

## eTalks 2017-2018 50 Verses, 40 Tenets - Practice at the base

| STORE CONSCIOUSNESS  |  |   | MANAS   | MIND CONSCIOUSNESS   | SENSE CONSCIOUSNESS   | THE NATURE OF REALITY  | THE PATH OF PRACTICE  |  |  |
|--|--|---|---|--|---|--|---|--|--|
| Store Consciousness  | All in us  | The Quality of our Life   | Self image  | The Mind Gardener  | Sense Consciousness   | True Mind  | No Mud, no Lotus  | Looking Deeply   | Transformation at the Base   |
| Sept 16th  | Oct 14th   | Nov 18th  | Dec 16th  | Jan 20th   | Feb 24th  | March 17th   | April 21th  | May 19th   | June 16th  |
| <p><b>Intro</b></p>  | <p><b>Verse 1.</b><br/><i>Mind is a field<br/>In which every kind of seed is sown.<br/>This mind-field can also be called "All the seeds".</i></p> <p><b>Verse 2.</b><br/><i>In us are infinite varieties of seeds - seeds of samsara, nirvana, delusion, and enlightenment, seeds of suffering and happiness, seeds of perceptions, names, and words.</i></p> | <p><b>Verse 6.</b><br/><i>The quality of our life depends on the quality of the seeds that lie deep in our consciousness.</i></p> <p><b>Verse 7. 1</b><br/><i>The function of store consciousness is to receive and maintain seeds and their habit energies, so they can manifest in the world, or remain dormant.</i></p> <p><b>Verse 46.</b><br/><i>We recognize internal knots and latent tendencies so we can transform them. When our habit energies dissipate, transformation at the base is there.</i></p> | <p><b>Verse 18.</b><br/><i>The object of manas is the mark of a self found in the field of representations at the point where manas and store consciousness touch.</i></p>  | <p><b>Verse 25.</b><br/><i>Mind consciousness is the root of all actions of body and speech. Its natures are to manifest mental formations, but its existence is not continuous. Mind consciousness gives rise to actions that lead to ripening. It plays the role of the gardener, sowing all the seeds.</i></p>  | <p><b>Verse 28.</b><br/><i>Based on mind consciousness, the five sense consciousnesses, separately or together with mind consciousness, manifest like waves on water.</i></p> | <p><b>Verse 39.</b><br/><i>Interdependent manifestation has two aspects -deluded mind and true mind. Deluded mind is imaginary construction. True mind is fulfilled nature.</i></p>  | <p><b>Verse 42.</b><br/><i>Even while blooming, the flower is already in the flower. And the compost is already in the flower. Flower and compost are not two. Delusion and enlightenment inter-are.</i></p>  | <p><b>Verse 43.</b><br/><i>Don't run away from birth and death. Just look deeply into your mental formations. When the true nature of inter-dependence is seen, the truth of interbeing is realized.</i></p> | <p><b>Verse 47</b><br/><i>The present moment contains past and future. The secret of the transformation is in the way we handle this very moment.</i></p>  |
| <p><b>Tenet 23.</b><br/>We can talk of a person as a continuous and ever-changing stream of five aggregates. This stream is always flowing. It is in connection with, receives from and contributes to other streams of phenomena. We cannot speak of a person as an unchanging and permanent separate self.</p> <p><b>Tenet 3.</b><br/>Nirvāṇa is the absence of ignorance (Avidyā) and the afflictions (kleśāḥ), but not the absence of the aggregates (skandhāḥ), sense spheres (āyatanāni) and domains of existence (dhātuh)</p> | <p><b>Tenet 34.</b><br/>Store consciousness has the capacity of learning, storing, protecting, responding, nourishing, healing and continuing. Its function is to establish a database and unconscious habits of responding to situations, which makes it possible for a human being to act on 'auto-pilot'.</p>   | <p><b>Tenet 13.</b><br/>Right diligence is mindfulness trainings (morality, Śīla) and therefore is also mindfulness</p>   | <p><b>Tenet 35.</b><br/>Manas has the tendency to seek for security and long lasting pleasure. It is ignorant of the law of moderation, the danger of pleasure seeking and the goodness of suffering. It does not see the necessity for insight into impermanence, non-self, inter-being, compassion and communication.</p> | <p><b>Tenet 36.</b><br/>With the practice of mindfulness, concentration and insight, mind consciousness can learn and download its insights to Store consciousness and leave Store consciousness to do the work of maturation and then manifest the seeds of wisdom that are already innate in Store consciousness.</p> <p><b>Tenet 18.</b><br/>Free will is possible thanks to the Three Trainings.</p> | <p><b>Tenet 30.</b><br/>A dharma is not a thing, an entity, but a process, an event and above all an object of mind.</p>  | <p><b>Tenet 15.</b><br/>The awareness of suffering helps us recognize the existing conditions of happiness and also helps prevent the creation of wrong actions and the planting of negative seeds that will bring about suffering.</p> <p><b>Tenet 25.</b><br/>Happiness and suffering inter-are. Affliction and enlightenment are both of an organic nature.</p> | <p><b>Tenet 8.</b><br/>The concentrations on emptiness, signlessness and aimlessness help us to touch Nirvāṇa and the Unconditioned</p> <p><b>Tenet 27.</b><br/>Since the afflictions (kleśāḥ) and the awakening (Bodhi) are of an organic nature, the practice needs to be constant in order for transformation to continue and for regression not to take place. Samsāra is a continuation and the beautiful and wholesome things need to be continued for as long as possible, while the not beautiful and unwholesome need to be transformed so that they do not continue. The compost has to be used to nourish the flowers.</p> <p><b>Tenet 17.</b><br/>The Third Noble Truth can be called the truth of happiness.</p> | <p><b>Tenet 32.</b><br/>There is no self but still there is the cycle of birth and death, there is inter-continuation and the nature of all inter-continuation is interbeing.</p>                            | <p><b>Tenet 5.</b><br/>It is possible to touch Nirvāṇa in the present moment.</p> <p><b>Tenet 11.</b><br/>Mindfulness, concentration and insight are the essential practices that give rise to liberation.</p> <p><b>Tenet 14.</b><br/>Mindfulness, concentration and insight include each other. All three have the capacity to bring joy, happiness and liberation</p> |

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| <u>Understanding our Mind</u><br>Part I<br>Store Consciousness<br>p. 23                                 | <u>Understanding Our Mind</u><br>#1 Mind is a Field<br>#2 Every kind of Seed<br>p. 25-29 | <u>Understanding Our Mind</u><br>#6 The Quality of the Seeds  | <u>Understanding Our Mind</u><br>#18 The Mark of a Self   | <u>Understanding Our Mind</u><br># 25 The Gardener   | <u>Understanding Our Mind</u><br>#28 Waves upon the Water<br>#29 Direct Perception              | <u>Understanding Our Mind</u><br>#39 True Mind  | <u>Understanding Our Mind</u><br>#42 Flower and Garbage                   | <u>Understanding Our Mind</u><br>#43 Interbeing                | <u>Understanding Our Mind</u><br>#7 Habit energies<br>#46 Transformation at the Base                                |
| <u>Buddha Mind, Buddha Body</u>   | <u>Buddha Mind, Buddha Body</u><br>p. 5 How the Mind works                               | <u>Buddha Mind, Buddha Body</u>   | <u>Buddha Mind, Buddha Body</u><br>p. 31 The River of Consciousness   | <u>Buddha Mind, Buddha Body</u><br>p. 22 Our Tangled Mind<br>p. 24 The Three Natures of Awareness<br>p. 67 Your chance for Free Will | <u>Buddha Mind, Buddha Body</u><br>p. 9 How the Four Consciousness interact<br>p.9              | <u>Buddha Mind, Buddha Body</u><br>p. 19 The Wave and the Water<br>p. 26 Using the Mind to Observe the Mind | <u>Buddha Mind, Buddha Body</u><br>p. 85 The Habit of Happiness           | <u>Buddha Mind, Buddha Body</u><br>p. 72 No Birth and No Death | <u>Buddha Mind, Buddha Body</u><br>p. 41 The Particular Mental Formations<br>Mindfulness, concentration and insight |
| <u>The Heart of the Buddha's Teachings</u><br>p. 3 -Entering the Heart of the Buddha<br>p. 9 Right View | <u>The Heart of the Buddha's Teachings</u>   | <u>The Heart of the Buddha's Teachings</u><br>p. 99 Right Diligence                                   | <u>The Heart of the Buddha's Teachings</u>  | <u>The Heart of the Buddha's Teachings</u><br>p. 64 Right Mindfulness  | <u>The Heart of the Buddha's Teachings</u>  | <u>The Heart of the Buddha's Teachings</u>  | <u>The Heart of the Buddha's Teachings</u>                                | <u>The Heart of the Buddha's Teachings</u>                     | <u>The Heart of the Buddha's Teachings</u>  |
| <u>The Path of Emancipation</u>   | <u>The Path of Emancipation</u>  | <u>The Path of Emancipation</u>   | <u>The Path of Emancipation</u>   | <u>The Path of Emancipation</u>  | <u>The Path of Emancipation</u>   | <u>The Path of Emancipation</u><br>p. 197 Throwing Away Notions   | <u>The Path of Emancipation</u>   | <u>The Path of Emancipation</u>                                | <u>The Path of Emancipation</u>   |
| <u>No Mud, no Lotus</u><br>p. 10 Intro  |  | <u>Peace is Every Step</u><br>p. 73 Nourishing Healthy Seeds  |   |  |   |   | <u>No mud, no lotus</u><br>p. 11 Suffering and Happiness are not separate | <u>No Fear, no Death</u><br>p. 12 No Coming. No Going          |   |
| <u>Meditation</u><br>Beginning Anew   | <u>Meditation</u><br>Consciousness   | <u>Meditation</u><br>Smiling Meditation for embracing and transforming negative and positive emotions | <u>Meditation</u><br>- The Blooming of a Lotus<br>#22 Looking deeply Mental formations<br>- Immeasurable Self | <u>Meditation</u><br>-Mental Formation<br>-Consciousness: The Gardener   | <u>Meditation</u><br>The Blooming of a Lotus<br>#7 Touching – Healing<br>#8 Touching-Connecting | <u>Meditation</u><br>Transcending our wrong perceptions   | <u>Meditation</u><br>Happiness in myself                                  | <u>Meditation</u><br>Two dimensions, historical and ultimate   | <u>Meditation</u><br>Habit Energy   |