

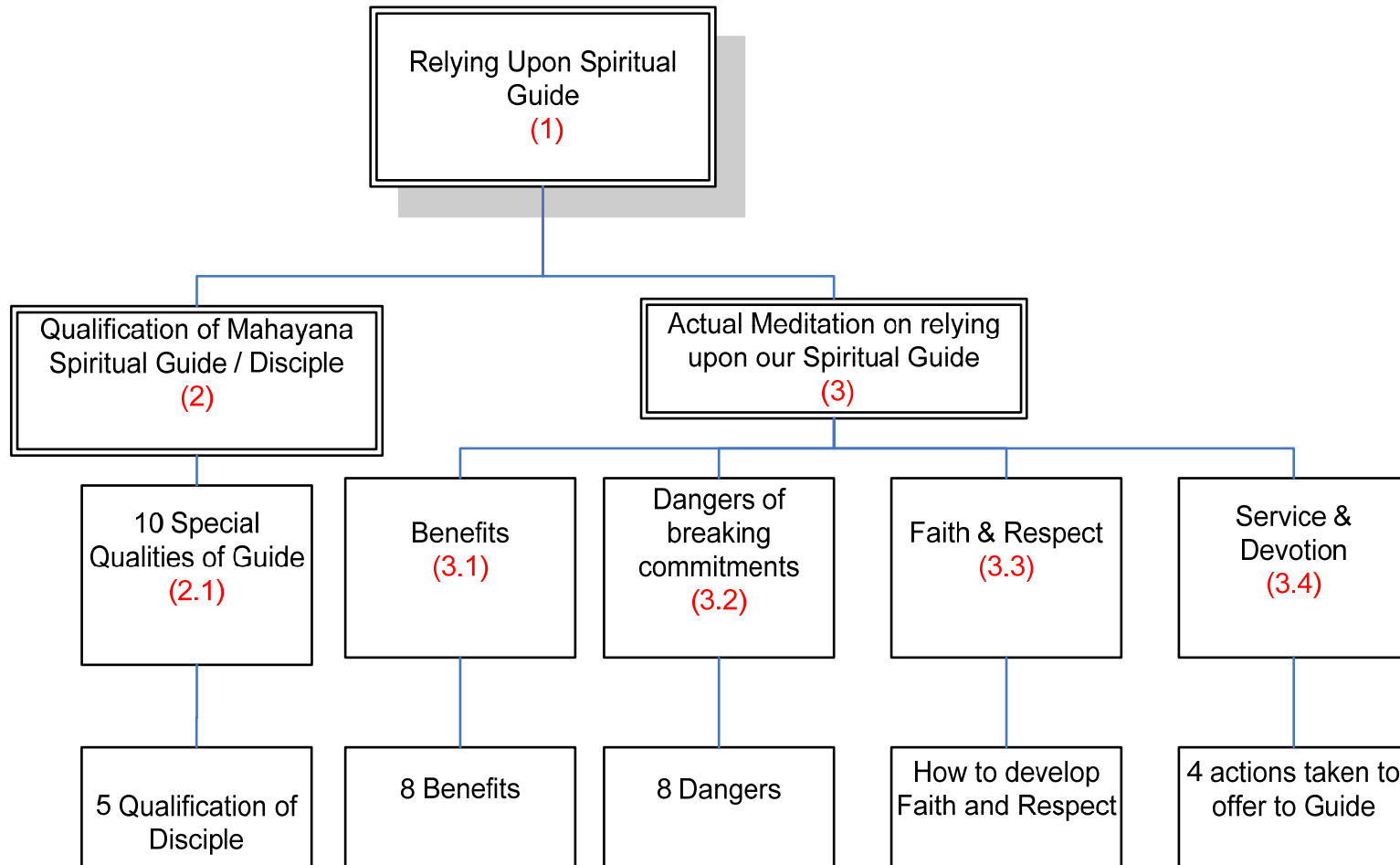


Complete Buddhist Path of Enlightenment
Relying On A Spiritual Guide



Road map on Relying upon a Spiritual Guide

Relying upon a Spiritual Guide – Road map.





1 Relying on Spiritual Guide

The first meditation on the stages of the path is the meditation on relying upon our Spiritual Guide. And this consists of:-

- ❖ The qualifications of Mahayana Spiritual Guide and a Mahayana disciple.
- ❖ The actual meditation on relying upon our Spiritual Guide



Qualification of a Mahayana Spiritual Guide and Disciple

2.1 Qualification of Mahayana Spiritual Guide



- ✓ Mind that is controlled by the practice of moral discipline
- ✓ Mind that has become peaceful and undistracted thru' practice of concentration
- ✓ Reduced self-grasping through the practice of wisdom
- ✓ Greater knowledge than the disciple
- ✓ Delight in teaching Dharma
- ✓ A wealth of scriptural knowledge
- ✓ A deep and stable realization of emptiness
- ✓ Great skill in explaining Dharma
- ✓ Compassion and love for his disciples
- ✓ Enthusiasm for teaching Dharma

(Ornament for Mahayana Sutras)

2.2 Qualification of perfect Mahayana Disciple



To become a perfect Mahayana disciple, need to develop the following qualifications:-

- ✓ Mind that is balanced, free from strong attachment to worldly enjoyments and strong aversion
- ✓ Wisdom to discriminate pure Dharma teachings that will bring real benefit from teachings that are false.
- ✓ A strong wish to practise Dharma
- ✓ Great faith and respect for his or her Spiritual Guide and for Dharma
- ✓ The ability to listen to or read Dharma without laziness or distraction.



Actual meditation on relying upon our Spiritual Guide

3 Actual Meditation on relying upon our Spiritual Guide



The actual meditation comprises on the following:-

- ✓ The benefits of relying completely upon our Spiritual Guide (3.1)
- ✓ The dangers of breaking our commitment to our Spiritual Guide (3.2)
- ✓ How to rely upon our Spiritual Guide by developing Faith and Respect (3.3)
- ✓ How to rely upon our Spiritual Guide by engaging in actions of service and devotion (3.4)

3.1 Benefits of relying on Spiritual Guide



- ✓ We progress towards enlightenment
- ✓ We delight all the Buddhas
- ✓ We are not harmed by demons and other evil influences
- ✓ We easily overcome our faults and delusions
- ✓ Our experiences and realizations of spiritual grounds and paths greatly increase
- ✓ We never lack spiritual friends in all our future lives
- ✓ We do not take rebirth in the lower realms
- ✓ All our wishes, temporary and ultimate, are easily fulfilled

3.2 Breaking commitment to our Spiritual Guide



1. Spiritual Guide is emanation of all Buddhas. If we forsake or show contempt, this action has the same effect as forsaking or showing contempt for all Buddhas.
2. Every moment of anger that arises in our mind towards our Spiritual Guide, destroys all the good karma we can create in one aeon & causes rebirth in hell for one aeon.
3. Even though we may practise Secret Mantra for aeons, if we have forsaken our Spiritual Guide it will be impossible to gain realizations.
4. With a critical or angry mind towards our Spiritual Guide, our practice of Secret Mantra will become the cause of rebirth in hell.

3.2A **Breaking commitment to our Spiritual Guide**



- 5 It will be impossible to gain new realizations, and the realizations that we have already gained will degenerate.
- 6 We shall be afflicted with misfortunes such as disease, fear and possession by evil spirits.
- 7 We shall take rebirth in the lower realms repeatedly
- 8 In many future lives, we shall not meet well-qualified Spiritual Guides and we shall be without Dharma, and whenever we do meet Spiritual Guides, we shall continue to lack faith and respect for them.



3.3 **Developing faith and respect**

We rely upon our Spiritual Guide by developing faith and respect by means of:-

- ✓ How to develop faith that our Spiritual Guide is a Buddha, which is the root of all attainments (3.3.1)
- ✓ How to develop respect for our Spiritual Guide by remembering his or her kindness (3.3.2)

3.3.1 How to develop faith that Spiritual Guide is a Buddha



- ✓ Why it is necessary to regard our Spiritual Guide as a Buddha?
- ✓ How it is possible to regard our Spiritual Guide as a Buddha?
- ✓ How to develop conviction that our Spiritual Guide is a Buddha?
 - a) *Buddha Vajradhara said that Spiritual Guide are Buddhas*
 - b) *Our Spiritual Guide performs the enlightened actions of a Buddha*
 - c) *In degenerate times, Buddhas continue to work for benefit of all living beings.*
 - d) *Appearance are deceptive and our own opinions are unreliable*

3.3.2 Developing respect thru' kindness



- ✓ Remembering that our Spiritual Guide is kinder than all the Buddhas.
- ✓ Remembering that our Spiritual Guide is kinder even than Buddha Shakyamuni



3.4 Relying our Spiritual Guide by actions of Service and Devotion

- ✓ Offering actions of bodily or verbal respect such as making prostrations or reciting praises
- ✓ Offering material things
- ✓ Offering service
- ✓ Offering our own practice of Dharma



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further clarification or
explanation**