

LAM RIM REVIEW 03.25.25

SESSION 1 REVIEW

- **WHAT IS LAM RIM?**
- **WHY STUDY LAM RIM?**
- **HOW DO YOU KNOW LAM RIM IS VALID?**
- **HOW DO YOU KNOW LAM RIM IS RIGHT FOR YOU?**
- **IF THIS ALL MAKES SENSE, THEN WHAT?**

- **WHAT IS LAM RIM?**
 - Definition
 - Lam = path
 - Rim = stages
 - Path to what?
 - Enlightenment
 - What is enlightenment?
 - Free from the obstacle ignorance
 - Free from the obstacle of ignoring the well-being of others
 - Awakened
 - Purified
 - Expanded
 - What are the stages?
 - Steps to clear the obstacles
 - Heart Sutra
 - Perfection of Wisdom
 - Wisdom is about actual reality
 - Totally opposed to negative emotions
 - Which are based on misunderstanding of reality
 - Gate. Gate.
 - Means moving forward
- **WHY STUDY LAM RIM?**

- Lam Rim is always green, always relevant
- It is useful at every stage of spiritual development
 - From simple practice to Vajrayana
- It is the counter to negative emotions
- It overcomes self-cherishing and ego-grasping
 - The sense that I am more important and have a right to ignore the welfare of others
- It leads to unconditional love and compassion for all beings
- It makes your practice perfect
- It is the pathway to enlightenment
- Why should we seek enlightenment?
 - Compassion for self can handle negative emotions
 - But without compassion for others, it is hard to find happiness for oneself
- With the wisdom of enlightenment, you will know how to truly help
- Enlightenment seems far
 - But you can find small enlightenment in being useful and helpful
- Why are we not enlightened?
 - Because of ignorance, we don't really know what we want
 - Instead, we are overshadowed by attachment and anger
 - That give rise to jealousy, envy, stinginess

HOW DO YOU KNOW LAM RIM IS VALID?

- Lam Rim combines two lineages: wisdom and compassion
 - Nargarjuna – wisdom
 - Asanga - compassion
- Atisha: Lamp for the Path to Enlightenment
- Day 10: Pabongka. Liberation in the Palm of Your Hand: A Concise Discourse on the Path to Enlightenment
 - This is not false, invented Dharma, because it is the pith of authentic oral teachings.
 - This is not foolish talk, because it comes from classical texts by the great champions.
 - This is not a shimmering mirage, because saintly scholars and adepts have experienced it.

- This is not a perilous cliff, because it is the highway to highest enlightenment.
 - Trust but verify.
- **HOW DO YOU KNOW LAM RIM IS RIGHT FOR YOU?**
 - Lam Rim is a practice for the wise practitioner
 - Someone who can think and analyze
 - Look at your own mind and decide for yourself
 - There are many practices
 - If you are intelligent, you will know that praying won't fix these problems
 - If you want to rid yourself of negative emotions
 - If you look at Buddha's teachings and they sound right
 - Train your self
 - Respect virtuous deeds
 - Avoid non-virtuous deeds
 - Don't cheat yourself and others
 - You have to meditate, but meditation alone won't solve all the problems
 - You need wisdom – That is Buddhadharma
- **IF THIS ALL MAKES SENSE, THEN WHAT?**
 - If believe in the need for wisdom and compassion, you are taking refuge
 - Refuge in the three jewels: Buddha, dharma and sangha
 - Why is Buddha the right teacher?
 - ◆ Totally compassionate
 - ◆ Helping others without discrimination
 - ◆ All his words were trying to help others
 - Dharma is teaching based on fact
 - ◆ You can test and determine for yourself
 - Sangha are the honest and compassionate people who practice dharma
 - ◆ The right friends
 - All problems are solved by Buddha's practice
 - Refuge is mainly in dharma
 - Buddha gives the medicine
 - Sangha helps practice

- **The first step in Lam Rim is relying on the guru or teacher**
 - What is guru?
 - Buddha is the source of the teaching / guru is the source of Buddha's teaching
 - If the teaching make sense and you are interested and curious to know more
 - You are ready
 - A teacher is important to help you move forward and improve
 - The right teacher will help you get to the right place
 - The wrong guru will get you to the wrong place
 - No teacher / no place
 - The right teacher will not let you down of leave you behind