

## Introduction to Buddhism, Session Two

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**Suggested Text:** *Buddhism: A Very Short Introduction*, by Damien Keown.

Oxford University Press. 2013 edition\*. (All page references are to the text.

\*The font size of the Kindle version is larger and much easier to read.)

Session #2 (pp 32-33, 40-47, 55, 58-60, 72-74, 96-111 and Discussion Quotes)

D. There are methods to eliminate selfish desires and suffering.

(Eightfold Path – Morality, Wisdom and Meditation, pp 58-60)

1. Philosophies (pp 72-74), Wisdom, Karma (pp 32-33, 40-47),

Dharmakaya.

Fix your mind! Rejoice that at the deepest level, life is a happy  
joke? (...emptiness, no separate egos, dependent origination.)

Quotes to discuss:

a. Mind

- "It is our mind, alone, that chains us or sets us free."

Dilgo Khentse Rinpoche

- "Only you can make you angry." \_John Daido Looi
- "Take the ego like an autumn lily and snap it with your fingers."

Dhammapada

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- "If you understand, things are just as they are. If you do not understand, things are just as they are." Zen proverb.
- "Facing the addiction to worry itself is more useful than resolving the specific content of our worries." Ezra Bayda.
- "My religion is to live and die without regret." Milarepa

### b. Causation

- "Bad acts will receive their due without the intervention of the victim."  
Peter Mathiesson
- "Karma means nobody gets away with nothing." Ruth Dennison
- "All things are interdependent...thus void (empty)." Second Dalai Lama  
(vs. the random paths of quarks...)
- "Man can do what he wants, but cannot will what he wills." Einstein's  
Credo... quoting Schopenhauer. (See pp 41, 55).
- "One in all. All in one. If only this is realized, no more worry about your  
not being perfect." Seng-T'san

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### c. Nihilism?

- "Since everything is but an apparition, perfect in being what it is, having nothing to do with good or bad, acceptance or rejection, one may as well burst into laughter." Long Chen Pa
- "All forms are unreal...he who knows this is at peace though in a world of pain." Dhammapada
- "Everything is perfect, but there is a lot of room for improvement."  
Shunryu Suzuki
- "Look upon the world as you would on a bubble. Look upon it as on a mirage. The king of death does not see him who thus looks down upon the world." Dhammapada
- "Life's a tale told by an idiot, full of sound and fury, signifying nothing."  
Macbeth
- "No snowflake falls in the wrong place." Zen proverb

\*\*\*\* Discussion...Is there a different way of viewing reality? Does it matter?

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### 2. Meditation (pp 96-111)

- Benefits of meditation...brain function, internalizing concepts that remove suffering, stress reduction;
- meditation promotes observing without judging or relating things to "me". It loosens the separation (duality) between "me" and everything else. It helps snap the misconception of a separate ego.
- meditation techniques....breath counting, diaphragmatic breathing, phrase repetition, floating leaves, expanding into space, listening without labeling...
- hindrances...physical discomfort, mental distractions, sleep;

\*\*\*\*Meditation Exercise

(Revised 8/30/19)