

2013-17 Spirit of Awakening Tour

Karma Trinlay Rinpoche

Explaining *The Way of the Bodhisattva*

List of sessions including reference to “book chapter: verse and line number” where applicable.

Becoming a Buddha to Be

Santa Barbara (20-21/Apr): Fundamentals of the Buddha’s teaching (General presentation).

01. The Meaning of Life and the Causes of Misery.
02. Awakening and the Path.
03. Karma, Part 1.
04. Karma, Part 2.

Pasadena (24-25/Apr): Introducing *The Way of the Bodhisattva*.

05. Importance of Love. (maitri).
06. Context, Content and Commentary of *The Way of the Bodhisattva*. (Chap. 1: 1 – 3)

Buena Park (27-28/Apr): Intention, Application and Benefits.

07. Freedom, Ability and Inspiration. (Chap. 1: 4 – 5)
08. What is the Spirit of Awakening (Bodhicitta)?
09. Qualities of Bodhicitta. (Chap. 1: 6 – 14)
10. Different Aspects of Bodhicitta. Chap. 1: 15 – 36)

San Luis Obispo (30-01/Apr-May): Preliminaries for the Spirit of Awakening.

11. General Presentation of the Seven-branch Preliminary.
12. Worship of the Three Jewels. (Chap. 2: 1 – 25)

Chicago (04-05/May): Creating Favorable Conditions.

13. Taking Refuge in the Three Jewels. (Chap. 2: 26)
14. Dispelling the Seeds of Suffering with Four Forces. (Chap. 2: 27 – 65)
15. Three Practices for the Cultivation of Merit. (Chap. 3: 1 – 6)
16. Dedicating Ourselves and Becoming a “Buddha to be.” (Chap. 3: 7 – 34)

Menlo Park (11-12/May): Conduct of the Aspiring Bodhisattva.

17. Bodhisattva Vows, Part 1.
18. Bodhisattva Vows, Part 2.
19. The Six Perfections (pāramitā).
20. Introducing the Perfection of Wisdom.

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Training as a Bodhisattva

Calgary (5-6/Oct): Attending to the Spirit of Awakening.

Reviewing Previous Chapters.

What is Buddhism?

21. Reasons for maintaining Bodhicitta. (Chap. 4: 1 – 7)

22. Being Careful. (Chap. 4: 8 - 27b)

Natural Bridge (12-13/Oct): Ethical Discipline.

23. Defeating Our Afflictions — kleśa — (Chap. 4: 27c – 48)

24. Guarding the Mind. (Chap. 5: 1 – 22)

25. Remembrance and Vigilance. (Chap. 5: 23 – 33)

26. Discipline of Refraining from Wrongdoings and Cultivating Virtuous Qualities. (Chap. 5: 34 – 70)

Washington DC (19-20/Oct): Keeping a Joyous State of Mind in all Circumstances.

27. Discipline of Cultivating Virtuous Qualities and Benefiting Others. (Chap. 5: 71 – 90)

28. Discipline of Benefiting Others and Perfecting the Vows. (Chap. 5: 91 – 109)

29. Importance of Patience. (Chap. 6: 1 – 14)

30. Dealing with Suffering, Part 1. (Chap. 6: 15 – 31)

New York (26-27/Oct): Overcoming Adversity and Anger.

31. Dealing with Suffering, Part 2. (Chap. 6: 32 – 51)

32. How to Forbear Insults and Harm. (Chap. 6: 52 – 75)

33. How to Forbear Our Enemy’s Success. (Chap. 6: 76 – 101)

34. How to Forbear Obstacles and the Benefits of Patience. (Chap. 6: 102 – 134)

New York (2-3/Nov): Joyous Perseverance.

35. Taking Joy in Perseverance. (Chap. 7: 1 - 10)

36. Giving Up Laziness. (Chap. 7: 11 - 30)

37. How to Become Perseverant. (Chap. 7: 31-62)

38. Increasing Our Perseverance. (Chap. 7: 63 - 76)

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Becoming Awakened

Miami (7-8/Dec): Concentration.

39. Importance of Giving Up Distractions. (Chap. 8: 1 - 16)

40. Overcoming Attachment. (Chap. 8: 17 - 37)

41. Overcoming Mental Distractions. (Chap. 8: 38 - 88)

Natural Bridge (14-15/Dec): Focusing on Bodhicitta.

42. Equalizing Self and Others, Part 1. (Chap. 8: 89-100)

43. Equalizing Self and Others, Part 2. (Chap. 8: 101-110)

44. The Interchange of Self and Others, Part 1. (Chap. 8: 111-112)

45. The Interchange of Self and Others, Part 2. (Chap. 8: 113-135)

Santa Barbara (4-5/Jan, 2014): Interchange of Self and Others.

46. The Interchange of Self and Others, Part 3. (Chap. 8: 136-150)

47. The Interchange of Self and Others, Part 4. (Chap. 8: 151-184)

48. Dispelling the Obscurations. (Chap. 8: 185-187)

Ch. 9 – Wisdom and Ch. 10 – Dedication of Merit

Natural Bridge (17-23/Aug, 2015; 28/Jun-1/Jul, 2016; 26/Jun-1/Jul, 2017):

Ch. 9 – Wisdom and Chapter 10 – Dedication.

49. Ch 9 Introducing Wisdom Part 1

50. Ch 9 Introducing Wisdom Part 2

51. Ch 9 Introducing Wisdom Part 3

52. Ch 9 Introducing Wisdom Part 4

53. Ch 9 Introducing Wisdom Part 5

54. Ch 9 Introducing Wisdom Part 6

55. Ch 9 Introducing Wisdom Part 7

56. **The Two Truths** 1 (Chap. 9: 1-4b)

57. Refuting Criticisms to Conventional Truth 2 (Chap. 9: 4c-13b)

58. Refuting Criticisms to Ultimate Truth 3 (Chap. 9: 13c-27b)

59. How Seeing Illusion is the Path 4 (Chap. 9: 27c-39)

60. How Seeing Emptiness is the Path 5 (Chap. 9: 40-48c)

61. Summarizing the Effects of Seeing Emptiness 6 (Chap. 9: 48d-55)

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62. **How to Cultivate Emptiness 1: Selflessness of the Person** (Chap. 9: 56-59)

63. Refuting the Samkhya and Nyaya Views of the Self (Chap. 9: 60-69)

64. How Selflessness Doesn't Contradict Causality (Chap. 9: 70-77)

65. **The Way to Cultivate Emptiness 2: Selflessness of Phenomena** through Fourfold Mindfulness (Chap. 9: 78)

66. Mindfulness of the nature of Body and Feelings (Chap. 9: 78-101)

67. Mindfulness of the nature of Mind (Chap. 9: 102-105b)

68. Mindfulness of the nature of Phenomena (Chap. 9: 105c-110)

69. Review (Chap. 9)

70a. **4 Arguments against Substance 1** (Chap. 9: 111-117)

70b. 4 Arguments against Substance 2 (Chap. 9: 116-117)

71a. Vajra Splinters: Refuting Causation from Other Things (Chap. 9: 118-126)

71b. Vajra Splinters: Refuting Causation from Other Things (Chap. 9: 118-126)

72a. Recap Emptiness of Phenomena (Chap. 9: 126)

72b. Vajra Splinters: Refuting Self-causation (Chap. 9: 126b-137)

73. Examining Existence and Non-Existence in Production and Cessation (Chap. 9: 138-150)

74a. Fruits of Cultivating Emptiness 1 (Chap. 9: 151-161)

74b. Fruits of Cultivating Emptiness 2 (Chap. 9: 162-167)

75. Introduction to Dedication of Merit

76. Dedication of Merit 1 (Chap. 10: v1-17)

77. Dedication of Merit 2 (Chap. 10: 18-57)

78. Gratitude and Conclusion (Chap. 10: 58)