

31 - The Truth 33

71 - 4 Stages of Life

119-122 Enlightenment

155-5 Precepts for Lay Disciples - His 10 Commandments

5

175-184 Japa Med 97 -

189 - Religious Leader - or seeker of liberation

212 - Story against dogmatism or close-mindedness

232 - You cannot find freedom by praying to some god.

235 - Without peace and joy you cannot truly help others.

296 - Confused Theology

302/304 Sewer Toilet - wash sink!

338 - on a flower

351 - The 5 hindrances to Liberation - 1) Sensual desire

365 - The Morning Star - 5. Supt. in English too many?

404 - The Theology in 4 paragraphs

408 - Salt tree

417-19 - Earth Air Fire Water - Untouchable child

421 - How to Live - And "Accept only those things..."

462 - Dharma must be studied in people's Native + original Vitals

512 - The Happiness that is present in each moment of daily life Accessible

513 - Happiness is inherent

514 - The Buddha accepts applies real directions - like Indians

- also - The 6 actions that will lead to ruin - 1) alcohol

515 - whole trip in 1 page for lay people

523 - Buddha on Politics + Economics

527 - Racial - social caste prejudice

542 - idle conversation - don't waste time

551 be ~~not~~ as an island? be self-sufficient in your belief and practice

10548

560 Last words - Be diligent in your efforts to attain liberation.

4 Noble Truths -

178 - Too much into Transcending the lower organs and sense consciousness - other worldly - like an unlit

Although how say - "The concept of Non Being Xian false as the concept of a separate permanent self"

Xians can't let go of the separate personal self - Enlightenment - give you the flash of the web of connectiveness

Get Text of
4 Noble Truths
5 fold path for the laity
Noble 8 fold Path

Right Understanding

Thought

Speech

Action

Livelihood

Effort

Mindfulness

8) Concentration

OLD PATH WHITE CLOUDS

147

Cf Noble Truths

1) The Existence of Suffering

2) The cause of Suffering caused
by ignorance of truth about
life.

3) The Cessation of Suffering
understanding the truth of life

4) The Path - that leads to the
cessation of suffering

148 - Living each day
mindfully is the
very basis of spiritual practice.