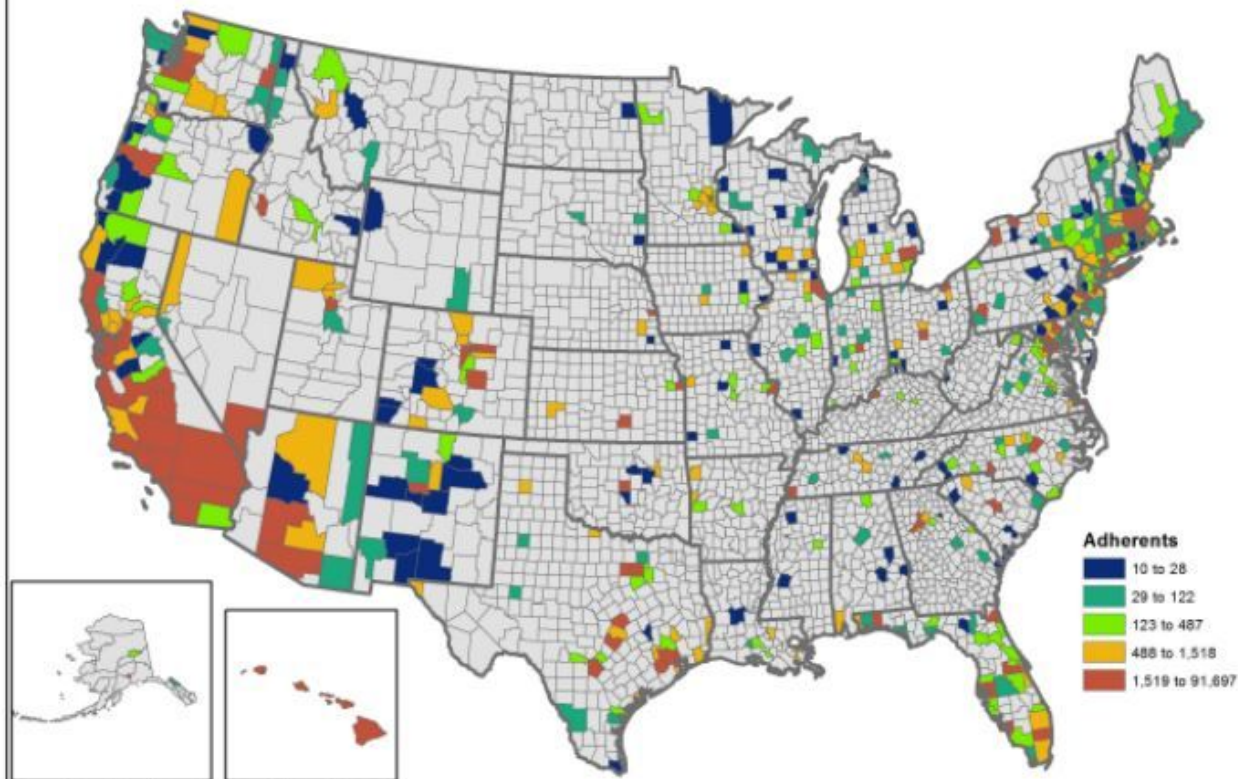


Week 4: The Tibetan/Vajrayana tradition and Thich Nhat Hanh

Link to extended readings and slides:<https://parusanalytics.com/introbud2023/week-four.html>

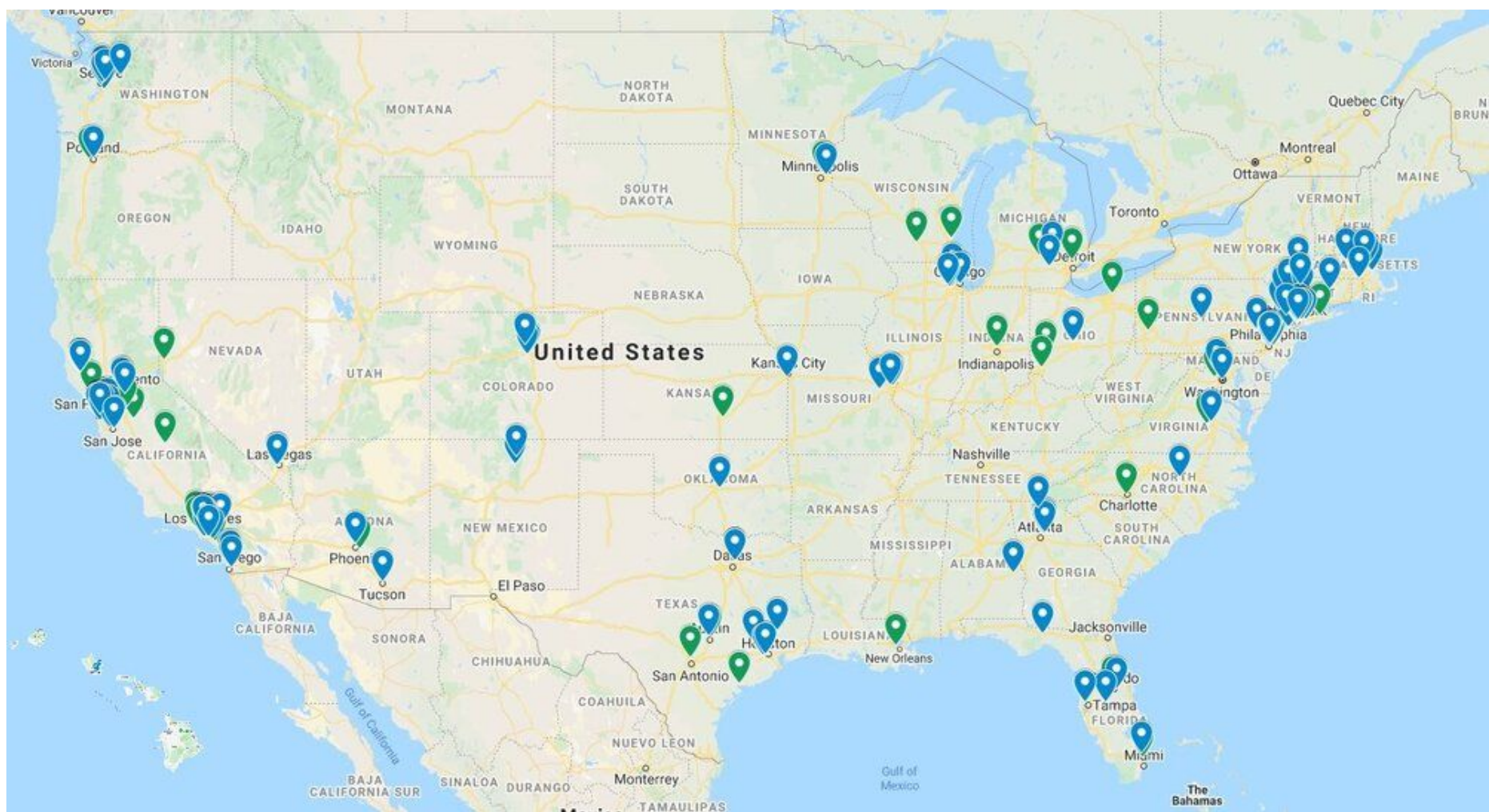
2 February 2023

Buddhist Adherents in the United States, 2010
Counties Grouped into Five Equal-sized Categories



© Association of Statisticians of American Religious Bodies, 2011
Religious Congregations & Membership in the United States: 2010
Created by Research Services using ESRI ArcMap 10.0

2,854 congregations and 991,683 adherents were reported in 536 counties.



Global Sangha Map



Sanghas practicing in the Plum Village tradition.

827,115 views

Published on December 23, 2022



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Sangha Directory

- All Ages
- Young Adults (Wake Up)
- Startup
- Practice Center
- Resource



Historical development

- **3rd century CE: Bon influenced in Kingdom of Zhangzhung (eastern Nepal)**
- **First dissemination (7th–9th centuries)**
- **Era of fragmentation (9th–10th centuries)**
- **Second dissemination (10th–12th centuries)**
- **Mongol dominance (13th–14th centuries: Yuan Dynasty)**
- **Ebb and flow of Chinese (Ming, Qing, Communist) control and Tibetan independence (15th–present)**

Major orthodox schools of Tibetan Buddhism

- **Nyingma** (700s) [Yongey Mingyur Rinpoche, but he is also Kagyu]
- **Kagyü** (1000s)
- **Gelugpa** (1409) [Dalai Lama]
- **Sakyapa** (1073)
- **Bon** (Serenity Ridge, Ligmincha International): pre-Buddhist, so only sort of orthodox

A characterization of the four schools

In his work, The Four Dharma Traditions of the Land of Tibet, [Mipham Rinpoche](#) described the four main schools as follows:

Nyingma followers of Secret Mantra emphasize the actual tantra.

They pursue the highest view and delight in conduct that is stable.

Many reach the vidyādhara levels and attain accomplishment, And many are mantrins, whose power is greater than others.

Kagyü followers, the protectors of beings, emphasize devotion.

Many find that receiving the lineage's blessings is sufficient.

And many gain accomplishment through perseverance in the practice

They are similar to, and mix together with, the Nyingmapas.

The Riwo Gendenpas (i.e. Gelugpas) emphasize the ways of the learned.

They are fond of analytical meditation and delight in debate.

And they impress all with their elegant, exemplary conduct.

They are popular, prosperous, and put effort into learning.

The glorious Sakyapas emphasize approach and accomplishment.

Many are blessed through the power of recitation and visualisation,

They value their own ways and their regular practice is excellent.

When compared to any other school, they have something of them all.

Ema! All four dharma traditions of this land of Tibet

Have but one real source, even if they arose individually.

Whichever one you follow, if you practise it properly

It can bring the qualities of learning and accomplishment.

Some modernizing variants


- **Rimè** (19th century) "no school" : nonsectarian involving all schools, including Bon
- **Shambhala**: Chögyam Trungpa Rinpoche (1960s), Naropa University (Boulder), Pema Chödrön
- **New Kadampa Tradition – International Kadampa Buddhist Union (NKT—IKBK)** "is a global [Buddhist new religious movement](#) founded by [Kelsang Gyatso](#) in [England](#) in 1991" [Wikipedia...], and is sort of a Gelugpa spinoff but is passionately opposed to the Dalai Lama, nominally over a specific ritual. It's complicated...
- **Mind and Life Institute** (Charlottesville; Dalai Lama): integration with Western scientific approaches




B. Alan Wallace. *The Attention Revolution* (2006)

Some major bodhisattvas


- Avalokiteshvira (China: Guanyin): compassion
- Tara, in many manifestations: help at a human level (Freya)
- Manjushri: wisdom (Odin)
- Vajrapani: protection and the power of the Buddha (Thor)
- Samantabhadra: kindness/happiness




Daycen Manjushri - Bodhisattva Of...
\$649.99
Wayfair
Free shipping




Avalokiteshvara Statue, Chenrezig...
\$158.40
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Free shipping




Framed Tibetan Thangka Of...
\$6,000.00
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Buddhist Avalokiteshvara...
\$28.59
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Bodhisattva statue, Avalokiteshvara
\$1,558.17
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30" Avalokiteshvara Statue | Ten Faces...
\$1,100.00
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Yellow Jambhala Bodhisattva...
\$373.59
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8" The Tibetan Buddhist...
\$246.99
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Buddhist Bodhisattva...
\$41.00
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Bodhisattva Avalokiteshvara...
\$367.32
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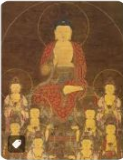
Finely Carved Murtof Manjushri - ...
\$1,599.99
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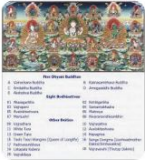
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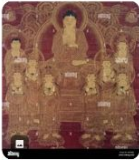
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Reduced Stunning Pair Of 18th-19th...



Bodhisattva Green Tara Hope Copper...



Buddhist Bodhisattva...



Jambhala - Kuber - God of wealth...

Preliminary practices (ngöndro)

- **Empowerment: guru yoga**
- **Mantra**
- **Visualization (deity yoga)**
- **Mandala**
- **Dream yoga/lucid dreaming**

Advanced practices

Samatha

Vipassana

Dzogchen ("Great Perfection")

Mahamudra ("Great Seal")

Quite the assortment of esoteric tantric practices, some of which are indeed thoroughly antinomian and...above my pay grade...