

Jewel Ornament of Liberation: Chapter 1

The Motive

Page no: Subject

1 - 3	Introduction to the Pali Canon
3 - 15	Gampopa's salutation
3 -5	Derivation of Manjusri
4	Cosmology of the Buddha's time
6	Dharma - meaning
7 -8	Salutation of Milarepa and Atisa
8 -10	The Wish fulfilling gem
10- 14	The spiral
14- 15	Goals
15	Introduction to characteristics of Samsara and Nirvana
16- 18	Ultimate nature of Samsara and Nirvana - Sunyata
16 - 21	The problems of words falling short
21- 26	Causal and Primary Characteristics of Samsara and Nirvana
24	Origination of term 'Sunyata'
25- 26	Confusion the hallmark of samsara
27 - 30	Rebirth and a fresh start
30 - 35	The Loka's, the three world spheres
32 - 33	Experiences of the rupa-loka
33- 34	Sambhogakaya
36	No ultimate first cause, a point of first being cannot be perceived
37 - 40	Difference between the experience of suffering and insight into the Aryan truth of suffering
40 - 41	Transforming the samsara
41 & 43	Physical suffering of an Enlightened being
42	Pain and mental attitude
43 - 48	Result process/Action process and the importance of seeing the switch point
46	Biological instincts
48	Pain and pleasure are karmically neutral
48 - 50	Without craving
51 - 52	Structure of the Book
52 - 58	The Motive, which is unsurpassable Nirvana i.e. the example of Enlightenment
54 - 55	Enlightenment can be reached by hard work
55 - 57	Word of individuals as opposed to an outside force, e.g. God
58 - 67	The womb of Buddhahood - Tathagatagarbha
59 - 60	Not the Atman concept
60 - 64	Linguistic difficulties of explanation
65 - 67	So in dependence upon what does the 'seed' arise?
68	You need more than just the potential
69	Seeds of potentiality in the six realms
70 - 72	Effort of development
72 - 73	Transformation of energy
73 - 74	'Sunyata permeates all beings'

75	Undeveloped state is potential for development
75 - 82	The Buddha's use of words - he refrained from metaphysical speculation
78 - 80	Subconscious
81 - 85	The Direct method of the Buddha's teaching
83 - 85	Problems with metaphorical explanations
87 - 89	Tathata - suchness
89 - 101	Buddha families
93	Levels of Enlightenment?
95 - 97	No end to the spiritual life
97 - 98	Angles of approach to the spiritual life
101 - 120	Cut off Family
104 - 105	Skilfulness in Sleep?
106 - 108	'Some are defeating positive qualities'
109 - 110	Negativity drains others
110 - 112	Hanging on to negativity and problems
113 - 114	Human state - prospect for liberation
114 - 116	Making use of your opportunities
116 - 117	"Habit" of samsara
120 - 126	Dubious family
121 - 124	Following different facets of the path
123	Sravaka family
124 - 126	Commitment to aspects of FWBO
126 - 133	Pratyekabuddha family
130 - 132	Not wishing to be indebted
133 - 134	Change in meaning of the word Buddha
135 - 136	Muni
136 - 138	Pseudo self-sufficiency
139 - 140	Gampopa's view of Sravaka and Pratyekabuddha as steps on the path to enlightenment, not true Enlightenment
140 - 142	Problems of settling in a happy, healthy, human state
141	Arhantship, goal or stage?
142 - 145	Right attitude to community life from a position of strength
144 - 145	Living alone
146 - 149	Buddha urges on Sravakas and Pratyekabuddhas
146 - 148	Helping people stuck at the 'happy healthy and human stage'
150 - 152	Mahayana family
150 - 152	Going for refuge and Bodhicitta at 4 levels
152 - 154	"Family"
154 - 159	Living and working in the FWBO
159 - 163	Age in the FWBO
163 - 167	Doctrine of the two veils
167	Clinging to Sunyata
168 - 175	Klesa
172 - 174	Fear and the fear of death
174 - 178	Emotions
178 4	Brahma Viharas
179 - 181	Importance of Metta Bhavana
181 - 182	Karuna Bhavana
182	Mudita Bhavana

183 - 185	Upekkha
185 - 189	Subdivisions of the Mahayana
188 - 194	Opinions
194 - 198	Politics
198	The depth of the Mahayana
199 - 200	The position of the FWBO
201 - 202	Papal infallibility
203 - 204	2 conditions for Enlightenment
204	Signs of the Bodhisattva
206	'Without deceit and fraud'
207 - 211	Medicine and deceit
211 - 213	Legality and ethics
213	FWBO and society
214 - 216	Skilful means
218 - 220	Compassion/Sentimentality/Purity
220	Transcendental Wisdom
221 - 225	Hardship
226 - 227	Creating right conditions
227 - 228	Physical/Emotional suffering
230 - 236	Absolute optimism of the Mahayana
231 - 232	Our karmic connection with the Dharma
232 - 244	New Zealand and the Dharma
244 - 236	The Buddhist story of God
235	The Cathars
237	Kalyana Mitrata versus spiritual director
237 - 238	Potentiality of Buddhahood
239 - 240	Changes in India
241	Spiritual/Psychological
241	Psychological growth groups
242 - 243	Leaders/Followers
245 - 246	Charisma