

February 24, 2014

IN PROGRESS:

2013-14 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.

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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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 Perserverance. (Chap. 7: 63 - 76)

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)

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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)

Still to come:

Chap. 9: Wisdom