

Mahayana
The Path of the Bodhisattva
Outline for Talk One
January 16, 2008

I. Introduction

- A. Mahayana is the second yana of the Tibetan Three Yana System
- B. Hinayana is the essential prerequisite for Mahayana

II. Transition from Hinayana To Mahayana

- A. Three Indicators of transition
 - 1. Taking refuge and realizing the message of the hinayana
 - Refuge Vows
 - Four Reminders
 - 2. Foundation of hinayana discipline and meditation
 - 3. Birth of Bodhicitta
- B. Three Types of Motivation
 - 1. Ordinary (Samsaric)
 - 2. Hinayana
 - 3. Mahayana

III. Overview of Mahayana Course

- A. View
 - (View of Hinayana is 4NT and 4 Seals)
 - 1. Emptiness
 - 2. Buddha Nature
- B. Practice
 - (Practice of Hinayana is shamatha and vipashyana)
 - 1. Shamatha and vipashyana in the Mahayana
 - 2. Contemplation practices
 - Four Limitless Qualities
 - Tonglen
 - Lojong
- C. Result
 - (Result of Hinayana is cessation of suffering for the person)
 - 1. Giving up privacy. Making oneself available to sentient beings
 - 2. Becoming a Bodhisattva or Heroic Being