

## Important points for reflection related to the 2<sup>nd</sup> Session – 8<sup>th</sup> July 2021

1. Trungpa Rinpoche said, “Each stage has its own integrity and power, and we should look at each stage as complete in their own right. We should not denigrate Hinayana or skip the Mahayana in favour of what they might consider the more powerful or exotic Vajrayana, but to see the three stages, or yanas, as an interconnected whole, and as one continuous journey.” Based on this statement, how does one choose the path and practice them?
2. Ponder on this popular saying, “To always hunt for more profound teachings is like a child trying to ride a wild horse.”
3. “Scholarship without practice is of limited value, as is practice without scholarship; but the combination of the two is both powerful and transformative.”
4. What are possible dangers of not understanding the view, meditation, conduct and fruition of each yanas before jumping into practicing them?
5. What does understanding the reality of one’s individuality and phenomena have to do with inner transformation?