

Three Higher TRAININGS for Dummies

Class 1

Buddhism for Beginners
with registered FPMT
teacher Miffi Maxmillion

1

Topics for the Course

- The Three Higher Trainings
- How they make our life better right now
- How they can completely overcome all problems and thus end our suffering forever!




2


Three Higher TRAININGS

1. How cultivating **ethics** creates happiness
2. Overcoming distraction with **concentration**
3. Destroy negative seeds with **wisdom**


- Higher because they aim higher than just having a good life
- Goal of personal liberation and enlightenment for all
- With all three we can cut the root of suffering forever



3



Higher Training in Ethics



If a container is broken how can it hold anything? If our ethics are broken, how can we develop positive qualities.

-- Nagarjuna

4

How Do We Get Our Ethics?

- Ethical conduct means **restraining from harm**
- Abandon harmful physical and verbal actions
- We cannot legislate for morals, only behaviour
- Main motivation must be the determination to become completely free from cyclic existence
- Keeping ethics becomes happiness itself

- ✓Vows (marriage, citizen, religious)
- ✓Professional code of conduct
- ✓Laws of the land



5



6

Who Says I Can't Do That?!

- NATURAL misdeeds** are universally recognised actions that cause harm or suffering



- PROSCRIBED misdeeds** are not inherently bad, but can lead to destructive behaviour



- BODY** killing, stealing, sexual misconduct
- SPEECH** lying, divisive, harsh, meaningless
- MIND** covetous, malice, distorted views




7

How to Embody Your Ethics

Body


1. Protect life
2. Share things
3. Stay faithful



When in company, watch your body and speech

Speech


4. True
5. Harmonious
6. Gentle
7. Useful



When alone, watch your mind

Mind

8. Contentment
9. Kindness
10. Curiosity



8



Cultivate Equanimity

Developing an equal affection towards all

9

Ethics – How to Act?




- Friends with ethics!
- Part of the solution or part of the problem? Be active in civil society
- Become incorruptible by practicing humility
- Harm minimisation, not retaliating, is powerful
- Catch out any “spiritual materialism”

- Proudly uphold your code of conduct
- Wear your superpower cape of ethical standards
- We can all become an *inner* professional



10




SUMMARY

Our **core strength** is ethics, the foundation for achieving everything that we want to


Restraining harmful physical and verbal behaviour

Inner watcher, our innate sense of fairness, becomes our inner buddha eyes

11



Higher Training in Concentration



Once we begin, we should continue every day until we reach our goal. If conditions are perfect, we can do this in as little as three months or so.

--Gelek Rinpoche

12

What is Concentration?

- Concentration is a mental factor that is capable of abiding **one-pointedly on an object of virtue** without distraction.
- ✓ It results in mental and physical pliancy
- ✓ It is naturally blissful
- ✓ It engenders good qualities
- ✓ It benefits others

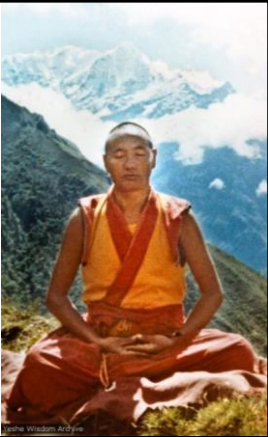


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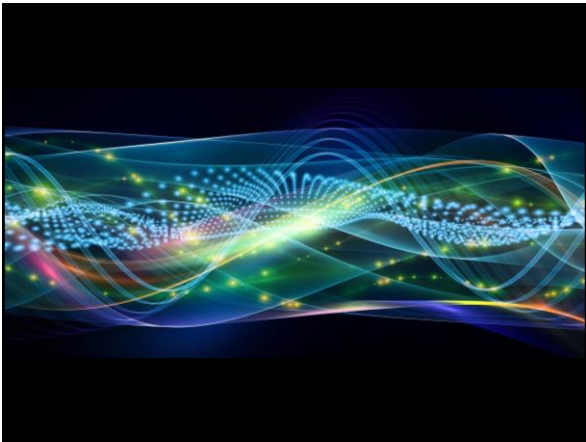
Obstacles and Antidotes

Main obstacles to *samadhi*:

1. Laziness
2. Forgetfulness
3. Mental wandering and depression
4. Not correcting problems when they arise
5. Over-applying the antidotes



14



15

Concentration – Practices



- Physical solitude, free of social media, pets, lists, alcohol or drugs
- Mental solitude, free of rumination on objects of lust or hatred
- The real holiday is the mind free of delusion!
- Chose a virtuous object of meditation to focus on
- Avoid the allure of laxity or excitement
- Rather than lengthen the time – aim for stability, clarity, and intensity (quality over quantity)



16



17



18




SUMMARY

Concentration must always be informed by love, an altruistic or higher purpose


It's opposite to **attention capture**, our daily external dominance by the senses.

Meditation on Buddha as a **mirror** of your potential

19



Higher Training in Wisdom




We are at the centre of all our troubles. It is therefore best to work at understanding our true nature first.

-- HH the Dalai Lama

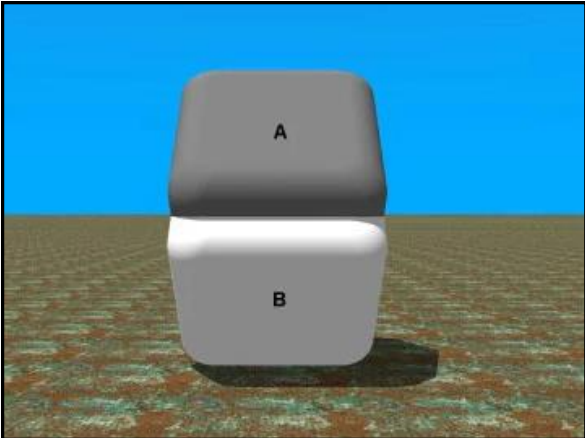
20

Where Do We Start With Wisdom?


- All phenomena arise by the collection of many conditions together. Because of the collection of many conditions, there is no inherence
- We confuse the dual nature of reality; relative and ultimate. This is the root of all our suffering
- Things (problems) do not exist in the way they first appear



21



22




Don't Do Cognitive Fusion!


Fusing the behaviour with the person

- Person acting badly = a bad person
- A bad child? A suffering child?
- A potential buddha screaming to become free?

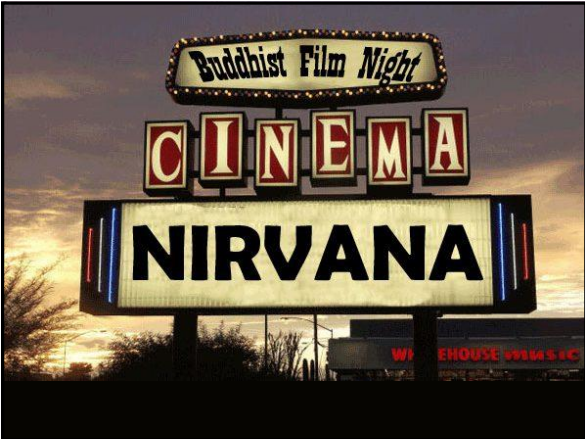
Cognitive deficit:
In a difficult situation, we are blind to any benefit, so cannot change



Cognitive hyperactivity:
In a pleasant situation, overestimate enjoyment, forget the consequences





23



24

Wisdom – Re-education

- Discrepancy between appearance and reality
- Remember - *don't do cognitive fusion!*
- Work on your own mind first, rather than on abstract philosophy
- Wisdom of selflessness (no *inherent* self)



25



SUMMARY

Wisdom recognises our **connection** with all others
It is the **support** underlying all our good qualities of compassion and kindness
The wisdom realising emptiness (**ultimate nature of reality**) is the only thing that cuts suffering at the root

26

Further Reading on the Three Higher Trainings



27