

LAM RIM SESSION 2 REVIEW

Meeting Summary for Demo Rinpoche - Neverending Lamp of Liberation: A Modern Lam Rim

Apr 01, 2025

Overview

- Demo Rinpoche discussed the importance of finding a right Guru and practicing teachings correctly.
- He also discussed the qualities of a good teacher and the qualities of a student.
- He emphasized:
 - the importance of compassion in a teacher-student relationship
 - the need for an open mind when entering the practice of Buddha dharma,
 - the significance of patience, commitment, and perseverance in one's practice.

Meditation and Visualization in Lam Rim

- Demo Rinpoche discussed the importance of meditation and visualization in this course.
- He explained that the Ganden Lhagyema recited at the beginning of each sessions provides an opportunity for meditation and visualization.

References and Support for this Teaching

- He also touched on the various forms of Lam Rim written by Tsongkhapa and others.
- Many of those Lam Rims contain preliminary instructions.
- Rinpoche mentioned the possibility of a separate session to cover preliminary practices
- He suggested using Gelek Rinpoche's book "Odyssey to Freedom" as a resource.
- He also mentioned the teachings of the Dalai Lama and Pabongka Rinpoche's book "Liberation in the Palm of Your Hand" as potential supports for this teaching.

Respecting All Religions and Mental Teachings

- Demo Rinpoche emphasized the role of a guru as a role model and the need to focus on the quality of the teacher and their teachings rather than focusing on their material possessions and mundane attributes.
- Rinpoche also highlighted the importance of respecting all religions and using one's own mind to make decisions, rather than blindly following a guru's views.

Role Models and Right Practices

- Rinpoche emphasized that a guru should be someone who teaches compassion, wisdom, and helps others, rather than someone who seeks personal gain.
- He also highlighted the importance of having a right practice alongside a right guru, as having a wrong guru or practice can lead to negative consequences.
- He used the example of a group of people who followed a wrong guide and lost their way, leading to disastrous consequences.

The Right Guru and the Right Dharma

- Rinpoche explained the difference between a regular teacher such as a carpentry instructor or a chef and a spiritual teacher, with the latter having a more significant, long-term role in one's life.

- He also highlighted the significance of dharma teachings as being still alive and relevant today.

Faith in Meditation and Guru Relationships

- Demo Rinpoche discussed the importance of long-term relationships with gurus and the need for faith in one's practice.
- He emphasized that faith is crucial before meditation and that one should believe in the practice to benefit from it.
- He also highlighted the need to find a trustworthy guru and to have confidence in their teachings.
- He further explained that without faith, one's practice would be weak and not beneficial.

Qualities of a Trustworthy Guru

- Rinpoche explained that a guru should be someone with moral discipline, mindfulness, and the ability to analyze and improve themselves.
- The key qualities a guru should possess include the three higher trainings of morality, mindfulness, and wisdom, as well as being compassionate and enthusiastic to teach.
- He stressed that morality is particularly crucial, as an immoral Guru can lead to significant problems for the follower.
- He also stressed that a teacher should teach to help their students, not for personal improvement.

Qualities of the Student: Embracing an Open Mind in Practicing Dharma

- Demo Rinpoche discussed the importance of having an open mind when studying and practicing Dharma.
- He emphasized the need to be unbiased and emotionally flexible, allowing for growth and understanding.
- He also highlighted the importance of having a conscientiousness to differentiate right from wrong, using the example of student misunderstanding a lama's statement about killing snakes.
- The overall message was that one should have their own wisdom and capacity of mind to truly understand and practice Dharma.

Qualities of the Student: Patience, Commitment, and Perseverance in Lam Rim

- Rinpoche emphasized the importance of patience, commitment, and perseverance in one's practice.
- He highlighted that the practice of Lam Rim is a life-long practice, should be continued until the end, regardless of the time it takes.
- He also stressed the need to reflect on one's own heart and thoughts, and to use the teachings to improve oneself.

The Importance of Asking Questions

- Rinpoche emphasized the importance of reviewing and asking questions about the teachings.
- He also shared their personal experience of having a dream where his tutor came to his house, which led him to realize the answers to all his questions could be found in the

writings of Tsongkhapa and others and that if he had difficulty in understanding, he could ask his own teacher.

Recommended next steps

- Seek out teachers who demonstrate compassion, morality, and enthusiasm for teaching.
- Cultivate an open mind while maintaining the ability to differentiate right from wrong.
- Practice patience and maintain long-term commitment to their spiritual practice.
- Students to focus on applying the teachings to improve themselves rather than just performing rituals.
- Regularly review and study the teachings.
- Develop a strong desire to learn and actively engage in teachings.
- Show respect for the Dharma and pay attention during teachings.