



### 3 The qualities teachings



Under the Dharma talk, “The qualities of the teachings”  
what will we be learning....

# 3 The Qualities of the Lamrim Teaching



1. The pre-eminent qualities of LAMRIM to inspire Faith and Respect for the LAMRIM instructions are:

- The pre-eminent characteristics of Lamrim *(See 3.1)*
- The pre-eminent attributes of Lamrim *(See 3.2)*

## 3.1 Pre-eminent characteristics of Lamrim.



Lamrim possesses three pre-eminent characteristics that are not possessed by other texts:-

- The Lamrim teaching is the condensation of all Buddhadharma
- The instructions of Lamrim are easy to put into practice
- The presentation of the instructions of Lamrim is superior to other traditions

*Note:*

*These three characteristics are exclusive to Lamrim. Not possessed even by King of Tantras (Gulyasamaja Tantra) or King of Sutra (Perfection of Wisdom Sutra). Other texts do not include all subjects and not easily practised by everyone*

## 3.2 Pre-eminent attributes of Lamrin.



- ❖ **We shall understand that none of Buddha's teachings are contradictory.**
- ❖ **We shall take all Buddha's teachings as personal advice and put them into practice**
- ❖ **We shall easily realize Buddha's ultimate intention**
- ❖ **We shall naturally become free from the great fault and from all other faults**

### 3.2.1 None of teaching are contradictory.



By studying and practising the complete Lamrim:-

We will understand that there are no contradictions between Hinayana and Mahayana scriptures, between Sutra and Tantra or between root texts and their commentaries.

We shall see how such differences are reconciled because each instruction is a method for solving a specific problem and is to be applied at a specific time.

Example: Meditating on repulsiveness of body reduces attachment whereas meditation on our body as body of a Deity (Tantric) eliminates ordinary appearance which is a cause of samsara

### 3.2.2 Buddha's teaching as personal advise.



1. By studying the complete Lamrim, we shall see no contradictions between any of Buddha's teachings and that all of them are to be put into practice.
2. Knowing this we shall take each instruction as personal advice and gain experience for ourself.
3. Pure Buddhist instructions are only those that have been received through a pure, unbroken lineage from Buddha Shakyamuni. So is Lamrim.

### 3.2.3 Realize Buddha's ultimate intention.



1. Buddha's ultimate intention is that all living beings attain full enlightenment by gaining all the realizations of the stages of the path.

2. These include:-

Realizations of the three principal aspects of path (renunciation, bodhichitta and correct view of emptiness), and realizations of generation stage and completion stage of Secret Mantra.



### 3.2.4 Free from the great fault and all other faults



1. Great fault is the fault of rejecting Dharma as a result of wrongly discriminating between Buddha's scriptures
2. By studying and practising the complete Lamrim, we shall also overcome every other fault.



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explanation**