

Dharma Talk: One, Two, Three

I. **One Dharma, 3 Branches**

Pali Branch
Chinese Branch
Tibetan Branch

2. **Two Reasons**

We are searching for refuge because we have fear of suffering

We have confidence that Buddha has the ability to teach us because he experienced suffering also

3. **Three Jewels: Buddha, Dharma, and Sangha**

4. **Four Noble Truths;**

Life is suffering
Suffering is caused by attachment
There is liberation from suffering
The path to liberation is the 8-fold noble path

5. **Five Paths to Enlightenment**

Path of Accumulation
Path of Preparation
Path of Purification
Path of Meditation
Path of No More Learning

6. **Six Paramitas - Six Perfections**

Generosity
Morality
Patience
Effort
Concentration
Wisdom

7. **Seven-fold cause and Effect: Cultivating the Mind of Enlightenment**

Recognizing that all sentient beings are one's mother
Mindful of their kindness
Repaying their kindness
Responding with love
Generating Compassion
Cultivation of Resolute Intention
Altruistic Mind

8. **Eight-fold Path to Enlightenment**

Right view
Right intention
Right speech
Right action
Right effort
Right livelihood
Right mindfulness

Right concentration

9. **Nine attitudes of relying on a Guru or spiritual master**

Like a dutiful child
Like a diamond
Like the earth
Like a surrounding mountain
Like a servant
Like a street cleaner
Like a staircase
Like a dog
Like a ferry

10. **Ten Qualities of a Spiritual Master**

Humble due to his higher attaining of morality
Calm due to his higher training of concentration
Pacified due to his training of wisdom
Rich in oral transmission
Having realized emptiness
More learned than his students
Being compassionate
Being hard working
Having no regrets or lamentation

11. **The Bodhisattva's ways of working for the welfare of others.**

Helping those who are suffering
Helping those ignorant of means
Helping those in need of help
Helping those oppressed by fear
Helping those overcome by depression and hopelessness
Helping those lacking resources \

Helping the homeless
Helping those seeking to live in harmony
Helping those wishing to enter the teaching
Helping those holding wrong views
Helping through miraculous deeds.

12. **Twelve Links of Dependent Origination**

Ignorance
Connecting Karma
Consciousness
Name and form
Sources of Perception
Contact
Feeling
Craving
Grasping
Existence
Birth
Ageing and Death