," pp. 44-55
- Optional: 1981 Talk 6, "Humbleness is the Dwelling Place of the Forefather," pp. 39-46
 1982 Talk 1, "Taking Delight in Buddhadharma," pp. 1-11
 Glimpses of Abhidharma, pp. 1-6, 91-100

Class 3 Shamatha Instruction and the Four Foundations of Mindfulness

- Required: 1973 Talk 1, "Meditation Technique," pp. 1-17
 1973 Talk 4, "First Foundation: Mindfulness of Body," pp. 37-48
 1973 Talk 5, "Second Foundation: Mindfulness of Livelihood," pp. 49-62
 1973 Talk 6, "Third Foundation: Mindfulness of Effort," pp. 63-71
 1973 Talk 7, "Fourth Foundation: Mindfulness of Mind," pp. 72-90
- Recommended: 1980 Talk 1, "Introduction to Practice," pp. 4-16
 1974 Talk 6, "Freedom From Ill Birth," pp. 45-55
 1981 Talk 4, "Mindfulness Discipline: Cutting the Root of Cause and Effect,"
 pp. 22-30
 1983 Talk 2, "Shamatha Practice and Joyfulness," pp. 6-11

Class 4 Vipashyana

- Required: 1973 Talk 8, "Vipashyana," pp. 91-106
 1973 Talk 9, "Comparison of Vipashyana with Shamatha," pp. 107-121
 1979 Talk 6, "Four Categories of Vipashyana," pp. 46-52

Recommended: 1974 Talk 7, "Vipashyana," pp. 56-65
1974 Talk 8, "Open Space," pp. 72-78
1974 Talk 9, "Awareness and Suffering," pp. 79-85
1981 Talk 5, "Vipashyana Awareness: Allowing the Gap," pp. 31-38

Optional: 1984 Talk 6, "Vipashyana," pp. 33-38
1973 Talk 10, "Art in Everyday Life," pp. 122-135

Class 5 The Analysis of Samsara: The Three Marks and the Five Skandhas

Required: 1980 Talk 2, "Basic Anxiety," pp. 17-24
1978 Talk 5, "Suffering," pp. 40-51
1978 Talk 4, "Egolessness," pp. 29-39
Cutting Through Spiritual Materialism, pp. 123-136
Glimpses of Abhidharma, pp. 7-76

Recommended: 1974 Talk 10, "The Origin of Suffering," pp. 79-85

Optional: *The Jewel Ornament of Liberation*, pp. 41-73

Class 6 The Analysis of Samsara: The Twelve Nidanas and Karma

Required: *Karma Seminar*, "Karma & Rebirth: The Twelve Nidanas," pp. 49-66
Garuda II, "The Wheel of Life: Illusion's Game," pp. 16-23
Crystal Mirror, Volume III, "Situational Patterning: Pratityasamutpada," pp. 93-101
1978 Talk 6, "Origin of Suffering I: Kleshas and Karma," pp. 52-59
1978 Talk 7, "Origin of Suffering II: Steady Course," pp. 60-67

Recommended: 1981 Talk 4, "Mindfulness Discipline: Cutting the Root of Cause and Effect," pp. 22-30

Optional: *The Jewel Ornament of Liberation*, pp. 74-90

Class 7 The Antidote to Samsara: Cessation and the Path

Required: 1975 Talk 5, "Sravakayana," pp. 44-56
1975 Talk 7, "Cessation," pp. 64-73
1975 Talk 8, "The Path," pp. 74-86
1978 Talk 9, "The Path," pp. 75-86

Recommended: 1983 Talk 6, "Cessation and Path," pp. 24-32
1978 Talk 8, "Cessation," pp. 68-74

Optional: *The Jewel Ornament of Liberation*, pp. 232-256

Class 8 The Antidote to Samsara: The Three Jewels

Required: 1980 Talk 6, "Taking Refuge as Nontheistic Discipline," pp. 52-61
 1976 Talk 5, "Taking Refuge: Buddha, Dharma," pp. 32-43
 1976 Talk 6, "Taking Refuge: Sangha," pp. 44-55
 1980 Talk 8, "The Message of the Elder," pp. 74-80

Recommended: 1979 Talk 7, "Taking Refuge," pp. 53-59
 1975 Talk 2, "Dharma," pp. 10-19

Optional: *The Jewel Ornament of Liberation*, pp. 99-111

Class 9 Practising the Antidote: Shila, Samadhi, and Prajna

Required: 1979 Talk 8, "The Three Prajna Principle," pp. 60-71
 1978 Talk 2, "Satdharma I: Sila, Samadhi and Prajna," pp. 9-18
 1976 Talk 4, "Discipline," pp. 26-31
 1982 Talk 2, "The Five Precepts," pp. 12-17

Recommended: 1980 Talk 3, "The Three Gates of Discipline," pp. 25-32
 1974 Talk 3, "Taming the Mind," pp. 24-29
 1980 Talk 5, "Prajna and the Six Discoveries," pp. 41-51

Class 10 Obstacles and Antidotes in Practice

Required: 1979 Talk 3, "Six Obstacles to Shamatha Practice," pp. 20-27
 1979 Talk 4, "Eight Types of Antidotes," pp. 28-36
 1979 Talk 5, "Nine Techniques for Resting the Mind," pp. 37-45

Class 11 The Fruition of Hinayana: Individual Liberation

Required: 1979 Talk 2, "Becoming a Dharmic Person," pp. 10-19
 1980 Talk 7, "Individual Salvation and the Triratna," pp. 62-73
 1981 Talk 3, "The Threefold Logic of Individual Salvation," pp. 16-21
 1981 Talk 8, "Sravakayana and Pratyekabuddhayana," pp. 53-59

Recommended: 1976 Talk 7, "Sravakayana," pp. 56-66
 1976 Talk 8, "Pratyekabuddhayana," pp. 67-72
 1975 Talk 9, "Pratyekabuddhayana," pp. 87-99

Class 12 Exam

MAHAYANA: THE VAST YANA

Class 1 Entering the Mahayana

Reading: 1976 Talk 10, "Introduction to Mahayana"
 1981 Talk 9, "Mahayana Wakefulness: Not Taking a Break"
 1981 Talk 10, "Becoming a Mahayanist"

Recommended: 1976 Talk 16, "Faith and Renunciation"
 1980 Talk 9, "Entering the Mahayana Path"
 The Jewel Ornament of Liberation, Chapter 1

Class 2 Absolute Bodhicitta

Reading: 1978 Talk 12, "Tathagatagarbha and Bodhicitta"
 1980 Talk 10, "Sugatagarbha and the Five Categories of Mind"
 1980 Talk 11, "Absolute Bodhicitta: Basic Goodness and Naivete"
 1983 Talk 9, "Absolute Bodhicitta and Compassion"

Recommended: 1982 Talk 10, "Entering Mahayana: Sugatagarbha"
 1981 Talk 12, "Maitri and Karuna: Profound View and Vast Action"
 1981 Talk 13, "Discovering Bodhicitta"
 1984 Talk 9, "Absolute Bodhicitta"

Class 3 Relative Bodhicitta: Awakening of Tathagatagarbha, Bodhisattva Vow

Reading: 1973 Talk 15, "Discovery of Tathagatagarbha"
 1979 Talk 10, "Bodhisattva Vow"
 1981 Talk 11, "The Spiritual Friend: Relating with Gentleness"
 1980 Talk 12, "Relative Bodhicitta Practice: Tonglen"

Recommended: 1983 Talk 8, "Relative Bodhicitta"
 The Jewel Ornament of Liberation, Chapters 3, 9, 10, 11

Class 4 Lojong I: Absolute Bodhicitta Slogans, Generosity Paramita

Reading: 1979 Talk 11, "Lojong I"
 1980 Talk 13, "Paramita Practice: Generosity"

Recommended: 1982 Talk 11, "Generosity"
 1981 Talk 14, "Overcoming Hypocrisy: The Ground of Generosity"
 The Jewel Ornament of Liberation, Chapters 7, 12

Class 5 Lojong II: Relative Bodhichitta Slogans, Tonglen, Discipline Paramita

Reading: 1979 Talk 12, "Lojong II"
 1980 Talk 14, "Paramita Practice: Discipline"

Recommended: 1981 Talk 15, "Discipline"
 1983 Talk 10, "Mind Training"
 The Jewel Ornament of Liberation, Chapter 13

Class 6 Lojong III: Patience Paramita

Reading: 1979 Talk 13, "Lojong III"
 1980 Talk 15, "Paramita Practice: Patience"

Recommended: 1976 Talk 15, "Drive All Blames Into One"
 The Jewel Ornament of Liberation, Chapter 14

Class 7 Lojong IV: Exertion Paramita

Reading: 1979 Talk 14, "Lojong IV"
 1980 Talk 16, "Paramita Practice: Exertion"

Recommended: 1981 Talk 16, "Patience and Exertion"
 The Jewel Ornament of Liberation, Chapter 15

Class 8 Lojong V: Meditation Paramita

Reading: 1979 Talk 15, "Lojong V"
 1980 Talk 17, "Paramita Practice: Meditation and Prajna"

Recommended: 1982 Talk 15, "Meditation and Prajna"
 1981 Talk 17, "Meditation and Prajna"
 1978 Talk 17, "Exertion and Meditation"
 The Jewel Ornament of Liberation, Chapter 16

Class 9 Lojong VI: Prajnāparamita and Twofold Egolessness

Reading: 1979 Talk 16, "Lojong VI"
 1979 Talk 9, "Twofold Egolessness"
 1980, 1981, and 1982 talks from previous class, "Meditation and Prajna"

Recommended: 1979 Talk 17, "Guidelines of Mind Training"
 The Jewel Ornament of Liberation, Chapter 17

Class 10 Shunyata, Two Truths, Introduction to Madhyamaka and Yogachara

Readings: 1978 Talk 13, "Overcoming Kuntag"
 1975 Talk 14, "Ground Madhyamika I"
 1975 Talk 15, "Ground Madhyamika II"
 1975 Talk 16, "Kundzop and Döndam"
 1974 Talk 15, "Shunyata"

Recommended: 1973 Talk 3, "The Eight States of Consciousness"
 1975 Talk 22, "Paramita Practice"
 1976 Talk 11, "Two Truths"
 1976 Talk 15, "Drive All Blames Into One"

Class 11 Summary of Mahayana, Introduction to Vajrayana

Readings: 1976 Talk 19, "Summary of Mahayana"
 1980 Talk 18, "Egolessness and Compassion"
 Journey Without Goal, Chapters 2 and 4
 Cutting Through Spiritual Materialism, "Tantra"

Class 12 Review, Study

Class 13 Exam, Celebration