



Prostrations

Respectful greetings

Namo Buddhaya

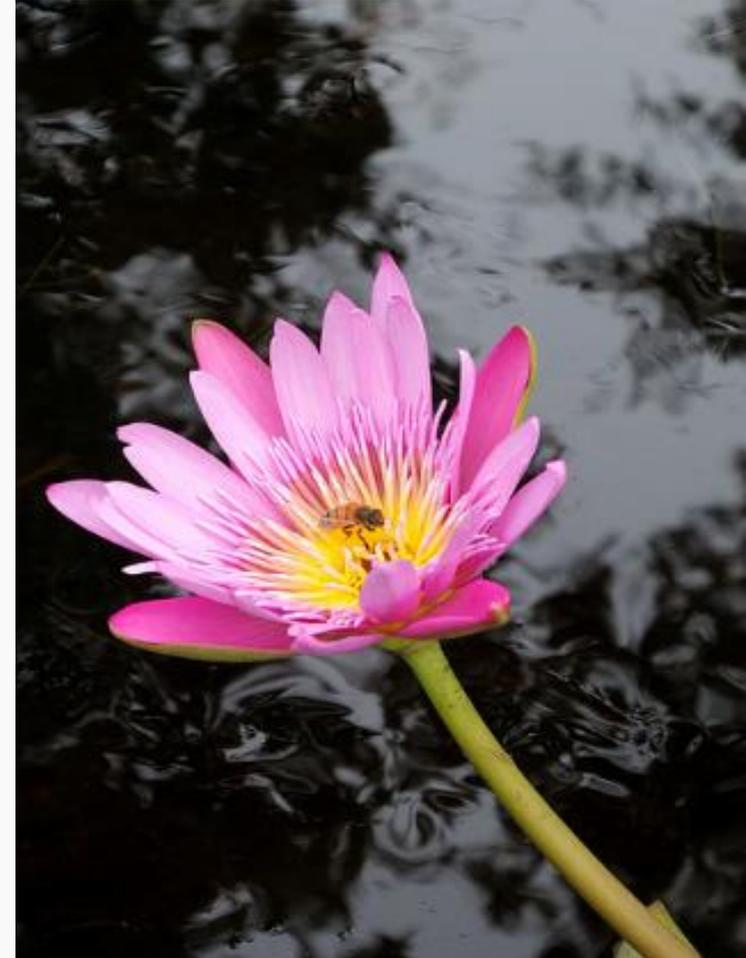
Enlightened persons

Namo Dharmaya

Way, path, method

Namo Sanghaya

Pure hearts



Dedication of Intent (Gatha)

The unsurpassed, profound and intricate dharma is difficult to encounter, even over hundreds and thousands of kalpas.

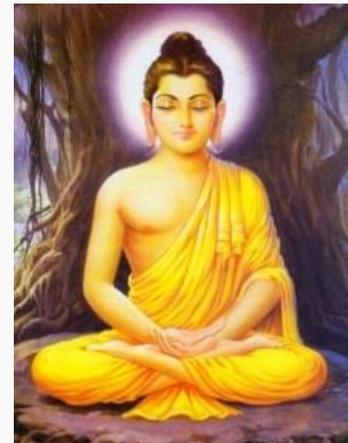
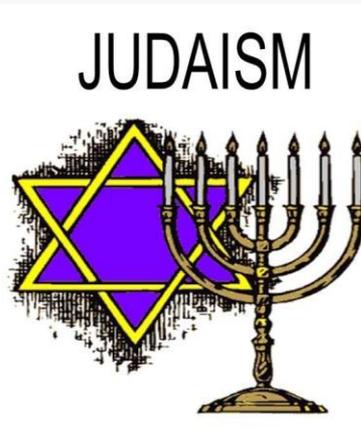
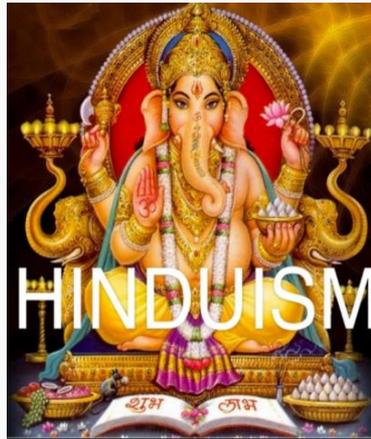
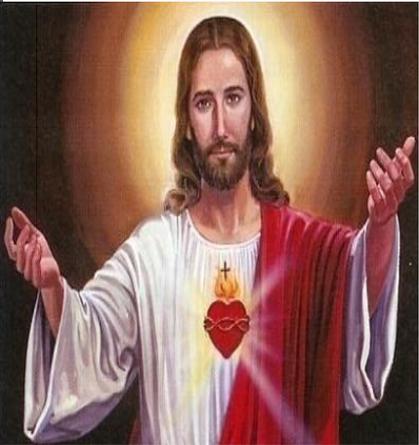
Now that I have seen and heard the dharma.
I behold and uphold what the dharma offers.
I wish to understand the true meaning of
Tathagata



Levels of Consciousness

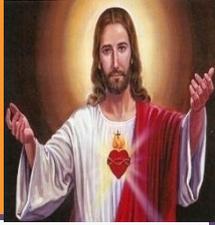
- Levels of consciousness in major religions and non religions
- Examples of enlightened beings
- Spirituality versus religion
- Historians wrote in a way that led to idolizing the sages/wise/enlightened.
- Practical approach of Buddhism





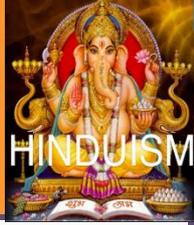
Levels of consciousness in major religions

Christianity



- The level of truth originally expounded by Jesus Christ calibrated at 1000.
- By the second century, the level of truth of his teachings dropped to 930.
- By the sixth century, it dropped to 540.
- By eleventh century, during the time of the Crusades, it fell to its current 498 level
- At 325 AD, after the Council of Nicaea, it had a major decline due to the misinterpretations of his teachings.

Hinduism



- The teaching of Lord Krishna calibrates at 1000.
- The truth of the current practice still calibrates at 850.



Judaism

- The teaching of Abraham calibrates at 985.
- At the time of Moses, it calibrated at 770 → the level of truth of the Torah.
- Modern Judaism calibrates at 499.
- The Kabbalah is 720.
- The Zohar is 730.

Islam



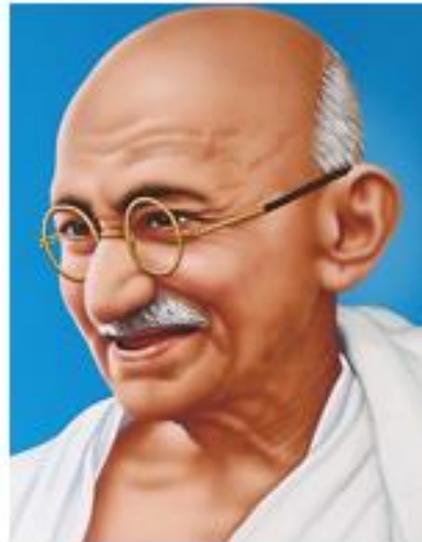
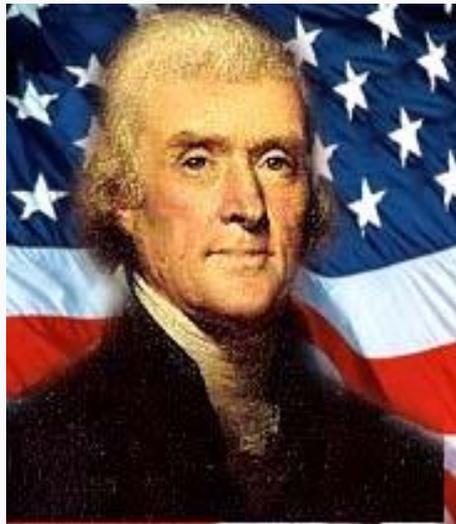
- The level of consciousness of Mohammed was 740.
- The Koran calibrates at 720.
- The truth of Islamic teachings had dropped severely by the end of the Crusades.
- The level of truth of the teachings of militant Islamic fundamentalism is 130.

Buddhism



- The level of truth of Buddha's teaching was originally 1000.
- By the sixth century AD, the level of truth in practice dropped to 900.
- Hinyana Buddhism (the lesser vehicle) still calibrates at 890.
- Mahayana Buddhism (the greater vehicle) calibrates at 960.
- Zen Buddhism calibrates at 890.

Levels of consciousness in non religion



Level of Consciousness in Non Religion

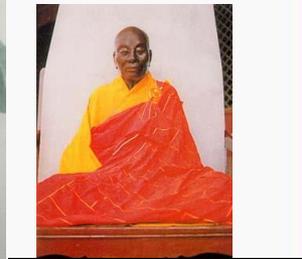
- American Declaration of Independence : calibrated at level 700
- “We hold these truths to be self evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness”
- That is, these truths don't derive as a decree from “force”, nor are they granted by any transitory “ruler”.
- Democracy recognizes the divine right of the ruled, rather than the ruler.

Level of Consciousness in Non Religion

- Abraham Lincoln in the Gettysburg Address: “this nation was conceived in Liberty and dedicated to the proposition that all men are created equal” and that “this nation, under “God”, shall have a new birth of freedom - and that government of the people, by the people, for the people, shall not perish from the earth. (also calibrated at 700)
- Same concept as Mahatma Gandhi (level 700)
- Same deeds of Mother Theresa (level 700)

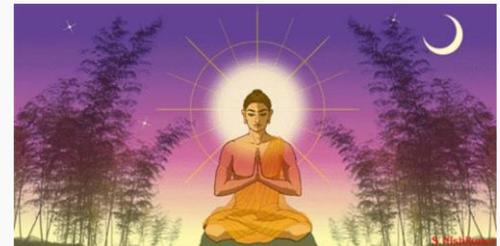
Historical Examples of Enlightened Beings

- Buddha
- Jesus
- Bodhidharma
- 6th Patriarch of Chinese Zen
- T. Jefferson, G. Washington, Abraham Lincoln
- Mahatma Gandhi
- Mother Theresa
- A modern day person



Buddha → The Awakened One

- Before Buddha, scholars (Brahmans) in India had a very high level of spiritual knowledge.
- Buddha learned all these knowledge in his search of wisdom.
- After many weeks of contemplation under the Bodhi tree, he became awakened.
- He embraced both the microscopic and macroscopic view of reality, the physical and metaphysical.
- He transformed his knowledge into wisdom.
- He showed the world “The Correct Way” to Enlightenment.



Jesus → Selfless, Unconditioned Love

- Jesus was aware of the limitation of the old testament (religion) at that time.
- He proposed a new religion based on Love, Kindness and Mercy.
- He had full Awareness of the Holy Trinity: Father, Son, Holy Ghost / Spirit.
- Father (Metaphysical) – True consciousness / Oneness / Essence / Suchness.
- Son (Physical) – The form that appeared in the world / The Way
- Holy Ghost / Spirit (Transference) – The energy portal or energy transfer.
- With his death, the energy transfer became available to his disciples.



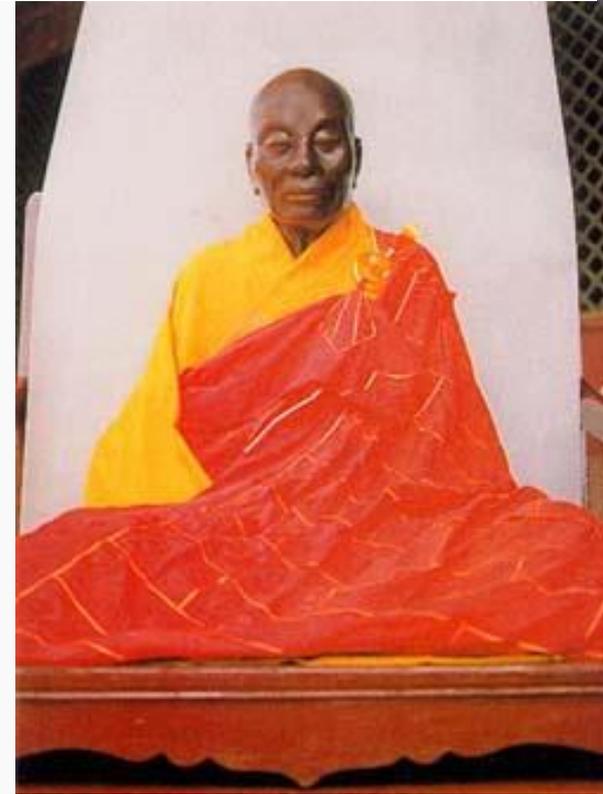
Bodhidharma → Wisdom

- Prince in India
- Became a monk
- Went to China
- Resided in Shaolin Temple → Advancement of Kung Fu
- Modernized Buddhism for China based on Chinese culture.
- Developed a made-in-China version of Chinese Zen Buddhism.



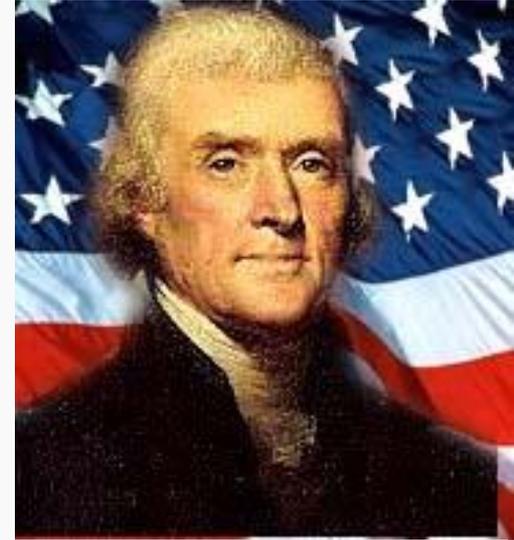
Sixth Patriarch → Awareness

- Only person other than Buddha whose teaching is regarded as Sutra.
- Illiterate. Poor peasant.
- Zen master.
- Act like a Buddha. Talk like a Buddha. Behave like a Buddha. Became a Buddha.
- Everyone can be a Buddha (here and now).
- Sudden Awareness (Quantum leap) versus Gradual progression of Awareness.



Thomas Jefferson → Wisdom

- Wrote the American Declaration of Independence and the Constitution.
- “We hold these truths to be self evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness”
- All modern day democracy is based on these principles.



George Washington → Awareness, Selfless

- Led the Americans to victory over the British Army → the mightiest army of its time.
- Enshrined (protect) the value of the Constitution by refusing to be King.
- Ensure the survival of a Republic instead of creating a new kingdom in America.
- Started the trend of retirement of politicians.
- Where was the ego/self/I?



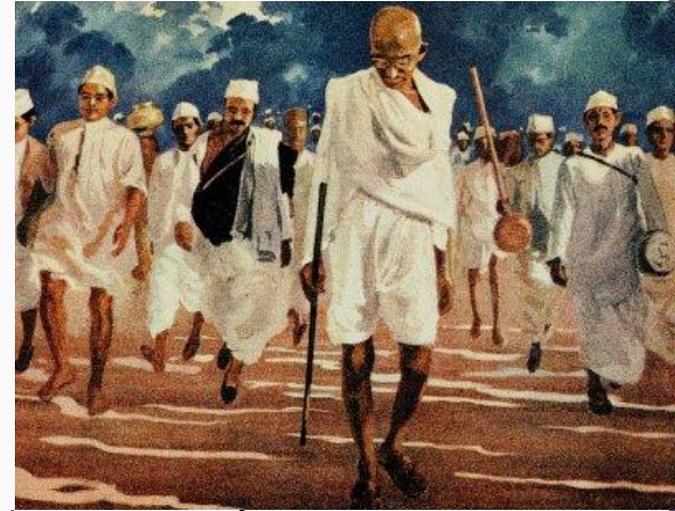
Abraham Lincoln → Wisdom

- Enforced and confirmed the value of the Constitution
- American Civil War
- Freedom from slavery
→ validated the meaning humanity
- He lost his life but became immortal.



Mahatma Gandhi → Wisdom

- Peaceful struggle that brought independence to the Indian subcontinent and beyond.
- United various people with various religions to a higher cause / higher level of awareness / consciousness.
- The collapse of colonialism.
- His wisdom still inspires the world → People's revolution against dictatorship in Philippines, Orange revolution in Ukraine, Neilson Mandela's revolution against apartheid in South America, Arab Spring.



Mother Theresa → Selfless Love

- Nurse from Bulgaria.
- Grand Vow to serve the disadvantaged in India.
- Did not speak the language.
- No business plan. No idea of details of her action/vow.
- Just act on her vow.
- Her achievement is self evident.
- That is based on Awareness and Wisdom.



A Living Bodhisattva in the Making

Personal achievement: **Yang Yuanning**

- **Born in Brazil to a wealthy family.**
- **Age 13 - enrolled in Medical school in Brazil with the highest mark in entrance exam.**
- **Age 16 - published seven thought-stimulating children's books.**
- **Age 17- modelled for “Vogue” magazine & “the New York Fashion Week”.**
- **Age 18 - enrolled in Harvard with double major in biology and Eastern Philosophy. Completed her studies in 2 years.**
- **Age 21 - graduated with double doctoral degree in biochemistry from New York Rockefeller University and Cornell University.**



A Living Bodhisattva in the Making

Attributes:

- **Simple life style: plain, non extravagant.**
- **Ability to tolerate stress and adversity.**
- **Goal oriented.**
- **Energetic, determined, confident and “perfectionist”.**
- **Avoid procrastination and self doubt.**
- **Takes initiative.**
- **Caring, kind and helpful.**
- **Vow/grand vow.**

Selfless Accomplishment

- She received the "Laudan Emperor Award" (Magistri Laudandi Award) on graduation from Binge Li High School (The Pingry School). It was awarded to “those who are most likely to create success and offers the best way to help people create success “.
- As a child in school, she had helped fund-raising for cleft lip sufferers in China, by financing, fundraising and organizing fashion catwalks.
- She participated in different non-profit organization to find hope for poor people.

Selfless Accomplishment

- The sight of poor single mothers with children in Guatemala saddened her. These women lived in tattered huts and had to take a two hours bus ride to work daily. She offered to help. Thus, she made dozens of international calls to different organizations for information. After thoroughly digested the detail she wrote a proposal on her dream and vision. It was introduced to the president of Guatemala.
- This project called for a "housing plan" to aid the local poor people in Guatemala. The name was "Village of Hope" and "City of Light". "Village of Hope" aimed for the construction of environmentally friendly and beautiful houses for low-income households. "City of Light" encompassed town planning for 2000 family homes, commercial buildings, schools, hospitals and so on for the poor.

Grand Vow

- In her book, “Harvard Heart Experience”, she says, “My dream is that one day I can provide better lives for the poor in many parts of the world. I will become a “volunteer entrepreneur” with the hope to help every person in the world to get calm, harmonious, balanced life. I hope that one day even the orphans and abandoned children will have the opportunity to get a good education and experience the beauty of the world.”



Spirituality

VS

Religion

Religion is for people who are afraid of going to hell.

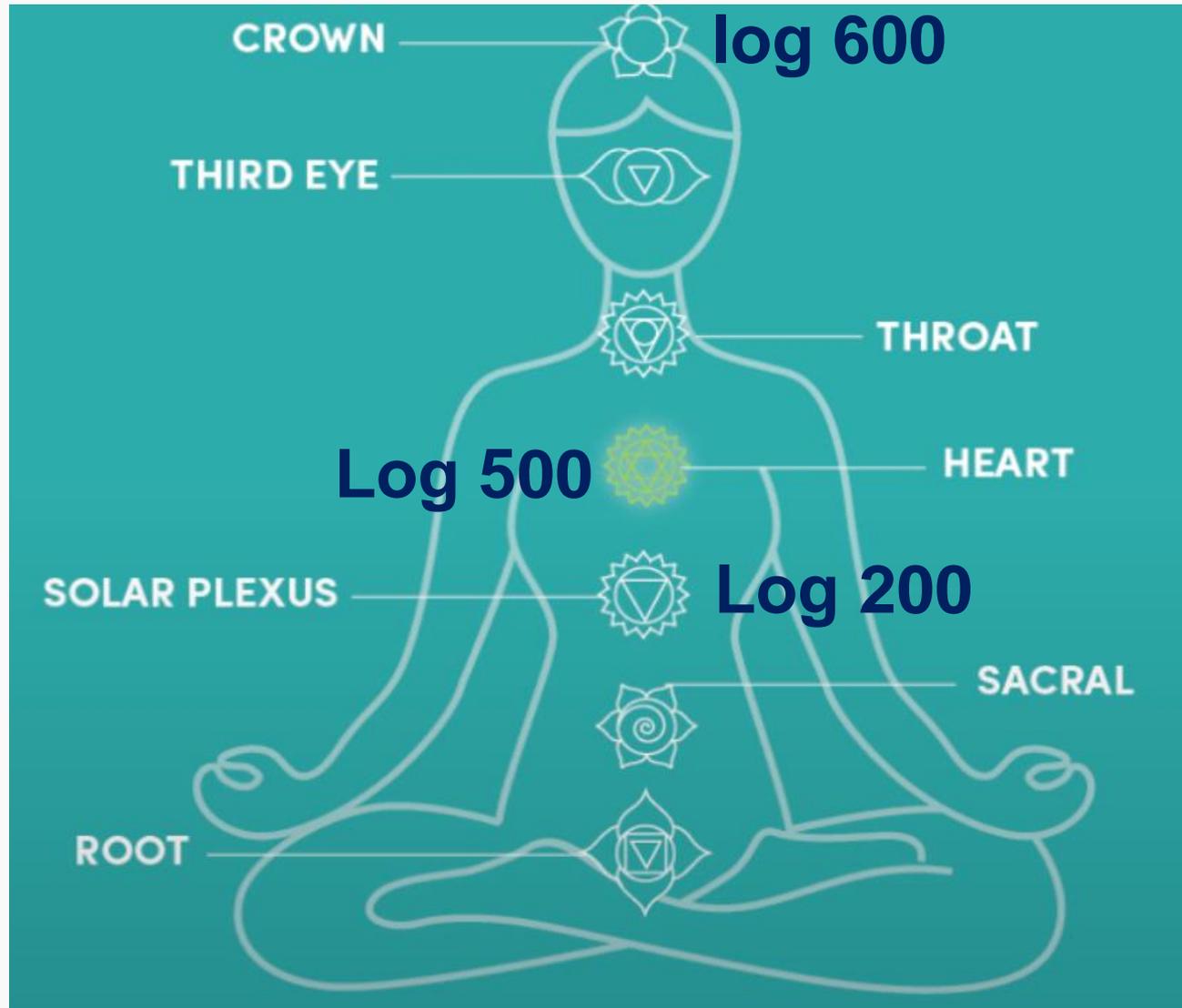
Spirituality is for those who've already been there.

Spirituality vs Religion

| Spirituality | Religion |
|--|------------------------------------|
| Oneness (equal) | Duality (superior) |
| Empathy | sympathy |
| God is within (internal focus) | God is outside (external focus) |
| Life force/power | Belief/force |
| Love base (nonviolence) | Fear base (violence) |
| Open to interpretation | Dogmatic |
| Awake (liberation/freedom/independence) | Ignorance (imprison/dependence) |

Classical Chakra System

Levels of Consciousness



Reasons for the Drop in Level of Consciousness in Various Religions

- Misinterpretation by less enlightened beings
- Lost in translation
- The truthfulness of the teaching → Truth / false → power / force

Basic Approach in Buddhism

- Buddhism is the path of practice and spiritual development (including religion, metaphysics, science and philosophy). Leading the insight into the true nature of reality, a path which ultimately culminates in enlightenment for self and other beings.
- An enlightened being sees nature absolutely clearly, just as it is, and lives fully and naturally in accordance with that vision, representing the end of suffering.

Buddhism in Daily Life

- Buddhism relates to daily life and sees life as a process of constant change.
- Buddhism takes advantage of this fact that one can change for the better.
- Buddhism helps people to transform their conceptual thinking and experience in order to live out their life fully and responsibly.
- Buddhist do not "Evangelize" or coerce (force) other people to adopt Buddhism, but rather to make the teachings available to whoever is interested so people are free to choose.

Ultimate Goal in Buddhism

- Awakening is evolution of human consciousness in all aspects including religion, metaphysics, science and philosophy.
(To recognize the meaning of life)
- Enlightenment is embracing these knowledge in totality and living out life wisely to its highest value.
(To fulfil the value of life)

Awareness



END

Thank You





Transfer of merit

By this effort, may all sentient beings be free of suffering.

May their minds be filled with the nectar of virtue.

In this way may all causes resulting in suffering be extinguished, And only the light of compassion shine throughout all realms.

