

THE FOUR THOUGHTS

with Geshe Jampa

Sunday, February 22, 1-4 PM



Geshe Jampa will teach on the classic Buddhist topic *The Four Thoughts*, which turn the mind from samsara. Contemplating the Four Thoughts releases our minds from grasping and attachment and turns them toward the Dharma.

Precious Human Birth

In the first thought, we contemplate the great advantage of living a life in which we are free to study and practice the Dharma. We live in a time in which the teachings of the Buddha are in existence: this opportunity does not come often, and it is important for us to take advantage of our precious human life in this time of the Buddha to practice to the best of our abilities. Simply realizing this truth helps turn our mind from attachment.

Impermanence

Nothing remains the same from one moment to the next. Contemplating this truth allows space for things to change, and we begin to accept the fact that our dependence on samsara is not based on an unchanging, hard and fast reality.

Karma

Karma is simply the law of cause and effect, explaining how specific actions lead to specific results. Actions we do, whether with our bodies, our speech, or our minds, can be either positive, leading to positive results, or negative, leading to negative results. Understanding the seeds of our happiness can lead us to create more of the conditions that lead to happiness.

Disadvantages of Samsara

In the cyclic existence that is samsara, beings are susceptible to suffering, which is the result of delusions and karma. We contemplate the disadvantages of samsara in order to lessen the attachment that keeps us bound to our confused understanding of the world.

Plan to attend Geshe Jampa's explanation of these basic subjects of Buddhism. We are fortunate to live in a time when the Buddha's teachings exist, and we are extremely fortunate to have access to learned teachers.



www.emahofoundation.org

Emaho Center is just south of McDowell Road, on the west side of Miller, in the Los Arcos Medical Plaza.