

The Sutra of Turning the Wheel of Dharma

Thus have I heard. Once the Blessed One was dwelling near Varanasi at Deer Park. There, he first turned the wheel of dharma for five ascetics.

O ascetics, those who go forth into homelessness do not indulge in sense-pleasures or asceticism, which bring no benefit. Thus I follow the middle way and have realized the four noble truths.

The truth of suffering is the truth of birth, old age, sickness, and death. It is the truth of sorrow, pain, grief, and despair. It is the truth of meeting those we hate, losing those we love, and not having what we want. In short, suffering is the truth of pain, change, and anxiety.

The truth of origin is the truth of ignoring and craving. Afraid of death, we cling to the five skandhas as an ego, seeking happiness from our projections.

The truth of cessation is realizing the truth of suffering, impermanence, and egolessness, and thus craving and ignoring cease.

The truth of path is the truth of complete view, complete intention, complete speech, complete action, complete livelihood, complete effort, complete mindfulness, and complete meditation. In short, the path is training in the truth of discipline, meditation, and discriminating awareness.

Suffering must be recognized, and I have fully recognized it. Origin must be abandoned, and I have fully abandoned it. Cessation must be realized, and I have fully realized it. Path must be discovered, and I have fully discovered it. Now that I have realized the four noble truths and have proclaimed my complete awakening, true wisdom has arisen and the freedom of my heart is deathless.

Thus the Blessed One spoke. The five ascetics rejoiced, the whole world trembled, and boundless light shone forth. The ascetic Kaundinya saw the truth, and thus the Blessed One rejoiced.

The Four Limitless Ones

May all sentient beings enjoy happiness and the root of happiness.

May we be free from suffering and the root of suffering.

May we not be separated from the great happiness devoid of suffering.

May we dwell in the great equanimity, free from passion, aggression,
and prejudice.

Translated by the Nālandā Translation Committee.

Sing and radiate from your heart The Four Limitless Ones.

May all beings be happy and be awake.

May all beings not suffer and be awake.

May all beings have joy and be awake.

May all beings awaken to the light of their true nature.

May all beings be free.

The Insight that Brings Us to the Other Shore

Avalokiteshvara, while practicing deeply with the Insight that Brings Us to the Other Shore, suddenly discovered that all of the five Skandhas are equally empty, and with this realisation he overcame all Ill-being.

Listen Shariputra, this Body itself is Emptiness and Emptiness itself is this Body. This Body is not other than Emptiness and Emptiness is not other than this Body. The same is true of Feelings, Perceptions, Mental Formations, and Consciousness.

Listen Shariputra, all phenomena bear the mark of Emptiness; their true nature is the nature of no Birth no Death, no Being no Nonbeing, no Defilement no Purity, no Increasing no Decreasing.

That is why in Emptiness, Body, Feelings, Perceptions, Mental Formations and Consciousness are not separate self entities. The Eighteen Realms of Phenomena which are the six Sense Organs, six Sense Objects, and six Consciousnesses are also not separate self entities.

The Twelve Links of Interdependent Arising and their Extinction are also not separate self entities. Ill-being, the Causes of Ill-being, the End of Ill-being, the Path, insight and attainment, are also not separate self entities. Whoever can see this no longer needs anything to attain.

Bodhisattvas who practice the Insight that Brings Us to the Other Shore see no more obstacles in their mind, and because there are no more obstacles in their mind, they can overcome all fear, destroy all wrong perceptions, and realize Perfect Nirvana.

All Buddhas in the past, present and future by practicing the Insight that Brings Us to the Other Shore are all capable of attaining Authentic and Perfect Enlightenment.

Therefore Sariputra, it should be known that the Insight that Brings Us to the Other Shore is a Great Mantra, the most illuminating mantra, the highest mantra, a mantra beyond compare, the True Wisdom that has the power to put an end to all kinds of suffering.

Therefore let us proclaim a mantra to praise the Insight that Brings Us to the Other Shore:

Gate, Gate, Paragate, Parasamgate, Bodhi Svaha! (3x)

Flash absolute bodhichitta and be in the space briefly.

I am sending you light
I am sending you love
To heal you and free you
To heal you and free you

I am taking your pain
I am taking your fear
To heal you and free you
To heal you and free you 3x

We are sending you light
We are sending you love
To heal you and free you
To heal you and free you

We are taking your pain
We are taking your fear
To heal you and free you
To heal you and free you 3x

We are sending our light
We are sending our love
To heal us and free us
To heal us and free us

We are taking our pain
We are taking our fear
To heal us and free us
To heal us and free us 3x

From the great cosmic mirror
Without beginning and without end,
Human society became manifest.
At that time liberation and confusion arose.
When fear and doubt occurred
Towards the confidence which is primordially free,
Countless multitudes of cowards arose.
When the confidence which is primordially free
Was followed and delighted in,
Countless multitudes of warriors arose.

That mind of fearfulness
Should be put in the cradle of loving-kindness
And suckled with the profound and brilliant milk of eternal
doubtlessness.
In the cool shade of fearlessness
Fan it with the fan of joy and happiness.
When it grows older,
Lead it to the self-existing playground
Of various displays of phenomena.
When it grows older still,
In order to promote the primordial confidence,
Lead it to the archery range of the warriors.
When it grows older still,
To awaken primordial self-nature,
Let it see human society,
Which possesses beauty and dignity.
Then the fearful mind
Could change into the warrior's mind,
And that eternally youthful confidence
Can expand into space without beginning or end.
At that point it sees the Great Eastern Sun.

Chögyam Trungpa, *Shambhala: The Sacred Path of the Warrior*, pp. 23, 89

Raise windhorse.

Practice shamatha-vipashyana meditation.