




Course 1: The Principal Teachings of Buddhism
Level 1 of the Steps to Buddhahood



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**Class 5:
What is Samsara and Renunciation?**



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Class Objectives

- Understand what samsara is and how it is related to renunciation.
- Know the two steps to stop desire for this life.
- List the eight worldly thoughts/things

The First Path: Renunciation

ངེས་འབྱུང་།
ngenjung

“There’s no way to end, without pure renunciation, this striving for pleasant results in the ocean of life.”

འཁོར་བ།
korwa

Cyclic Life - Samsara

sakche **nyerlen** gyi **pungpoy** gyun **yagne yangdu** lenpa ni korwa **yin**

stain/impurity **taken on** of **heaps/piles** stream **again and again** take **that's what** samsara **it is**

Samsara is the condition of having to take on, over and over again, a stream of impure parts (heaps) which were forced on you.

Renunciation and Samsara

- Renunciation means not wanting our samsaric dissatisfactory condition.
- Liberation is to be born with pure parts.

What keeps us in samsara?

le **nyun** gyi ching

karma **bad thought** by chained

We are chained by our bad thoughts and karma.

Two Meditations to Eliminate Desire for this life

དལ་འབྱོར་དོན་ཆེ་རྣམས་དཀའ།

delnjoj dunche nyeka

ཆེ་བ་མི་ཉག་པ།

chiwa mitakpa

Meditation One

དལ་འབྱོར་དོན་ཆེ་རྣམས་དཀའ།

delnjoj dunche nyeka

Consider the difficulty of finding a life with
leisure and fortune.

Meditation Two

ཧི་བ་མི་དྭགས།
chiwa mitakpa

Consider the inevitability and certainty of death.

Eight Worldly Thoughts

Being Happy when...

- Get something
- Feel good
- Become well known
- Someone speaks well of us

Being Unhappy when...

- Don't get something
- Don't feel good
- We aren't well known
- Someone doesn't speak well of us

Homework #5

- Questions
- Memorization: memorize the first verse of the Three Principal Paths
- Meditation: Fifteen minutes each day analytical meditation on the eight worldly thoughts

(Remember to record date and time of meditation.)
