

## Summary of Hinayana

Each of the three yanas has a **view** and **practices** that go with it.

### **View:**

We have presented the view using the four seals because it is the very broadest view that encompasses all of Buddhism, all the yanas, and all the different schools.

- Impermanence
- Suffering
- Non-self or egolessness
- Nirvana

In Hinayana, we emphasize:

- Renunciation: Giving up that which keeps us in samsara  
Renunciation is the foot of meditation, the motivation to enter the path and continue on the path
- Understanding the cause of samsara, and the cause of cessation that is the path.

In order to understand the cause of suffering, we study Buddhist psychology (called Abhidharma in Sanskrit). The main points are:

- Suffering arises from ignorance or delusion
  - The veil of primitive (unexamined) belief in a self, which gives rise to
  - The veil of conflicting emotions (klesha veil)
- The analysis of whether a self can be found in any aspect of our experience: the five skandas
- The analysis of how samsara gives birth to more samsara: the wheel of samsara or the twelve nidanas

### **Summary of Hinayana by Dzogchen Pönlop Rinpoche:**

What the Buddha fundamentally taught in the Hinayana is the cause and result of samsara and the cause and result of nirvana. He showed that the cause of samsara is the false imputation of a truly existent self and the resultant three poisons or the three root mental afflictions. He showed that the result of the presence of this imputation of the self and the mental afflictions is all the various sufferings of samsara, which is the pain and fear of the six realms. He also presented the cause of nirvana, the cause of liberation from this suffering, which is the method one uses to free oneself from this samsara. This method is the path; which consists of the application of the four noble truths and the twelve links of interdependence. And he taught the result of this path; which is nirvana - the cessation of suffering or the transcendence of misery. This is

essentially the presentation of the four noble truths, the first two of which present the cause and result of samsara, and the latter two of which present the cause and result of nirvana. All the Hinayana teachings can basically be included in the four noble truths.

### **Practice:**

**Shamatha** –development of peace – the basic practice for all three yanas

- Stabilizing the mind, not wandering, **mindfulness**
- Holding our seat, not escaping into delusion
- Precision and detail
- Becoming familiar with mind and mental contents

**Vipashyana** – extending mindfulness into **awareness**

- develops naturally from shamatha by relaxing technique while not wandering
- awareness gives birth to wisdom
- direct experience of the validity of the four seals, and in particular non-self
- awareness brought into our life – not letting emotions take us for a ride
- spaciousness, freedom, living beyond self-reference, spaciousness in art