



Prostrations

Respectful greetings

Namo Buddhaya

Enlightened persons

Namo Dharmaya

Way, path, method

Namo Sanghaya

Pure hearts





Forget-me-not

Inflation and Defence of Ego

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Terminologies

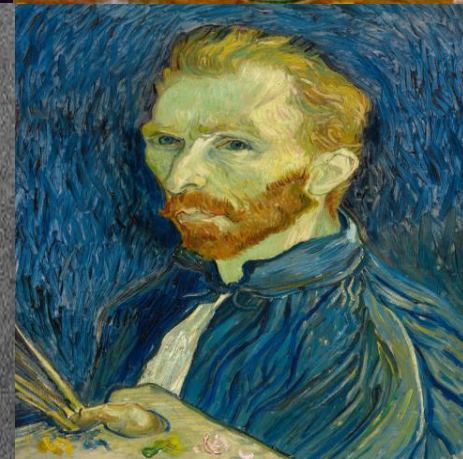
- Ego = small me = self
- Higher Consciousness
= Selfless = Unlimited
Inspirations = Holy
Spirit = Holy Ghost =
God





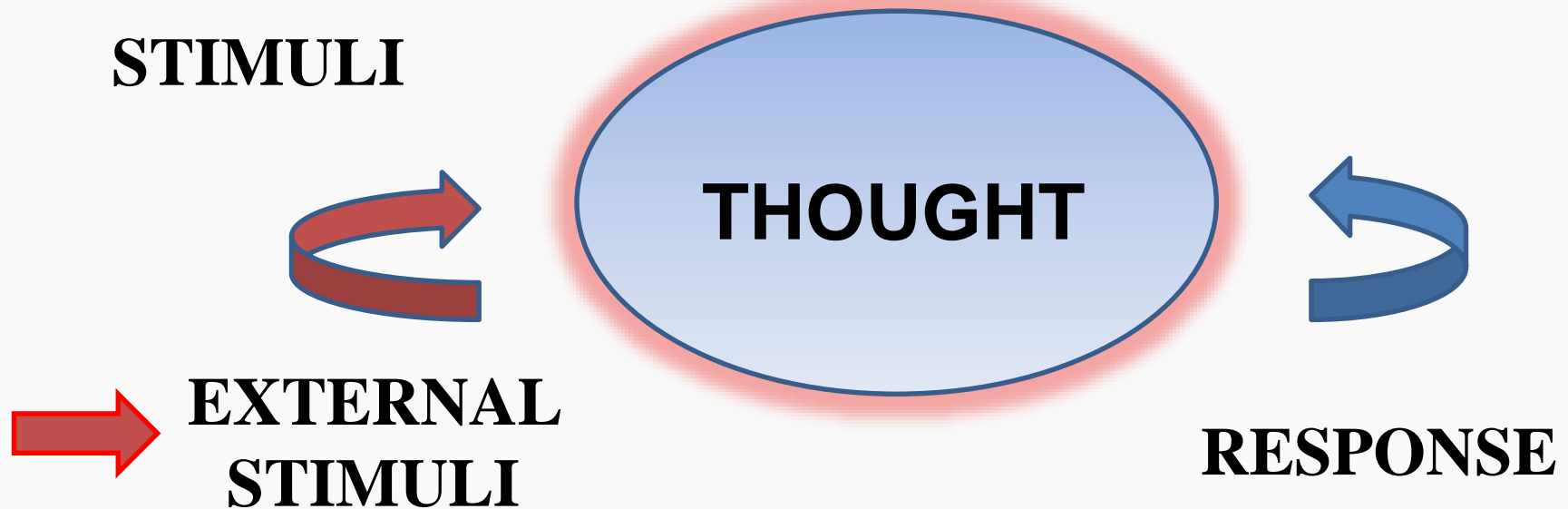
Inspirations

- Great arts or achievements come from inspirations.
- Inspirations come from the word inspire (the spirit is in the body)... What spirit?
- When the holy spirit is in, we become servant of God and create greatness.
- When the Self/I/Ego is in, we do selfish or hurtful things to satisfy our ego.





Origin of Thought

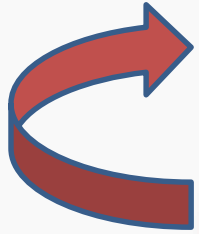




Origin of Thought

STIMULI

RESPONSE



THOUGHT



**EXTERNAL
STIMULI**

**THOUGHT ...DISTORTED
REALITY WITH BIG SELF**

THOUGHT

THOUGHT

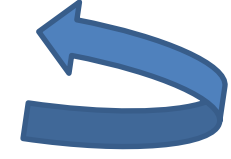
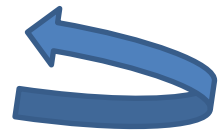
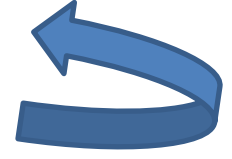
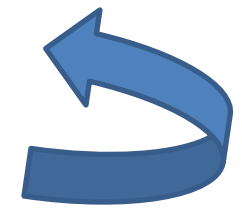
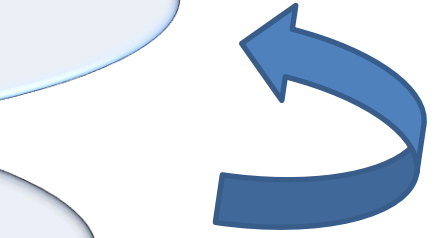
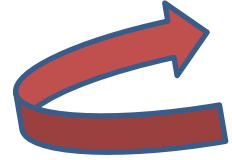
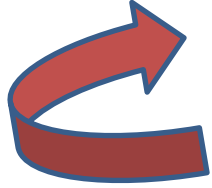
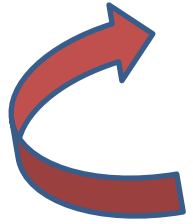
THOUGHT

THOUGHT

THOUGHT

**External
Stimuli**

**Internal
Response**





Survival of Ego

Ego's survival depends on you perceiving it as reality. If you can recognize illusion as an illusion, it dissolves.





Defence of Ego/I/Self

1st level of defence – primitive resistance

- I will **not listen**...
- I do not want to listen to teachings that exceed Self/I.
- I am only happy to listen to sayings that strengthen Self/I.
- I will not listen to the lecture on counting numbers.





Defence of Ego/self

2nd level of defence – rationalized resistance

- **Listen a little** bit won't do much harm, after all I **will not understand** it anyways.
- Counting to ten, hundred, thousands,..... millions, billion is within my reach.
- Any larger number is irrelevant to me (I). Call it infinity





Defence of Ego/I/Self

3rd level of defence - highly intelligent/subtle resistance

- **I understand**, but Self/I will **immediately ‘not understand’** (unenlightened).
- At the lecture, I understand 10^{+n} and 10^{-n} . After the lecture, these power stuffs are useless, no application, i.e. no relevance to me (**I**).

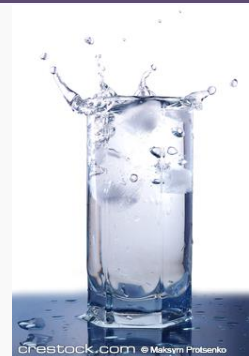




Defence of Self/I/Ego

❖ 1st level of defence – primitive resistance

I will not listen



❖ 2nd level of defence – rationalized resistance

No harm in listening. Anyway,

I won't be able to understand



❖ 3rd level of defence – highly intelligent resistance

I understand but

I will immediately forget





Overcoming Ego

Through **Awareness** of
the following:

1. True Consciousness
2. Life
3. Source
4. Being
5. True Identity





Overcoming Ego

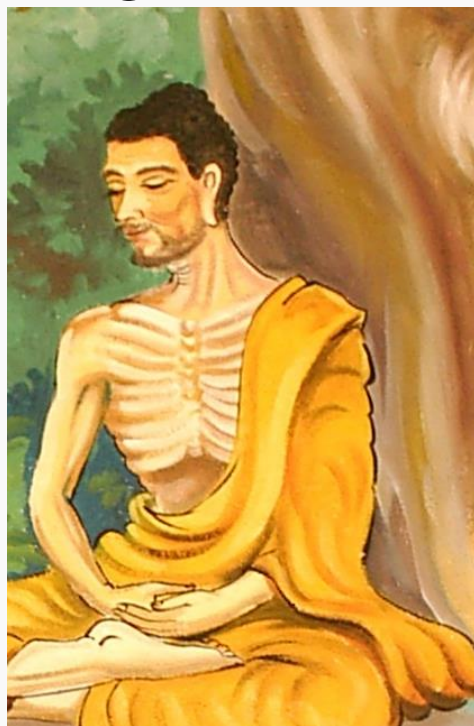
- The Truth is that All Structures are unstable. Structure is the thought process underlying ego's identification with forms such as material possession, beauty, fame etc.





Overcoming Ego

- Renouncing of all possessions is an ancient spiritual practice in both Eastern and Western religions.



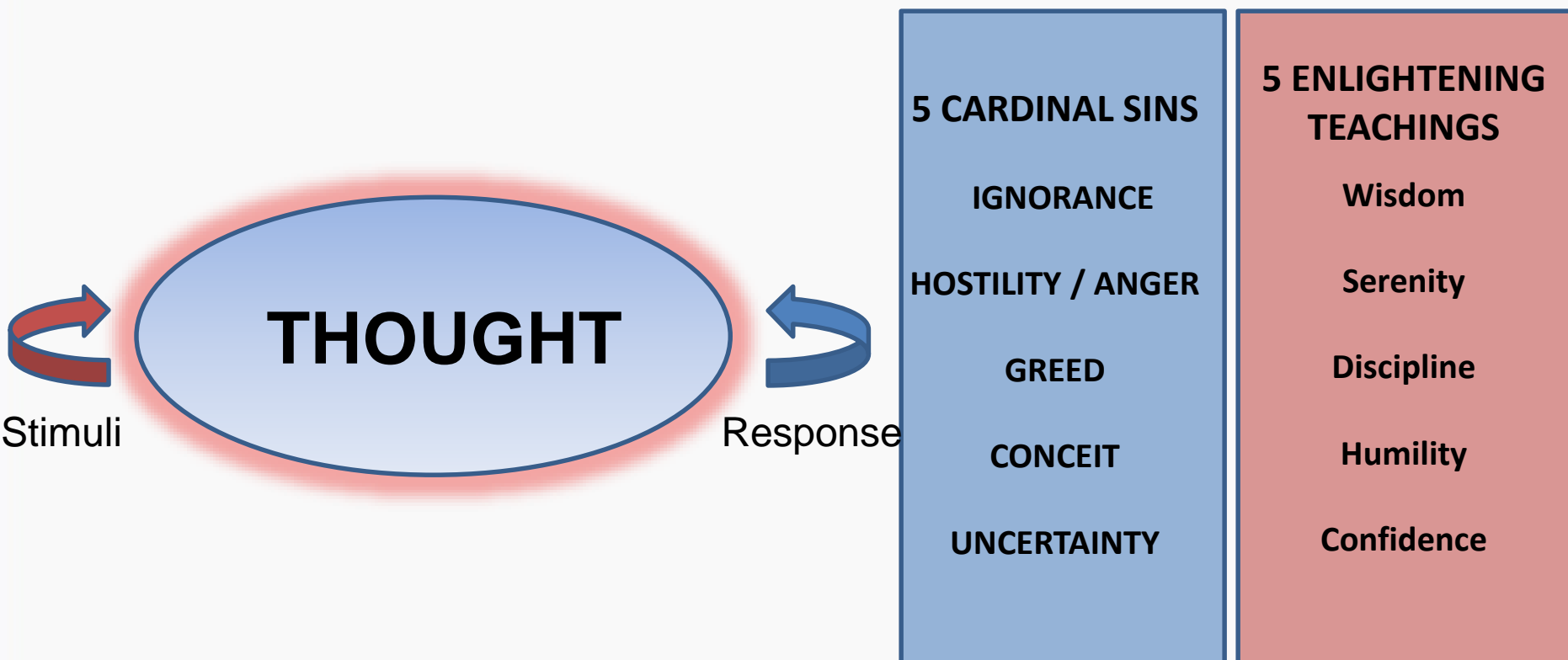


Overcoming Ego

- ❖ In a situation- e.g. lost a job
- ❖ “I am unhappy”-it is a thought
- ❖ Recognize/acknowledge the unhappy feeling
-it is the ego
- ❖ Separate the thought from the situation-the
thought creates the unhappy feeling
- ❖ Willing to stop the inflation of the thought –
catching our own thoughts



Overcoming Ego





Ignorance - Wisdom

KNOWLEDGE
is knowing
what to say.

WISDOM
is knowing
when to say it.



I'm going to sit down
and empty my thoughts.



That's what
I do all day.



I want to kill sweetest smartest and
most beautiful person on earth but
then i thought.....

suicide is a **CRIME**.





Hostility/anger - Serenity

Buddha - I want to have your peace...
your wisdom, your serenity,
your divine nature AND your acorn hat!
Love, Squirrel.

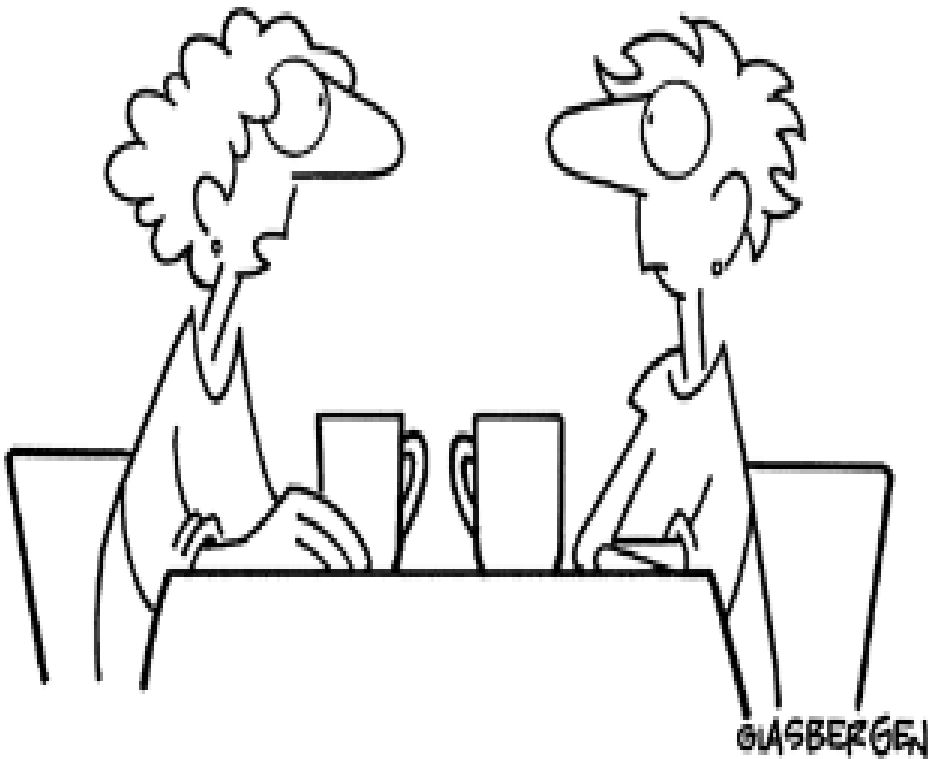
Please grant me the
serenity to accept
these parents that I
cannot change...





Greed – Discipline/Generosity

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**"Discipline and good behavior are the keys to family harmony,
so my husband and I do everything our children tell us to."**



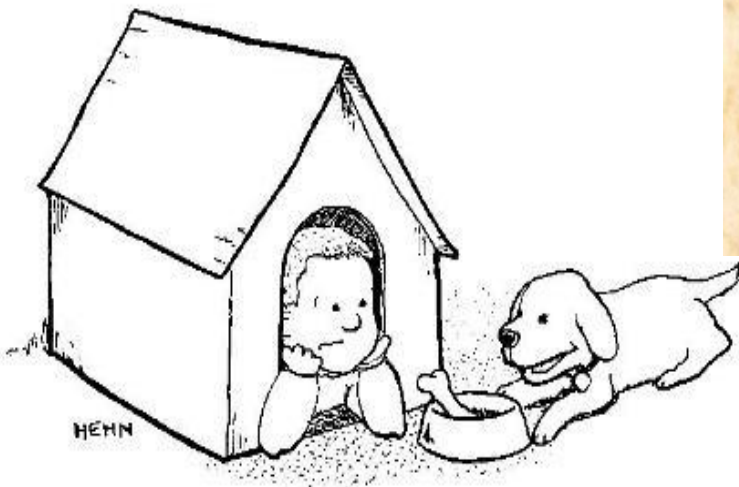
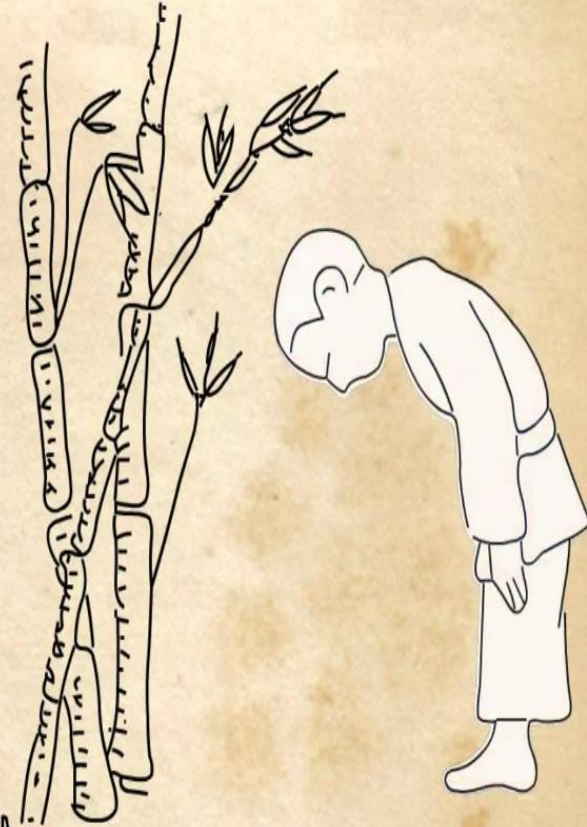
Conceit - Humility

HUMILITY

謙遜

"BE LIKE THE BAMBOO
THE HIGHER YOU GROW
THE DEEPER YOU BOW"

CHINESE PROVERB



Uncertainty - Confidence

In no way alarmed by your opponents-which is a sign of destruction for them, but of salvation for you. Philippians 1: 28





Avoid ten evil actions

1. Killing of living beings
2. Stealing
3. Unlawful sexual misconduct
4. Lying
5. Slander and tale-bearing
6. Harsh speech
7. Frivolous and meaningless talk
8. Covetousness, or eagerly desirous especially of things belonging to others
9. Ill-will
10. Wrong view.



Generosity/Humility

Jesus and the Widow's Offering (Mark 12:41-44)

- **41** *And Jesus sat over against the treasury, and beheld how the people cast money into the treasury: and many that were rich cast in much.*
- **42** *And there came a certain poor widow, and she threw in two mites, which make a farthing.*
- **43** *And he called unto him his disciples, and saith unto them: Verily I say unto you, That this poor widow hath cast more in, than all they which have cast into the treasury.*
- **44** *For all they did cast in of their abundance; but she of her want did cast in all that she had²⁴, even all her living.*



Humility

- Bodhidharma's first instruction to Emperor Wu of Liang Dynasty
- Emperor Wu asked Bodhidharma, “**All my life I have built temples, given sanction to Sangha, practiced giving and arranged vegetarian feasts. What merit and virtue have I gained?**”
- “**None**” was the reply.

WHY?



Humility

師曰：The Master said 「實無功德，There actually was no merit and virtue 勿疑先聖之言。Do not doubt the words of a sage 武帝心邪，Emperor Wu of Liang's mind was wrong 不知正法，he did not know the right Dharma 造寺度僧，Building temples and giving sanction to the Sangha 布施設齋，practicing giving and arranging vegetarian feasts 名為求福，is called 'seeking blessings' 不可將福便為功德。Do not mistake blessings for merit and virtue 功德在法身中，Merit and virtue are in the Dharma body 不在修福。」 not in the cultivation of blessings



Humility

- According to Platform Sutra of the Sixth Patriarch.
- Inner humility is merit. Outer practice of reverence is virtue.
- Those who slight others, and do not cut off the “me and mine” are without merit.
- The vain and unreal self-nature is without merit because of the “me and mine” and because of the greatness of the “self”.

Beyond Ego → Give up self to seek True Consciousness

- Buddhas are exceedingly insatiable (greedy), unyielding (firm) and unwavering (inflexible) beings.
- Ksitigarbha Bodhisattva is insatiable in liberating all beings from hell.
- Buddhas are antagonistic to suffering and extremely persistent (immovable) in trying to guide sentient beings.
- **Their goal is for the salvation of others and not for themselves.**



transformation

- **Greed** → insatiable ideal of utopia
- **Hostility** → antagonistic to suffering
- **Conceit** → immovable, unwavering grand vow

Enlightenment is the Transformation of Ego to a Higher Consciousness



- 5 CARDINAL SINS**
- IGNORANCE**
 - HOSTILITY / ANGER**
 - GREED**
 - CONCEIT**
 - UNCERTAINTY / DOUBT**

- 5 ENLIGHTENING TEACHINGS**
- WISDOM** derived from knowledge of the dharma
 - SERENITY** from Presence & Samadhi training
 - Generosity** from **DISCIPLINE** training
 - HUMILITY** from service & offerings training
 - CONFIDENCE** from training of Correct View and Correct Thinking Mode



Difference between “ Self” & “Selfless”

Positive aspects	Self (Asmita)	Selfless (Parmatman)
Thinking mode	limited	unlimited
Thinking capacity	limited	unlimited
Point of view	limited	unlimited
Wisdom	limited	unlimited
Prajna Energy	limited	unlimited
Capability	limited	unlimited
Livelihood	limited	unlimited
Knowledge	limited	unlimited
Living & dying	limited	unlimited



Difference between “ Self” & “Selfless”

Negative aspect	Self (Asmita)	Selfless (Paramatman)
Affliction	yes	none
Needs	yes	none
Desire	yes	none
Wondering thoughts	yes	none



What is there beyond Self/I/Ego?

Arahat = Self Awareness

Definition: Detached from all

Bodhisattva = Grand vow:

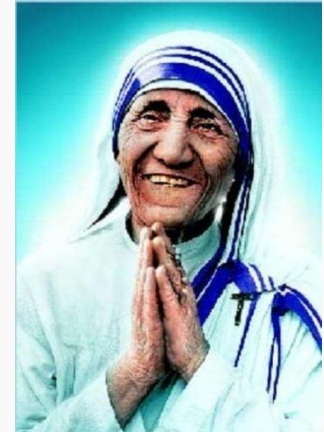
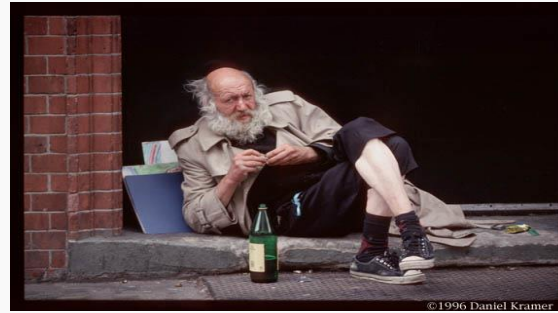
Self Awareness, & entice others to Self Awareness

Definition: self sacrifice for the benefits of others

Mahasattva / Buddha =

Completion of Grand Vow

Definition: Bring hope to the hopeless





THE 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.

