



Complete Buddhist Path of Enlightenment

Developing the wish to attain liberation



1 Recap of what we have learnt on the Path to Enlightenment under Initial Scope

1.1 Stages of Path – actual practice



1.1A Stages of Path – actual practice



Those who seek mainly world happiness (*initial scope*)

Finding happiness in this life only

Striving for a better rebirth in upper realms in future lives

(thru' practise of LAMRIM) – See 1.2

1.2 Overview of course – Passport to rebirth in upper realms



Striving for a better rebirth in upper realms in future lives (*thru' practise of LAMRIM*)

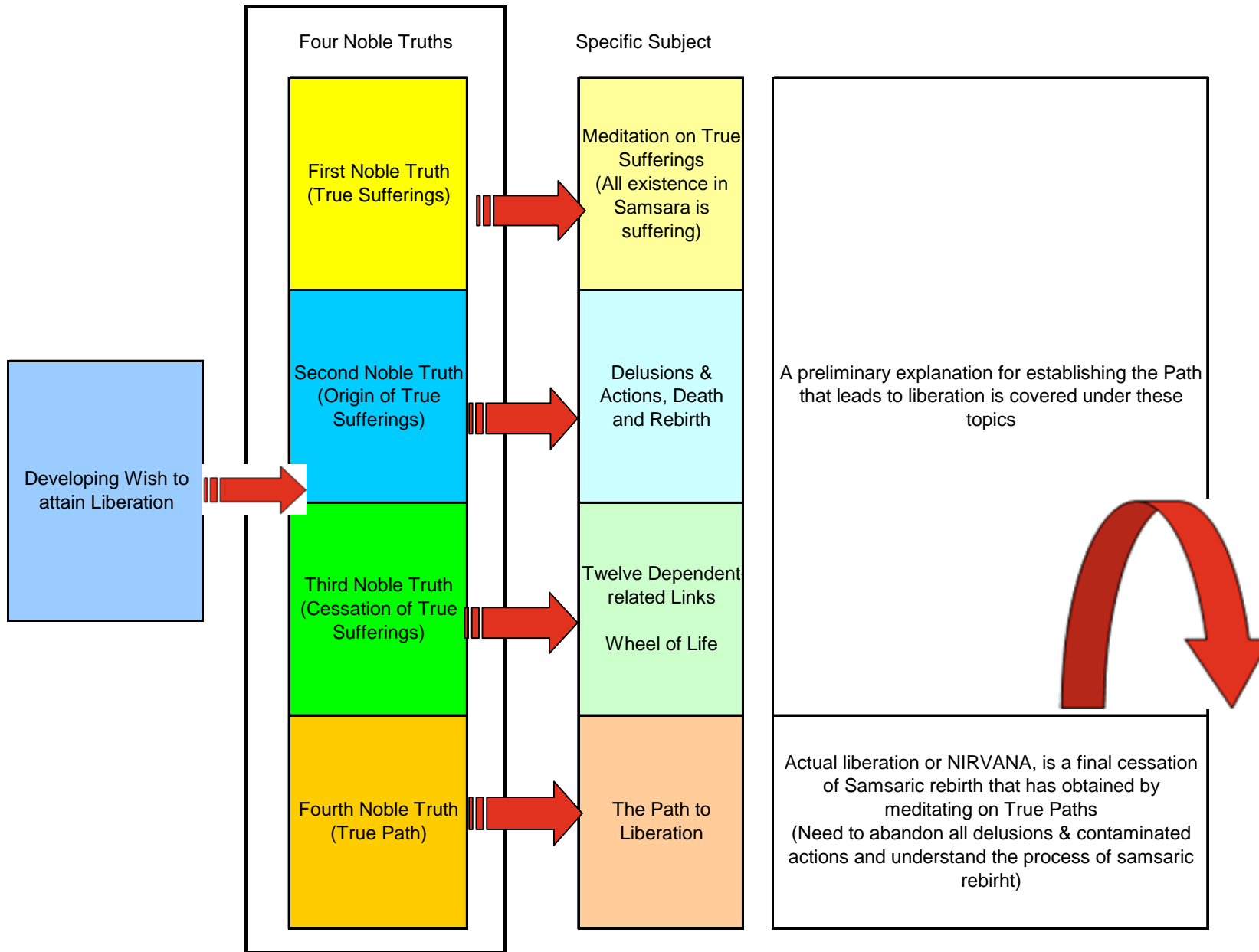
Understand and meditate on the following topics:

- Our precious human life*
- Meditation on Death*
- The Sufferings of Lower Realms*
- Going for refuge*
- Karma*



2

What Dharma talks are covered under
Intermediate Scope





3

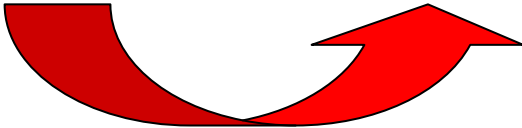
*An overview of the intermediate
path to enlightenment*



3.1 Liberation Vs Enlightenment

Practicing 3 higher stages of:
Morality / Virtues
Concentration
Wisdom

With Bodhichitta Aspiration



Buddhahood (Mahayana)
Enlightenment

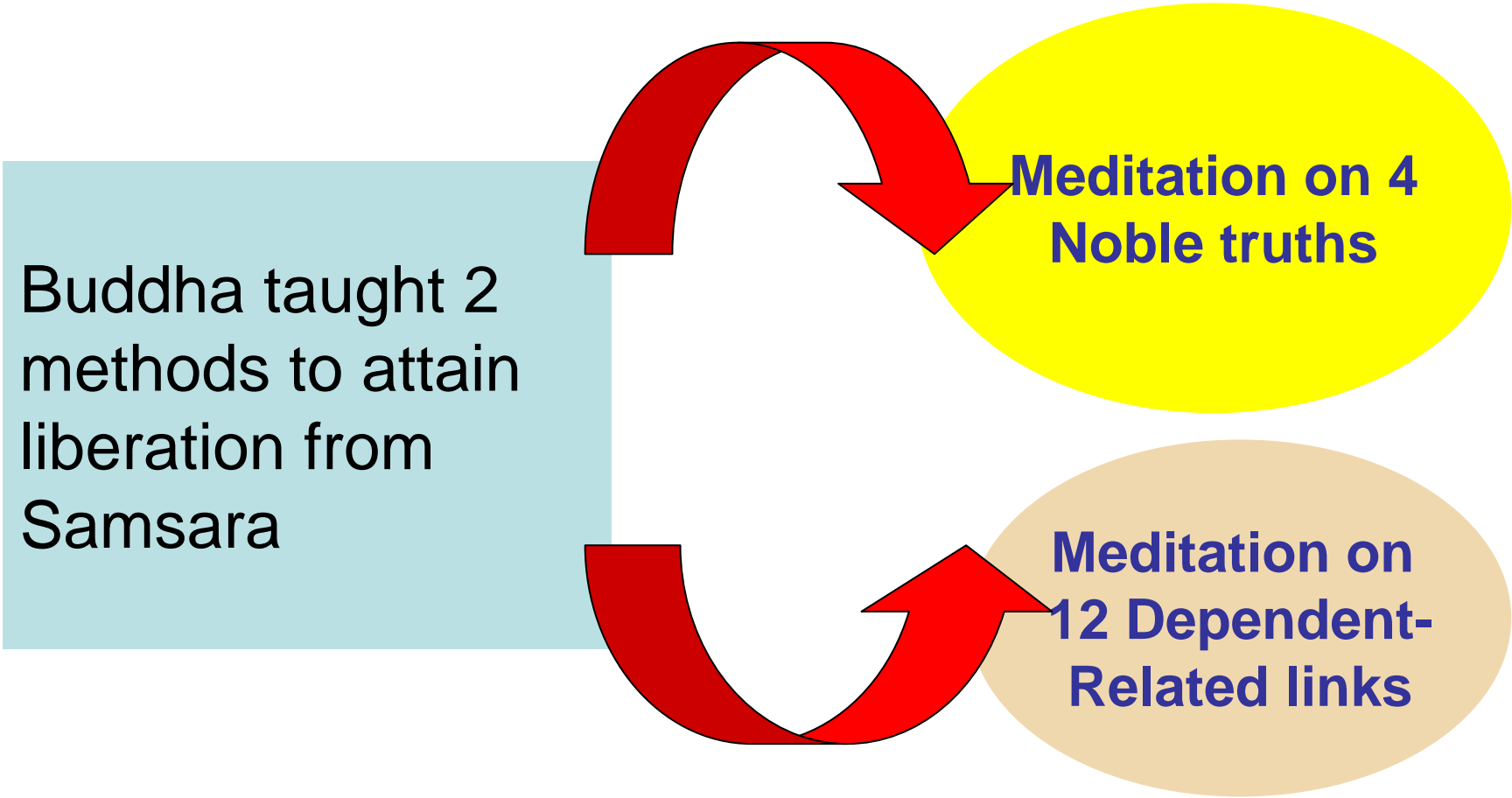


With Renunciation from Samsara

Arahantship (Theravada)
Liberation from Samsara



3.2 How to be liberated from Samsara





4

Benefits of Renunciation from Samsara

4.1 Benefits of practicing the intermediate scope



- ✓ We abandon Samsara
(Definition of Samsara please refer to 4.2)
- ✓ Attain permanent inner peace
- ✓ Completely free from sufferings, fears and their causes

And this is real liberation

4.2 Definition / Understanding of Samsara



1. The Sanskrit word *samsara* means "journeying."
2. It is a cycle of birth, death, and rebirth.
3. Process by which karma causes rebirth.
4. To understand Samara, important to know about:
the six realms, rebirth, karma, and nirvana or the liberation from the suffering.



5

Understanding Samsara using Chandrakirti's analogy of a water well

Chandrakirti— a renowned Indian scholar who was born in the early seventh century. He is the author of [Introduction to the Middle Way](#) and other key works of the [Prasangika Madhyamika](#). He was a disciple of [Nāgārjuna](#)

5.1 Chandrakirti (600c-650) analogy of Samsara

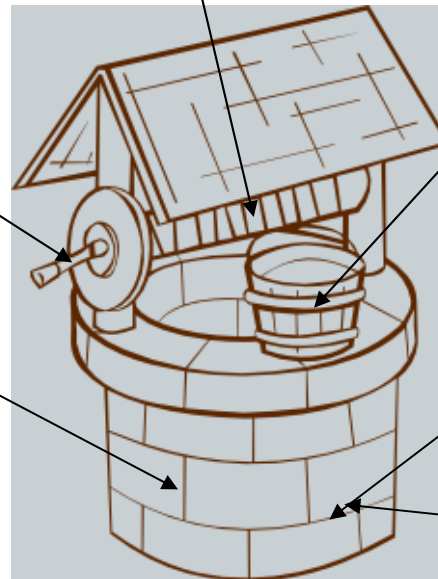


Bucket moving up the well shaft depends on

Operator..... just like ripening of karma which beings has no control over them

Bucket get knock from side to side of "well shaft" on way up and down....just like beings up and down Samsara realms

Windlass rotate by Operator... just like beings toss around in Samsara due to Karma



Bucket bound to windlass by rope just as living beings are bound to Samsara

Bucket down the well shaft will be quick and ease like beings moving down lower realms

For beings to move up to higher realms need effort like **lifting the bucket up the well shaft**



6

Developing renunciation from Samsara

6.1 Developing renunciation for Samsara



Purpose of this
meditation?



To develop the realization of
renunciation - the
spontaneous wish to attain
liberation from Samsara,
the cycle of contaminated
rebirth

6.2 Developing renunciation for Samsara



If we remain in Samsara,
cycle of contaminated rebirth,
suffering and problems will
never cease.....we shall
experience them over and over
again each time we take
rebirth

6.3 Developing renunciation for Samsara



In itself, our human rebirth is a true suffering; it is precious and valuable only when we use it to train in spiritual paths

6.4 Developing renunciation for Samsara



Object that is forsaken by the mind of renunciation is “Samsara”, and Samsara does not exist outside ourself.

We cannot become liberated merely by abandoning our possessions, becoming monk or changing our lifestyle.



Go to Kadhampa Web page (Contact us) and email us if you need further clarification or explanation