

## Introduction to Buddhist Practice

November 11, 2006

10 am to 4 pm

Rosary Hall, Daemen College

4380 Main St., Amherst, NY 14226

\$50

To register, please contact Amitabha Foundation at 585-442-5853 or [info@amitabhafoundation.org](mailto:info@amitabhafoundation.org).

The text that will be used for this introduction to Buddhist practice is a classic work composed by a Tibetan monk in the XIII Century. The language is clear and not overly technical. The text consists of thirty-seven verses applicable to our daily life and spanning the full range of Buddhist teachings. Participants will take from this brief seminar a taste of Buddhist motivation and tools with which to work on your own mind.

### The Thirty-Seven Bodhisattva Practices

Buddha is a title. It means "Awakened". It refers not only to a great figure who lived 2,500 years ago, but also to the primordially aware nature of our mind. There is no one who lacks this nature, who in truth is not a Buddha already but just does not know it.

The teachings of the Dalai Lama and all Buddhist teachers are methods that lead us to realize our Buddha nature. Paradoxically, although we all have this pure nature our actions, speech and thought do not comport with our nature and sadly are marked by dissatisfaction ranging from mild anxiety to great suffering. The gradual realization of our Buddha nature is the end of suffering.

The cause of Buddha-hood is training the mind in the mind of awakening (Bodhi-citta; literally, Awakening Mind). Bodhi-citta is the subject of the Dalai Lama's favorite book, *Entering the Bodhisattva Path* by Shantideva. This book is considered to be the core of Tibetan civilization. One who is on the path to Buddha-hood trains the mind in Bodhi-citta and is called a Bodhi-sattva (Awakening Being).

The practices of a Bodhi-sattva train the mind in the great cause of Buddha-hood, the source of all benefit and happiness. These teachings have benefited millions of people over centuries. They work to this day and are accessible by ordinary lay Americans who are unschooled in Tibetan culture or Buddhist philosophy. They work by transforming our habit of selfish clinging to one of a broader view and scope.

This workshop will include a combination of lecture, discussion and meditation and is appropriate for people at all levels of experience with Buddhist thought and practice – from beginner to more advanced.