

September 3, 2005

PROPHETIC TOPIC

EMPTINESS WHOSE ESSENCE IS COMPASSION

FORMAT

OPENING REMARKS AND INTRODUCE GUEST

LOVE AND LIGHT, I'M REV. PHIL AND I'M YOUR HOST FOR "WORDS OF THE PROPHETS." TODAY'S SHOW IS ANOTHER IN A SERIES OF SHOWS BEING DONE WITH THE INTENT OF INTRODUCING YOU, THE LISTENING AUDIENCE, TO A SET OF SPIRITUAL TOOLS THAT COULD BE UTILIZED IN YOUR DAILY LIFE. THIS MORNING I WILL BE DISCUSSING A TIBETAN BUDDHIST PRACTICE ENTITLED ATISHA'S 7 POINTS OF MIND TRAINING. THIS MORNING'S PROPHETIC TOPIC IS "EMPTINESS WHOSE ESSENCE IS COMPASSION". THIS LINE IS FROM A SEGMENT OF "ATISHA'S PITH SAYING", COMPILED AND TRANSLATED BY ROBERT THURMAN IN HIS BOOK "ESSENTIAL TIBETAN BUDDHISM". THE SEGMENT READS AS FOLLOWS: "AGAIN THEY ASKED, "WHAT IS THE HIGHEST TEACHING OF THE PATH?" ATISHA REPLIED, "THE HIGHEST SKILL LIES IN THE REALIZATION OF SELFLESSNESS. THE HIGHEST NOBILITY LIES IN TAMING YOUR OWN MIND. THE HIGHEST EXCELLENCE LIES IN HAVING THE ATTITUDE THAT SEEKS TO HELP OTHERS. THE HIGHEST PRECEPT IS CONTINUAL MINDFULNESS. THE HIGHEST REMEDY LIES IN UNDERSTANDING THE INTRINSIC TRANSCENDENCE OF EVERYTHING. THE HIGHEST ACTIVITY LIES IN NOT CONFORMING WITH WORLDLY CONCERNS. THE HIGHEST MYSTIC

REALIZATION LIES IN LESSENING AND TRANSMUTING THE PASSIONS. THE HIGHEST CHARITY LIES IN NONATTACHMENT. THE HIGHEST MORALITY LIES IN HAVING A PEACEFUL MIND. THE HIGHEST TOLERANCE LIES IN HUMILITY. THE HIGHEST EFFORT LIES IN ABANDONING ATTACHMENT TO WORKS. THE HIGHEST MEDITATION LIES IN THE MIND WITHOUT CLAIMS. THE HIGHEST WISDOM LIES IN NOT GRASPING ANYTHING AS BEING WHAT IT APPEARS TO BE."
"AND WHAT IS THE ULTIMATE GOAL OF THE TEACHING?" "THE ULTIMATE GOAL OF THE TEACHING IS THAT EMPTINESS WHOSE ESSENCE IS COMPASSION."

BEFORE WE GET STARTED WITH OUR DISCUSSION LET ME REMIND YOU THAT WE WANT AND NEED TO HEAR FROM YOU. PLEASE CALL US AT 428-1382.

1. ATISHA'S 7 POINTS OF MIND TRAINING (MARTIN MELLISH - LOJONG MIND TRAINING). THE CORE PRACTICE OF THE SEVEN POINTS OF MIND TRAINING INVOLVES TAKING ON OTHERS' SORROW AND PAIN AND SENDING THEM YOUR JOY; NOT AS A MASOCHISTIC PRACTICE BUT WITH THE AIM OF GETTING AWAY FROM THE SELF-CENTEREDNESS AND SELF-SEEKING THAT CAUSE US SO MUCH PAIN. THESE PRACTICES WERE BROUGHT TO TIBET IN THE ELEVENTH CENTURY BY THE INDIAN BUDDHIST TEACHER ATISHA WHO WAS BORN IN 980/2 A.D., ENTERED TIBET IN THE YEAR 1038 AND DIED IN 1052/4 A.D.

THE SEVEN POINTS CONSIST OF A TOTAL OF 57 PROVERBS.

1st. PRELIMINARIES

01. TRUTH (GOD), PRAYER & MEDITATION

a) THE PRECIOUSNESS OF HUMAN LIFE

b) DEATH AND IMPERMANENCE

c) ACTIONS AND THEIR RESULTS

d) THE UNSATISFACTORY NATURE OF THE CYCLE OF EXISTENCE

2nd. THE PRACTICE

01. TREAT EVERYTHING YOU PERCEIVE AS A DREAM

02. FIND THE CONSCIOUSNESS YOU HAD BEFORE YOU WERE BORN

03. LET EVEN THE REMEDY ITSELF DROP AWAY NATURALLY

04. STAY IN THE PRIMEVAL CONSCIOUSNESS, THE BASIS OF EVERYTHING

05. BETWEEN MEDITATIONS, TREAT EVERYTHING AS AN ILLUSION

06. AS YOU BREATHE IN, TAKE IN AND ACCEPT ALL THE SADNESS, PAIN, AND NEGATIVITY OF THE WHOLE WORLD, INCLUDING YOURSELF, AND ABSORB IT INTO YOUR HEART. AS YOU BREATHE OUT, POUR OUT ALL YOUR JOY AND BLISS; BLESS THE WHOLE OF EXISTENCE

07. UNDERSTAND YOUR ATTACHMENTS, YOUR AVERSIONS, AND YOUR INDIFFERENCE, AND LOVE THEM ALL

08. APPLY THESE PROVERBS IN EVERYTHING YOU DO

09. WHEN PRACTICING UNCONDITIONAL ACCEPTANCE, START WITH YOURSELF

3rd. USING ADVERSITY TO WAKE UP

- 01. WHEN EVERYTHING GOES WRONG, TREAT DISASTER AS A WAY TO WAKE UP**
- 02. TAKE ALL THE BLAME YOURSELF**
- 03. BE GRATEFUL TO EVERYONE**
- 04. DON'T WORRY- THERE'S NOTHING REAL ABOUT YOUR CONFUSION**
- 05. WHEN SOMETHING UNEXPECTED HAPPENS, IN THAT VERY MOMENT, TREAT IT AS A MEDITATION**

4th. LIFE AND DEATH

- 01. WORK WITH THE FIVE FORCES**
 - a) BE INTENSE, BE COMMITTED**
 - b) FAMILIARIZATION - GET USED TO DOING AND BEING WHAT YOU WANT TO DO AND TO BE**
 - c) CULTIVATE THE WHITE SEEDS, NOT THE BLACK ONES**
 - d) TURN TOTALLY AWAY FROM ALL YOUR EGO TRIPS**
 - e) DEDICATE ALL THE MERITS OF WHAT YOU DO FOR THE BENEFIT OF OTHERS**
- 02. PRACTICE THESE FIVE FORCES AND YOU ARE READY FOR DEATH AT ANY MOMENT**

5th. YARDSTICKS

- 01. ALL TEACHINGS HAVE THE SAME GOAL**
- 02. FOLLOW THE INNER WITNESS RATHER THAN THE OUTER ONES**
- 03. ALWAYS HAVE THE SUPPORT OF A JOYFUL MIND**
- 04. PRACTICING EVEN WHEN DISTRACTED IS GOOD TRAINING**

6th. COMMITMENTS

- 01. ALWAYS OBSERVE THESE THREE POINTS**
 - a) REGULARITY OF PRACTICE**
 - b) NOT WASTING TIME ON THE INESSENTIAL**
 - c) NOT RATIONALIZING OUR MISTAKES**
- 02. CHANGE YOUR ATTITUDE, BUT STAY NATURAL**
- 03. DO NOT DISCUSS DEFECTS**
- 04. DON'T WORRY ABOUT OTHER PEOPLE**
- 05. WORK ON YOUR GREATEST IMPERFECTION FIRST**
- 06. ABANDON ALL HOPES OF RESULTS**
- 07. GIVE UP POISONOUS FOOD**
- 08. DON'T BE CONSISTENT**
- 09. DON'T INDULGE IN MALICIOUS GOSSIP**
- 10. DON'T WAIT IN AMBUSH**
- 11. DON'T STRIKE AT THE HEART**
- 12. DON'T PUT THE YAK'S LOAD ON THE COW**
- 13. REMEMBER - THIS IS NOT A COMPETITION**
- 14. DON'T BE SNEAKY**
- 15. DON'T ABUSE YOUR DIVINE POWER FOR SELFISH REASONS**
- 16. DON'T EXPECT TO PROFIT FROM OTHER PEOPLE'S MISFORTUNE**

7th. GUIDELINES

- 01. IN ALL YOUR ACTIVITIES, HAVE A SINGLE PURPOSE**
- 02. SOLVE ALL PROBLEMS BY ACCEPTING THE BAD ENERGY AND SENDING OUT THE GOOD**
- 03. RENEW YOUR COMMITMENT WHEN YOU GET UP AND BEFORE YOU GO TO SLEEP**
- 04. ACCEPT GOOD AND BAD FORTUNE WITH AN EQUAL MIND**
- 05. KEEP YOUR VOWS EVEN AT THE RISK OF YOUR LIFE**
- 06. RECOGNIZE YOUR NEUROTIC TENDENCIES, OVERCOME THEM, THEN TRANSCEND THEM**
- 07. FIND A TEACHER, TAME THE ROVING MIND, CHOOSE A LIFESTYLE THAT ALLOWS YOU TO PRACTICE**
- 08. LOVE YOUR TEACHER, ENJOY YOUR PRACTICE, KEEP YOUR VOWS**
- 09. FOCUS YOUR BODY, MIND, AND SPIRIT ON THE PATH**
- 10. EXCLUDE NOTHING FROM YOUR ACCEPTANCE PRACTICE: TRAIN WITH A WHOLE HEART**
- 11. ALWAYS MEDITATE ON WHATEVER YOU RESENT**
- 12. DON'T DEPEND ON HOW THE REST OF THE WORLD IS**
- 13. IN THIS LIFE, CONCENTRATE ON ACHIEVING WHAT IS MOST MEANINGFUL**

- 14. DON'T LET YOUR EMOTIONS DISTRACT YOU, BUT BRING THEM TO YOUR PRACTICE**
- 15. DON'T LET YOUR PRACTICE BECOME IRREGULAR**
- 16. TRAIN WHOLEHEARTEDLY**
- 17. FREE YOURSELF BY FIRST WATCHING, THEN ANALYZING**
- 18. DON'T FEEL SORRY FOR YOURSELF**
- 19. DON'T BE JEALOUS**
- 20. STAY FOCUSED**
- 21. DON'T EXPECT ANY APPLAUSE**