

## Sangharakshita in Seminar

### PRECEPTS OF THE GURUS (First Seminar)

#### Section One: *The Ten Causes of Regret*

[Text to be found in 'A Buddhist Bible' edited by Dwight Goddard,  
published by Harrap, London, 1956 (Also published by Beacon Press, 1970).]

#### Contents

- 1 *'The Ten Causes of Regret'* are read out
- 3 The Freedoms and the Endowments  
The Four Freedoms from fetters within human existence:  
The 1st freedom: freedom from 'Firmly holding wrong views, such as Atheism, Nihilism, or disbelief in the law of cause and effect'.  
4 'Atheism' as disbelieving the possibility of the attainment of Enlightenment  
5 You cannot make people respond to you (or Enlightenment) - they have to do that themselves  
What are wrong views?  
6 The 2nd freedom: freedom from 'birth in a totally non religious or barbaric land'.  
Culture and the nature of culture  
8 The 3rd freedom: 'freedom from birth in a land where no Buddhist Dharma is taught. □  
The 4th freedom: 'freedom from birth as a demented or mute person □  
9 The Four Freedoms from non-human types of birth - in the hell realm, preta realm, animal realm and deva realm.  
10 Deva realms. What distinguishes FWBO people from hippies?  
11 What motivates one to lead a spiritual life?  
A Deva-like existence, for a short while, has its place  
12 Is it better to run away (from the difficulties of the mundane world) than to succumb to them?  
Hippies again.  
13 Attitudes towards pleasure - not to be puritanical and not to be hedonistic.  
The realms seen subjectively and objectively  
16 Bhante's vision of a new Buddhist Movement on his return to Britain  
Mind over matter  
18 The Ten Endowments:  
The Five Personal Endowments  
20 *Sanghabheda* - causing a schism in the Sangha  
*Sanghabheda* as a positive division of the Sangha  
21 Making oneself felt and being an Individual  
22 Order Days and what to report-in  
25 The heinousness of killing one's father or mother  
Killing an Arahant  
25 Does one have to be a human to gain Enlightenment?  
26 Buddha-seeds in the different realms  
27 Having respect for the three baskets of the Dharma (Tripitaka)  
The Five Personal Endowments as a sign of the ideal Mitra  
The Five Circumstantial Endowments:  
The presence of a Buddha in the time in which one lives  
The presence of the Dharma  
The flourishing of the practise of the Dharma  
28 The existence of the Spiritual Community  
Having a Kalyana Mitra  
Making good use of one's opportunities  
The fine balance between not compromising one's spiritual ideals and not discouraging people - especially newcomers  
34 Not to generalise about the whole Order based on experience of one or two Order members

- The Kali-yuga - the age of darkness
- 35 The Three Ages of the Dharma
- 36 The 'New Age' or the 'Aquarian Age'
- 37 Historicism
- People are not more interested in spiritual life today than they were in previous centuries!
- 40 The Axial 'Age'?
- Buddhist development in China, Japan and Tibet
- 41 Nichiren
- 42 The FWBO being misunderstood by calling itself 'Buddhist'
- 43 Are any other Buddhists actually Buddhists?!
- No Tibetans in the West before the Chinese invasion - why?
- 45 What is the 'Dharmakaya'
- Things that get in between us as we are now and Stream Entry
- The Four Right Efforts
- 50 What does one do when you feel dull and flat and need inspiration?
- 52 Are parties or alcoholic drinks helpful?
- Why, broadly speaking, the Metta Bhavana is more important than the Mindfulness of Breathing
- 54 Illusions. The *Viparyasas*
- 58 Very little room for adventure in the mundane world
- 59 The 'Friends' starting light industrial Right Livelihood projects
- 61 The fear of being converted to Buddhism or other 'philosophy'
- 62 Separation from the guru
- 63 No 'personality cult' of Bhante in the FWBO
- 64 Is it possible to gain Enlightenment in one lifetime nowadays?
- 65 Should Bhante appear in person at things more often?
- Not to underestimate the importance of personal contact
- 69 You can't organize the artists!
- Religious faith and vows
- 70 Commitment
- Uncontrollable passions
- 72 Making and breaking vows
- 73 Making positive vows
- 75 Celibacy and chastity
- 79 'Grace' or blessing - *Adhithana* and *Abhisekha* - ritual empowerment
- 82 What is a 'Tantric' initiation?
- 84 Hindu and Tibetan Tantra
- 85 The Classical and the Romantic
- 86 Italian Catholicism and its similarities with Paganism
- 88 Not the neglect the arts in the FWBO
- 89 Not all music has a skilful effect on the listener
- What is 'Pagan'?
- 90 The need for energy in one's spiritual life
- 92 Is the Sevenfold Puja too advanced for the FWBO?
- 94 Working out a positive version of the fifth precept
- 95 What does '*Namo Nama*' mean
- 'Male' and 'Female' energy?
- 99 Selling the doctrine like merchandise
- Not charging for meditation classes
- 103 Milton and Cromwell
- Do not exploit your Centre Chairman!
- 105 Ways of developing metta towards all beings
- All beings having been our mother or our father
- 106 Expressing gratitude
- 109 Hardy's novel '*The Woodlanders*'

- 111 Not wasting the 'prime of youth'
- 114 The *miccha-ditthi* of needing lots of worldly experience as a stage of on the spiritual path
- 115 Positive counterparts of 'worldly life' in the FWBO