

| | | | | | | | | | | |
|--|--|---|--|---|---|---|--|---|---|--|
| Precepts | Everlasting Truth, not raising the view of extinction; No Wasting or Killing | Ungraspable Truth, not arousing the thought of gain; No Stealing, | Free Truth, not raising the view of attachment; No Being Greedy, no misuse of sex | Inexplicable Truth: not expounding a word; No lying, no illusory words | Pure Truth: not arousing ignorance ; No being intoxicated | Faultless, Unmistakable Truth: No dwelling on past mistakes | Truth of Equality: not talking about self and others; No praise or blame | Truth of Equality: not talking about self and others, Not being greedy | Truth of No-self: not contriving a reality of self, Not being angry | Truth of Oneness: not raising a distinction between Buddhas and beings; No disparaging the Three Treasures |
| Path | Right Views, Right Understanding | Right Thought, Right Intention, Control Your Thoughts | Right Speech, Say Nothing to Harm | Right Action, Resist Evil, Embrace and Sustain all Good | Right Livelihood, Work for the Good | Right Effort, Free Yourself from Evil | Right Mindfulness, Practice Meditation | Right Concentration, Know the Truth | | |
| Milarepa's Song of 8 areas of mastery, not seen as different | View: appearance and emptiness | Dharmakaya: mind and space | Instruction: pleasure and pain | Conduct: bliss and emptiness | Nature: here and hereafter | Realization: affliction and wisdom | Meditation: dreams and day | Fruition: your mind and Buddha | | |
| Jhanas | 1. Delightful Sensations | 2. Joy | 3. Contentment | 4. Utter peacefulness | 5. Infinity of space | 6. Infinity of consciousness | 7. No-thingness | 8. Neither perception nor non-perception | 9. Cessation | |
| Zen "Jhanas"? | Zazen, investigating Dharma, thinking and pondering | Shikantaza, nonthinking | Shikantaza, nonthinking and nonhindering | Shikantaza, beyond pleasure or pain, hope or fear, gain or loss, fame or shame, non-attainment | Beyond form, boundlessness, the sphere of infinite space | Boundless consciousness, vast emptiness | No thingness, interdependence, co-dependent arising and fading | Beyond perception and non-perception | Paramitas, 6 perfections | Life |
| Bardos | Sentient beings in the three realms of samsara and buddhas who have passed beyond suffering are one in their actual true nature. | The various white and red manifestations and the inexpressible innate mind are inseparable, being one in the intrinsic state. | Delusory appearances in their various manifestations and one's own nonarising mind are one as nondual coemergence. | Last night's dreams arise from habitual patterns. We know them to be false when we awaken. These states are one in being illusion-like. | The impure five skandhas and the pure five families of the victorious ones are one within the nonconceptual completion stage. | Essential point: The father tantras arising from skillful methods and the mother tantras arising from wisdom are one as the coemergence of the third empowerment. | 3 kayas: The unchanging dharmakaya for one's own benefit and the unceasing form kayas for the benefit of others are inseparable, being one in the intrinsic state. | Result: The impure illusory body born from a mother's womb and the pure form of the deity are one in the luminosity of the bardo. | | |
| Paramitas, Perfections | 1. Dāna: generosity, giving of oneself | 2. Śīla: virtue, morality, discipline, proper conduct | 3. Kṣānti: patience, tolerance, forbearance, acceptance, endurance | 4. Vīrya: energy, diligence, vigor, effort, tolerance | 5. Dhyāna: one-pointed concentration, contemplation | 6. Prajñā: wisdom, insight | 7. Upāya: skillful means | 8. Praṇidhāna: vow, resolution, aspiration, determination | 9. Bala: spiritual power | 10. Jñāna: knowledge |
| Milarepa's Song of the Six Paramitas (Nothing to Do but ...) | Just Stop Fixating on Self | Stop being Dishonest (re thinking) | Not fearing what is ultimately true | Practice continuously | just resting in this present presence | Knowing directly | | | | |
| Huineng | At all times, in every moment of your mind, you must ... | Purify your mind by our own effort | See your own teachings by your own practice | See your own Buddha by your own exercise | Reform yourself by observing your own commandments | Innate Commandment, You Do Not Wish to Kill, Steal, etc. | Innate Tranquility, You do not wish to lead a bustling life, or to make money | Innate Wisdom, you do not want to live in delusion | Innate Emancipation--you do not wish to suffer the pangs of conscience, and you wish to live a life of sanction | Innate Teaching--you know how you were emancipated, so you will teach it. This is the hardest. |