



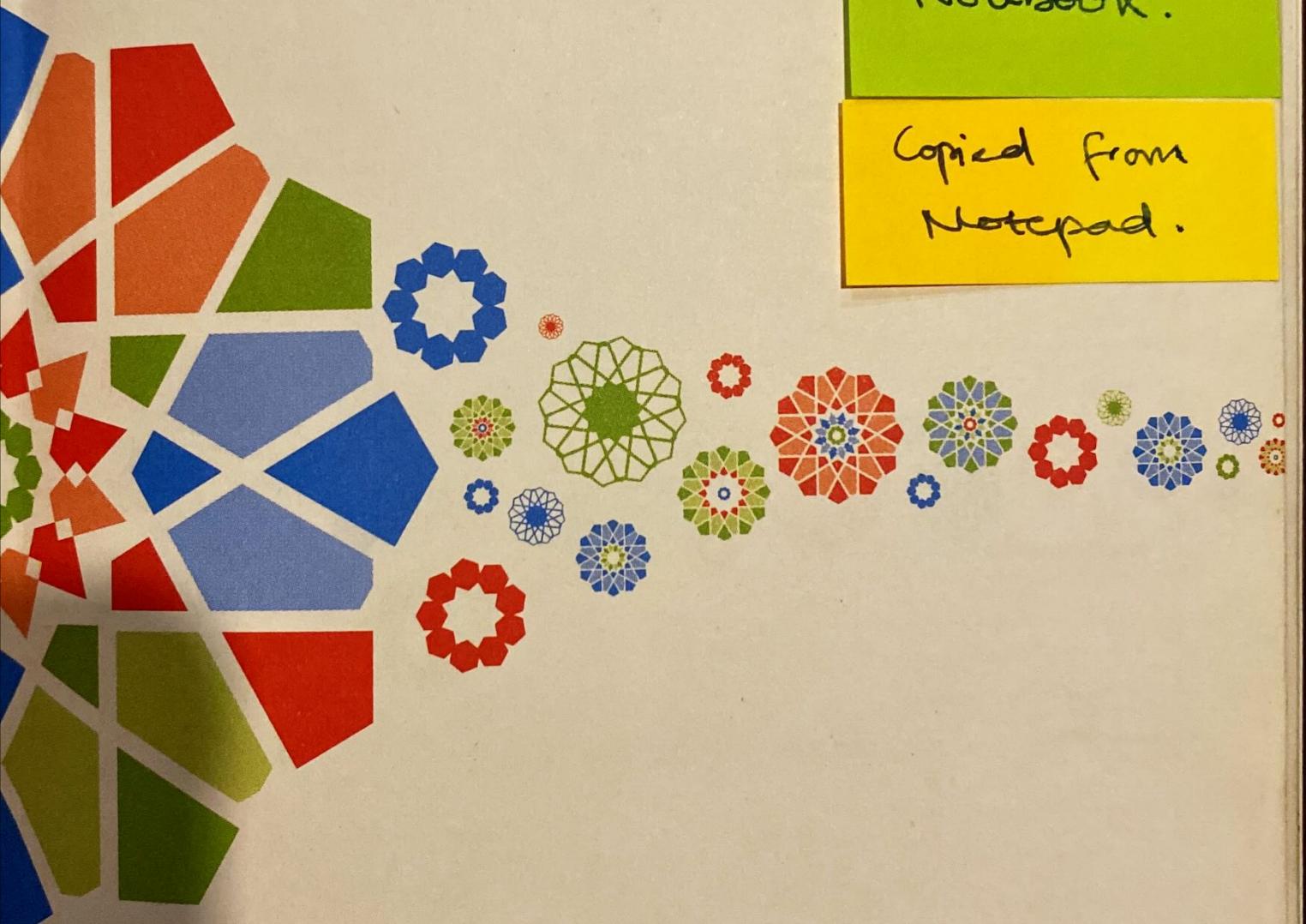
J&K Bank

Celebrating 75 years of Service

Idea Book.

Notebook.

Copied from
Notepad.



PERSONAL MEMORANDA

Name

SAKIB Ashai .

Address (Office)

0194 - 2303584 .

Landline

Mobile

Fax

Email / Web

~~15034409415~~ / 9622064443

sakib.ash @ outlook.com .

Address (Residence)

X, Airport Avenue, Sector-A,
Unit-II, Aerodrome Road.

Landline

0194 - 2303584 .

Mobile

9622064443 .

Date of Birth

07 - 11 - 86 .

Anniversary

EVERYDAY.

Emergency Contact Number

~~~~~

Vehicle Number

~~~~~

Driving License Number

~~~~~

PAN

~~~~~

Important Telephone
Numbers

- 9419010391 .

- 9906680809 .

-

-

Dates to Remember

Date	Occasion



01 TUE

To visit google.com from
any part of the world.

www.google.com/ncr.

02 WED

WEEK 1

January 2013



Every stretch - 30 secs.
repetition - 10 times min.

05 SAT

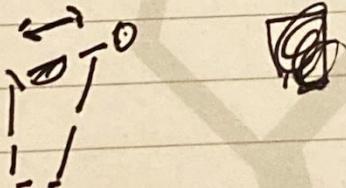
① Pectoral Stretch (-

↓
Hands behind head,
Elbows pressed on the walls
. in a corner.

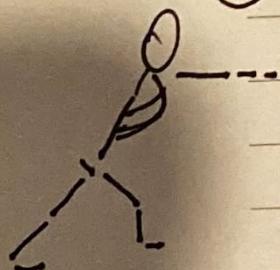
② Hamstring Stretch

↓
Touching toes in the
standing / lying position.
while stretching keep
the back straight.

06 SUN



③ Calf Stretch .



↓
Step Standing
forward knee bend.
without lifting heel
of the back foot.
Toes should face forward.

WEEK 2

03

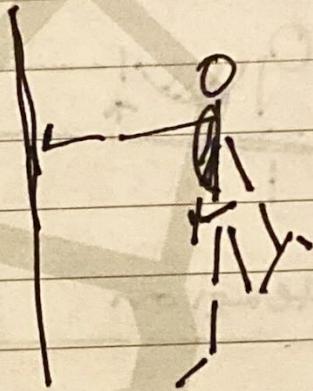
January 2013

07 MON

④ Quads stretch.

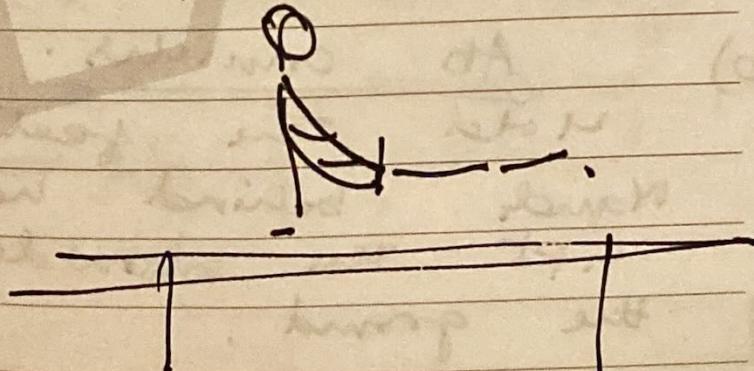
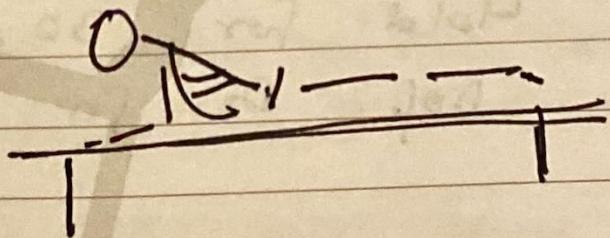
Hold the foot & pull the leg backwards.

Knee should be as bent as possible and torso should be kept straight.



⑤ Elbow-prone lying / Hand pronelying 08 TUE

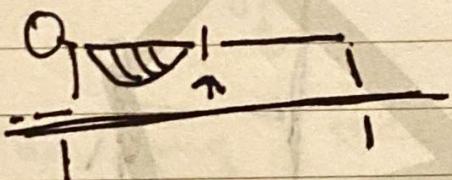
⑥ lie





09 WED ⑦ Plank

lie on elbow and toes.
lift the pelvis off the ground. Start with the hold of 30 secs, can be progressed upto 5 mins.



⑧ Extension Exercises (Back)

Muthukar
gir.
10 THU

a) Quadruped position.

Extend one the limb

Hold for 30 secs.

Do for all four limbs

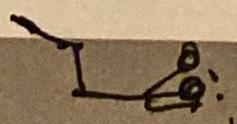
(b) Ab crunches.

Hold the feet in air
Hands behind head.
lift the shoulders off
the ground.



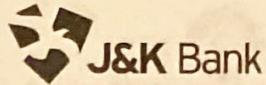
WEEK 2

95



January 2013

20th



19_{SAT}

i) Crooked lying :

Hands together. Lift your shoulders so that hands cross the knees.



Neck Exercise :

a) Quadruped Position

? the neck to right/left
for 30 times each

b) Bend forward & backwards

30 times each.

20_{SUN}

c) Chin Tucks

Hold for 10 secs. Touch
the beard to the throat.

Note: On alternate days, do the exercises in standing / sitting position / lying position.

[08/05/2018]
[Wednesday]



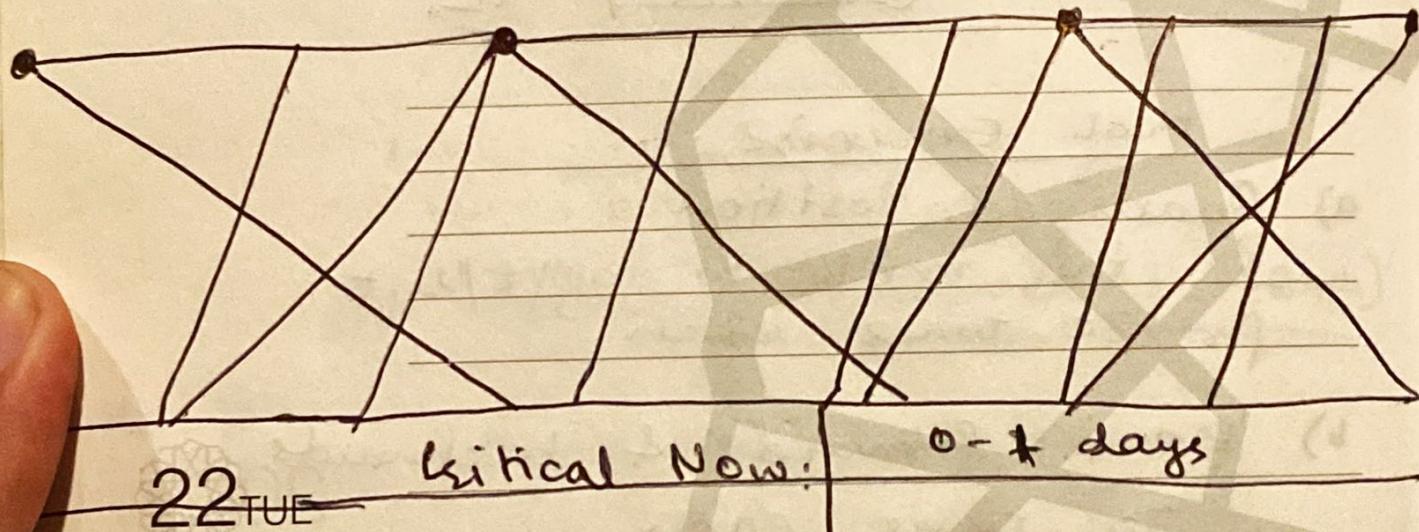
21 MON

Moto-G1.

IMEI: 35674802153614/3

Lenovo A7000-A:

868415027673434/442
S/NO: HA0GX3A0(50)



Needs to be done today. 40% of the page

Opportunity Now

2-10 days.

If I had time i.e., after the above tasks
60%.

WEEK 4 Over the Horizon

07

January 2013

Over the Horizon

23 WED

After a period
of 10 days
(things that can
wait)

- 5 items or less.
- Ask yourself: "would I be willing to not go home but instead work late tonight? If the answer is NO, put it in Opportunity Now."

24 THU

- Programming / Programmer
- Coding / Codification.
- Developer / Development.



25 FRI

before any conversation:

- Think about the objective.
 - Try to understand the type of personality of the other speaker (introvert, extrovert, big picture, fine details).
 - 3 second pauses after the other speaker makes sure you have understood the message.
 - Listen with empathy, attention.
 - Don't make any presumptions, biases etc.
- Rephrase the wordings.

26 SAT

NTS: S08052018:2195

27 SUN

- Microsoft Windows 10 started slowing down. Apps take long time to respond. The windows hang as well.
- Pointer Not working even after changing the default settings.

08/05/2018.

28 MON

Universal HRB Consultant.

3rd floor, Bhat Complex, Gousia
Market, Khemayar, Srinagar, Kashmir,
(J&K)- 190003.

- universal.jobs786 @ gmail.com.
- www.universalhrdconsultants.com
- 8713957636.

Openings for Makkah: Al-Tazaj Group.

- Restaurant Managers
- Assistant Managers
- Waiters.

Interview on 2nd week of May
at Srinagar.

29 TUE

→ ~~Not applicable.~~

Cited Job Not available.

Lesson: Bearded Men Not
entertained in the Hospitality
industry in the Gulf region.

10/05/2018



30 WED

→ www.opeeze.com

— interview call — Done.

— waiting for call from technical team.

—

S10052018 : Unable to visit the site. DNS error.

S11052018 :

Microsoft Windows 10 started to perform normally. (Startup Apps disabled). Addl. language patches installed.

31 THU

S11052018 — Got a call from Lenovo Service Center support. Asked to call from the service center on the Toll free Number.

- Physics
- Chemistry
- Biology
- Language
- Mathematics

WEEK 5

January 2013

- ① learn to program (1hr)
- ② learn rails (1hr)
- ③ Makki Audiocasts (1hr)
- ④ Communication skills. (1/2 hr).

- ① Job search Online / Consultants.
- ② Marmasa Landing Page
- ③ Rosetta stone (Arabic).

Rosmary

Common Name : Rosmary

Botanical Name: *Rosmarinus officinalis*

Part used: Flowers

Medicinal uses: Anti-oxidant, nervine tonic and used in cosmetic industry



01 THU → SA/12052018
App list - windows :

- ① uTorrent.
- ② 7zip 19.01 Beta
- ③ Adobe Acrobat Reader DC
- ④ Adobe AIR
- ⑤ Apple Software Update
- ⑥ Ayat
- ⑦ Backup and Sync (from Google).
- ⑧ Bonjour
- ⑨ Cambridge Dictionary / Bookcase.
- ⑩ Dell Support Assist
- ⑪ Dell Touchpad

- 02 FRI
- ⑫ Dropbox
 - ⑬ Eraser
 - ⑭ Everything Search
 - ⑮ Firefox Developer Edition
 - ⑯ Google Chrome
 - ⑰ Google icloud.
 - ⑱ icloud.
 - ⑲ Java 8 Update 161
 - ⑳ laptop integrated Webcam Driver
 - ㉑ Libre Office.
 - ㉒ MegaSync. /Mega beta
 - ㉓ Microsoft OneDrive
 - ㉔ Microsoft Visual C++

WEEK

03 SAT

- ㉕ Motorola Device Manager
- ㉖ Motorola Device Drivers Installation.
- ㉗ Mozilla Installation & Maintenance Service
- ㉘ Opera Neon
- ㉙ Paragon HFS+ for Windows.
- ㉚ Quickset.
- ㉛ QuickTime 7.
- ㉜ Safari Browser.
- ㉝ San Disk Cloud.
- ㉞ Seagate Dashboard.
- ㉟ Seagate Recovery Suite.
- ㉞ Sigma Tel Audio
- ㉢ Sublime Text 1.4.
- ㉣ Universal ABB Driver

04 SUN

- ㉤ Yandex Browser
- ㉥ Yandex Disk
- ㉦ Sogou Browser.
- ㉧ Sway
- ㉨ Evernote
- ㉩ One Note
- ㉪ Telegram
- ㉫ skype
- ㉬ Twitter
- ㉭ LinkedIn



05 MON ⑤1 Palemoon browser

⑤2 Wikipedia.

⑤3 SoundCloud.

⑤4 foursquare

⑤5 The Economist

⑤6 Parables of Jesus Christ.

⑤7 Facebook

⑤8 Messenger

⑤9 Wiseface

⑥0 Netflix

⑥1 XBox.

⑥2 Android Studio.

⑥3 ⑥4 Logo Foundry.

06 TUE

30/5/2018
Sunday

To think good thoughts requires effort. This is one of the things that discipline — training ← is about.

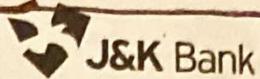
(PDF - wikipedia - GDrive)

WEEK 1

14

August 2013

Pages cut due to previous use.
(mostly To-Do's).



14052018

Monday.

Questions

- ① What.
- ② How.
- ③ Who.
- ④ When -
- ⑤ Where.
- ⑥ Why.
- ⑦ Which.
- ⑧ May.
- ⑨ Can/Could.
- ⑩ Does.
- ⑪ Shall.
- ⑫ Should.
- ⑬ ~~Can~~ will.
- ⑭ Do.
- ⑮ ~~want~~
- ⑯ ~~but~~ or

23 FRI

24 SAT

25 SUN



26 MON

14/05/2018
MondayCopied from Notebook:

→ KIC - "Honesty is our everyday policy"

ASCI - Advertising standards
Council of India.

→ Asia Pacific Incubation Network.

10/01/2017
Wednesday
Monday

Apps on Nexus 7: (Copied)

27 TUE

- ① Amazon Kindle
- ② Ayat
- ③ Cameralets
- ④ Chrome
- ⑤ Clash Royale
- ⑥ DC Legends
- ⑦ Design Home
- ⑧ Device Assist
- ⑨ Docs (Google)
- ⑩ Dazzler
- ⑪ Drive (Google)
- ⑫ Dropbox
- ⑬ Earth (Google)
- ⑭ Fifa 15 : UT

WEEK 5

28 WED

- (5) Fifa Mobile
- (6) File Manager
- (7) Find Device (Google)
- (8) Flight Pilot.
- (9) Floating stickers
- (10) Gboard
- (11) Gmail
- (12) Google Settings
- (13) Hangouts
- (14) Internet Speed Meter
- (15) Google Keep
- (16) Meter
- (17) Mortal Kombat - X
- (18) MX Player

29 THU

- (19) Netflix
- (20) Newsstand
- (21) Opera Mini
- (22) Photos (Google)
- (23) Play Games
- (24) Play Books
- (25) Play Music
- (26) Play Store
- (27) Pocket.
- (28) Real Racing - 3
- (29) Respawnables
- (30) Service Center



30

FRI

- ③⁹ Shareit
⑩ Sheets (Google)
⑪ Slides (Google)
⑫ Street View (Google)
⑬ Tafseer Ibne Katheer.
⑭ Turbo Editor
⑮ Voice Search
⑯ Walking Dead.
⑰ YouTube
⑱ ZenUI keyboard.

Copied from App.

31

- SAT
- Wands represent creativity, passion, desire & will - fire
 - Cups deal with emotions, relationships and love - water
 - Swords are about reason, logic and intellectual endeavors, action in the spiritual world - Air
 - Pentacles relate to worldly things, finances, sensuality, the body. They are receptive while wands are active, the final stage in creation, representing manifestations & things earthly. - Earth.

spiritual
vs
Physical

Active
vs
Receptive

WEEK 5

Copied



01

SUN

14052018

~~Wednesday~~
Monday

MS - 01

MS - 02

MS - 03

MS - 04

MS - 05

MS - 06

MS - 07

MS - 08

MS - 09

MS - 10

MS - 11

IGNOU M.B.A.

MS - 61

MS - 62

MS - 65

MS - 66

MS - 68

MS - 91

MS - 95

MS - 97

MS - 100

02 MON

- July - 2009 → MS07, 06, 08, 09
Jan - 2010 → MS01, 02, 03, 04
July - 2010 → MS10, 05, 11, 95
July - 2011 → MSG1, 62, 91, 97
Jan - 2012 → MS100, 65, 66, 68
Jan - 2013 → MS95.

WEEK 1

14052018
Monday

J&K Bank

→ Fallout - 4:
S.P.E.C.I.A.L - Acronym.

03 TUE

S - Strength.
P - Perception.
E - Endurance.
C - Charisma.
I - Intelligence.
A - Agility.
L - Luck.

No.'s

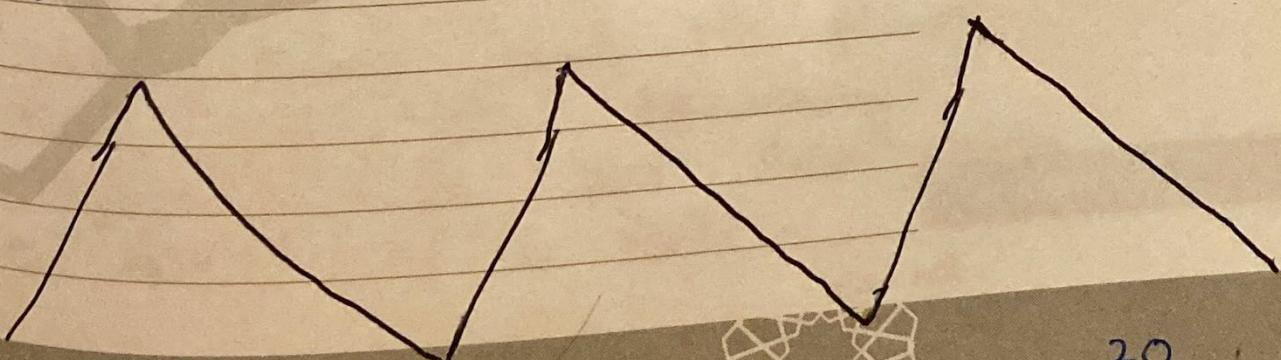
14052018

Monday.

→ Previously Used:

04 WED

- 9718136161 -
- 7503440945 - Aircel - Del - PP
- 9622064443 - Airtel - Sgr - PP
- 9699224552 - Rel - Del - PP
- 7889877265 - JIO - Del - Sgr - PP.
- 8383979489 - JIO - Del - PP
- 0544980301 - UAE - PP - etisalat
- KSA - PP - allo





19052018

Saturday

05 THU

- Fellowship of the Holy Spirit
- St. George's Chapel.
- Father, Son, Holy Spirit.

→ live Sermon - Marriage of
Prince Harry.
CNN.

20/05/2018

Sunday

→ list of Academic fields -
.pdf (saved in GDrive).
- i.research

06 FRI

WEEK 1

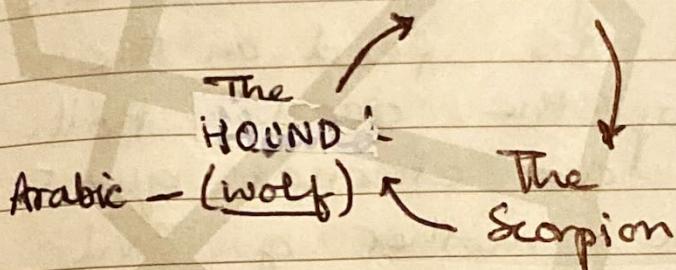
S 22 05 2018 .

. Quotes from Penny. Breadful

07 SAT

- When Lucifer fell, he did not fall alone. (S02 E)
- His name is Legion, for he is many. (S02 E07)

- The Demon



- In the Great war for the Heavenly Throne, they were vanquished, so, God looked down on His defeated angels and found them to be evil angels {devils}, so, He cast them out, He took them by their winged backs and raised them over His head. Thus did He fling them from His Heavenly Throne, and cast them down to Earth & to Hell .

08 SUN

contd.



09 MON

So, they were cleaved apart. two brothers cast out to two realms. One brother to Earth and the other brother to Hell. And thus were they set in eternal enmity. One brother on Earth, to feed on the blood of the living by night. And one in Hell to feed on the souls of the dead. Both in ~~ever~~ an eternal quest for the mother of Evil who will release them from their bondage and allow one of them to reconquer Heaven and topple Croel from His bloody Throne. And so will the darkness reign, on Earth, in Heaven... everlasting.

10 TUE

(S02E08)

- Verbis Diablo = Dead language
(S02E02)

11 WED

- The glory of ~~dead~~ life surmounts the fear of death.
- Good Christians fear hellfire, so to avoid it, they are kind to their fellow men.
- Good Pagans do not have this fear. So, they can be who they are, good or ill, as their nature dictates.
- We have no fear of God, so we have to be accountable to no one but each other.

(SO2E02)

12 THU

→ Terms Used:

• Enchantment	• Confused
• Witchcraft	• Charms
• Bewitched.	•
• Cursed	•
• Demons	•
• Angels	•
• Lucifer	•
• Spell	•
• Devil	•
• Magick	•
• Bedevilment.	•



13 FRI

•Characters:

- Ethan Chandler
 - Vanessa Ives
 - Sir Malcolm.
 - Dorian Gray.
 - Victor Frankenstein.

25052018

Friday

True evil is above all things - seductive (So2E09)

Dreadful: Causing or involving great suffering, fear or unhappiness; extremely bad or serious.

14 SAT

28/05/2019

Evil Magick vs Good Magick?

23/05/2018

Wednesday



DOMINATIONS:

- ① DAWN AGE
- ② STONE AGE
- ③ BRONZE AGE
- ④ IRON AGE
- ⑤ CLASSICAL AGE
- ⑥ MEDIEVAL AGE
- ⑦ GUNPOWDER AGE
- ⑧ ENLIGHTMENT AGE
- ⑨ INDUSTRIAL AGE
- ⑩ GLOBAL AGE
- ⑪ ATOMIC AGE
- ⑫ COLD WAR AGE
- ⑬ SPACE AGE.

\$ TABS

- TREASURY
- ECONOMY
- ARMY
- DEFENCE
- WONDERS.

16 MON

30/05/2018
Wednesday



17 TUE

S01E06 - Bcs

- know your rights!

- Demand a lawyer before talking to police about any case.
-

-

02/06/2018
Saturday

→ Constantine.

- The Devil used to be an angel. That is why he is referred to as "first of the fallen".
- Frankincense flees the presence of malevolent energy. (S01E06)
- Eve had sisters. They turned down Adam's proposal before Eve said "Yes".

Her sisters chose an

WEEK 3

eternity as goddesses of Hell over a lifetime of obedience on Earth.

19 THU

- The first of the fallen grants temporary power to those who believe in his lies. (Sol Eog) but they become his possessions.

Terms of Interest:

• Omkar, Shahada, Lotus.

• Scrying, Cartography.

• Spells, Rituals, Curses, Conjure

• The eye of Horus

• Capnomancy.

• Clairsentient

• Romani (Gypsy Magic).

• Occult, Psychic.

• Bi location, Duendes, fairies.

• Chapel.

• The Nun's Habit

• Convent of Mary.

20 FRI

contd..



21 SAT

- Heparin : Anti-Coagulant.
 - Vitamin K : Coagulant.
 - = Mist : psychoactive - most powerful drug, the effect of which lasts for lifetime
Nectar of Nihalic : natural counteragent.
-
- If encounter a spirit/ghost, counter question it for it will confuse it and/or distract its attention.

22 SUN

SOL EOG : Demon King. (king of demons)

- Roman Catholic church has been fighting the rising darkness for centuries now.

23 MON

→ Nahash - the trickster: the tempter now known as Vicente.

"The original serpent from the garden of Eden".

→ Nine-tenth of reality is perception. (SOT E10)

→ When a magician dies, his/her spells are broken.

Characters :

- John Constantine.
- Zed.
- Annie Marie.
- Chaz.

24 TUE

 03/06/2018
Sunday

- Terms of Interest:

- Scry Map (SCRY)

- Achilles heel.

- Cloak

- Dagger

- Mage

- Labyrinth

contd...



25 WED

- Holy grail of Dark Magic.
(many immortals have failed tried and failed)
- Five elements of the earth.
- Six directions.
- Blood Oath is for mages

SOI EII

26 THU

- Buddhists believe it's possible to achieve liberation from Samsara, the repetitive cycle of birth and death. The idea of transcendence is found in all cultures all over the world.
- Singularity is the idea that when humanity and technology merge, a person's consciousness can find immortality inside computer network.
- In the Egyptian magic, mirrors are doorways to other spiritual

27 FRI

planes.

- Beeswax candle + Residual Ash + Hieroglyphics (stuff used in Egyptian Magic).

• The day one gives into ~~his~~ his weakness, is the day one becomes obsolete.

• Nirvana (Achieving Enlightenment).

- In order to do that certain truths must be accepted:

28 SAT

• First and foremost suffering is unavoidable.

• Secondly, you must understand that suffering is caused by craving.

Human kind desires relief in ways that ultimately do not satisfy the soul.

• The third and the final truth is that inner peace is possible. But humankind's suffering won't end until

contd...



29 SUN

we learn to stop our
desire.

Cards in Deck:

$$\cancel{A} 1 = \Delta \times 4$$

$$2 = 2 \times 4$$

$$3 = 3 \times 4$$

$$4 = 4 \times 4$$

$$5 = 5 \times 4$$

$$6 = 6 \times 4$$

$$7 = 7 \times 4$$

$$8 = 8 \times 4$$

$$9 = 9 \times 4$$

$$10 = 10 \times 4$$

$$11 = J \times 4$$

$$12 = Q \times 4$$

$$13 = K \times 4$$

52.

WEEK 5

03/06/2018
Sunday



01 TUE

S01E12 :

- Angels manipulate men in the name of Divine guidance?
- Dark matter interferes with illumination.
- Angels/Demons can enter human body and control it.

05/06/2018
Tuesday

02 WED

• Mahayana Buddhism:

- Lankavatara Sutra: Apparently it was originally a collection of verses covering all main teachings of Mahayana Buddhism. This vast collection of verses became a source from which the "masters" selected texts for their discourses. As the verses were very epigrammatic, obscure and disconnected, in the course

WEEK 1

of time the discourses were remembered and the verses largely forgotten, until in the present text there are remaining only 884 verses.

03 THU

- There is a tradition that when Bodhidharma handed over his begging - bowl and robe to his successor that he also gave him a copy of the Lankavatara, saying that he needed no other Sutra.

Key Terms:

04 FRI

1) Dharma: Law, Truth. Specifically Dharma has come to be used for the Buddha's teaching as a whole, and also as Truth in its universal aspect.

2) Dharmakaya: Truth-body, Truth-principle, Truth-essence. It is used synonymously with such terms as: Buddhahood, Tathagatahood, Nirvana, Noble wisdom,



05 SAT

Universal or Divine mind, to refer to Ultimate Reality as being universal, undifferentiated, harmonious, inscrutable.

3) Buddha: The perfectly Enlightened One; the One who has fully attained the goal of spiritual mification.

4) Tathagata: The One who has "thus become come". It is used synonymously with Buddha to express the highest personification of Reality. The two terms may be differentiated in the sense that Buddha is an "ingoing" aspect of spiritual attainment, while Tathagata is the "forth-going" aspect of spiritual self-giving and service, both being manifestations of Dharmakaya.

5) Prajna: The active aspect of Dharmakaya, Ultimate Principle

07 MON

of unified love and wisdom. It is commonly translated wisdom, but it means far more than that as it includes both the differentiating principle of intellection and the integrating principle of love. In significance it resembles the Chinese Tao.

6) Anya-Prajna: Noble Wisdom, synonymous with all other terms denoting Ultimate Reality.

7) Tathagata-Garba: The womb from which emerges all manifestations and all individuals. It is used synonymously with Universal or Divine Mind. Dharmakaya refers to the Universal, or pure essence, or "such-ness" of Reality, in contrast to the transformations of the Tathagata.

08 TUE

8) Alaya-Vijaya: Universal, or Divine Mind, or all conserving Mind. It is also used synonymously with Tathagata-garba and Noble wisdom.



09

WED

a) Arya - Jnana: that which transcends knowledge, or Transcendental knowledge Intelligence. It is used synonymously with Arya-prajna, but signifies the realisation - aspect of Noble Wisdom.

10) Bodhi: is the wisdom content of Prajna.

11) Karuna: is the love or compassion content of Prajna.

10

THU

12) Jnana: is the knowledge, or cognition, or thinking content of Prajna.

13) Manas: the intuitive mind; the connecting link between Universal Mind and the individual, or conscious, or discriminating mind.

14) Mano - Vijnana: the conscious, perceiving, discriminating, thinking, # intellectual, mind.

15) Vijnana: the principle of discrimination ; the sense minds.

11 FRI

16) Citta: mind in general.

17)

The Chinese while being notably intellectual were not especially philosophical or religiously minded. They were a practical people and their culture was largely given up to ethics, history, poetry and art. The exuberant imagery,

05/06/18
Tuesday

subtle symbolism, erudite philosophy and deep psychological insight of the Mahayana Buddhist scriptures came as an intellectual revelation to Chinese scholars and was everywhere received with scholarly enthusiasm.

12 SAT

06/06/2018
Wednesday

13 SUN

Chapter - 1 : Discrimination:

- o The Bodhisattva - Mahasattvas with Mahamati at their head were all perfect Masters of the various Samadhis, the ten-fold Self - Mastery, the Ten Powers, and the six Psychick Facultics.
- o They were all thoroughly versed in the five Dharmas, the three Subhava, the eight Vijnamas and the two-fold Egolessness.
- o All that is seen in the world is devoid of effort and action because all things in the world are like a dream, or like an image miraculously projected.

Chapter - 2 : False - Imagination and Knowledge of Appearance -

WEEK 3

October 2013

The error in these erroneous teachings that are generally held by the philosophers lies in this: they do not recognise that the objective world arises from the mind itself; they do not understand that the whole mind-system also arises arises from the mind-itself; but depending upon these manifestations of the mind as being real they go on discriminating them,

like the simple-minded ones that they are, cherishing the dualism of this and that, of being and non-being, ignorant of the fact that there is but one common Essence.

- o The assertion of philosophical views concerning the elements that make up personality and its environing world that are non-existent, assume the existence of: an ego, a being,



17 THU

a soul, a living being, a "nourisher", or a spirit.

- Words, therefore are produced by causation and are mutually conditioning and shifting and, just like things are subject to birth and destruction.
- Words are an artificial creation; there are Buddha lands where there are no words. In some Buddha-lands ideas are indicated by looking steadily, in others by gestures, in still others by a frown, by a movement of the eyes, by laughing, by yawning, by the clearing of the throat or by trembling.
- Neither words nor sentences can exactly express meanings, for words are only sweet sounds that are arbitrarily

19 SAT

chosen to represent things, they are not the things themselves, which in turn are only manifestations of mind.

- Causation may be divided into six elements: indifference-cause, dependence cause, possibility cause, agency cause, objectivity cause, manifesting cause,
- So long as people do not understand the true nature of the objective world, they fall into the dualistic view of things. They imagine the multiplicity of external objects to be real and become attached to them and are nourished by their habit-energy.
- False-impressions rise from the consideration of appearances: things are discriminated as to forms, signs and shape; as to having color, ~~smooth~~ warmth



21 MON

humidity, motility or rigidity.

- Error is like Maya, also, and as Maya is incapable from producing other Maya, so error in itself cannot produce error; it is discrimination and attachment that produce evil thoughts and faults. Moreover, maya has no power of discrimination in itself; it only arises when invoked by the charm of the magician.

22 TUE

- Error in itself has ~~not~~ no faults; faults are due to the confused discriminations fondly cherished by the ignorant concerning the ego-soul and its mind.
- Mahamati, you and all the Bodhisattvas must seek for this inner self-realisation of Noble Wisdom, and be not captivated by word-teaching.

Chapter - 3 : Right knowledge or knowledge of Relations:

23 WED

- The philosophers declare that the world rises from causal agencies according to a law of causation; they state that their cause is ~~unborn~~ unborn and is not to be annihilated. They mention nine primary elements: Ishwara the Creator, the Creation, atoms, etc., which being elementary are unborn and not to be annihilated.

24 THU

Chapter - 4 : Perfect knowledge or knowledge of Reality:

- The five Dharmas are: appearance, name, discrimination, right knowledge and Reality. By appearance is meant that which reveals itself to the senses and to the discriminating-mind and is perceived as form, sound, odour, taste and touch. Out of these



25 FRI

appearances ideas are formed such as clay, water, jar, etc. by which one says: this is such and such a thing and is no other, - this is name. When appearances are contrasted and names compared, as when we say, this is an elephant, this is a horse, a cart, a pedestrian, a man, a woman, or this is mind and what belongs to it, the things thus said are named one said to be discriminated.

26 SAT

As these discriminations come to be seen as mutually conditioning, as empty of self-substance, as un-born, and thus come to be seen as they truly are, that is, as manifestations of the mind itself, - this is right knowledge. By it, the wise cease to regard appearances and names to realities.

27 SUN

When appearances and names
 are put away and all discrimination ceases, that which remains is the true and essential nature of things and, as nothing can be predicated as to the nature of essence, it is called the "Suchness" of Reality. This Universal, undifferentiated, inscrutable, "Suchness" is the only Reality but it is variously characterised as Truth, Mind-essence, Transcendental intelligence, Noble Wisdom, etc. This Dharma of the imagelessness of the Essence-nature of Ultimate Reality is the Dharma which has been proclaimed by all the Buddhas, and when all things are understood in full agreement with it, are in possession of Perfect knowledge, and is on his way to the attainment of the Transcendental Intelligence of the Tathagatas.

28 MON

29 TUE

- There are four kinds of knowledge:



30 WED

Appearance knowledge, relative knowledge, perfect knowledge, and Transcendental Intelligence. Appearance - knowledge belongs to the ignorant and simple-minded who are addicted to the notion of being and non-being, and who are frightened of being unborn. Appearance-knowledge belongs to word-mongers who revel in discriminations, assertions and negations.

31 THU

Relative knowledge belongs to the mind-world of the philosophers. It rises from mind's ability to consider the relations which appearances bear to each other and to mind. Considering them, it rises from the mind's ability to arrange, combine and analyse these relations by its powers of discursive logic and imagination by reason of which it is able



01 FRI

to peer into the meaning and significance of things.

- o Perfect-knowledge belongs to the world of the Bodhisattvas who recognise that all things are but manifestations of mind; who clearly understand the emptiness, the unbornness, the egolessness of all things; and who have entered into an understanding of the five Dharmas, the two-fold egolessness, and into the truth of imagelessness. Perfect knowledge differentiates the Bodhisattva stages, and is the pathway and the entrance into the exalted state of self-realisation of Noble Wisdom.

02 SAT

- o Perfect-knowledge (jñana) belongs to the Bodhisattvas who are entirely free from the dualisms of being and non-being, no-birth and no-annihilation, all assertions and negations,

and who, by reason of self-realisation, have gained an insight into the truth of egolessness, and imagelessness.

03 SUN

Chapter 5: The mind System:

- All things of this world, be they seemingly good or bad, faulty or faultless, effect-producing or not-effect producing, receptive or non-receptive may be divided into two classes: evil outflowings and the non out-flowing good.

The five grasping elements that make up the aggregates of personality, namely, form, sensation, perception, discrimination, and consciousness, and that are imagined to be good ~~or~~ bad, have their rise in the habit-energy of the mind system, — they are the evil outflowings of life. The spiritual attainments and the joy of the Samadhis and the fruitage of the Samapattis that come to the wise through their self-realisation of Noble Wisdom and that culminate

04 MON



05 TUE

in their return and participation in the relations of the triple world are called the non-out-flowing good.

The mind system which is the source of the evil out-flowings consists of the five senses organs and their accompanying sense-minds (vijnanas) all of which are unified in the discriminating-mind (manovijnana).

- The discriminating-mind because of its capacity to discriminate, judge, select and reason about, is also called the thinking, or intellectual mind.
- Universal Mind (Alaya-vijnana) transcends all individualisation individuation and limits. Universal Mind is thoroughly pure in its essential nature, subsisting unchanged and free from faults of impermanence, undisturbed by egoism, unruffled by

WEEK 2

distinctions, desires and aversions.

07 THU

- The discriminating - mind is like a dancer and a magician with the objective world as his stage. Intuitive - mind is the wise jester who travels with the magician and reflects upon his emptiness and transiency. Universal mind keeps the record and knows what must be and what may be. It is because of the discriminating - mind that error rises and an objective world evolves and the notion of an ego - soul becomes established.

08 FRI

Chapter - VI : Transcendental Intelligence

Transcendental Intelligence is the inner state of Self-realisation of Noble Wisdom. It is realised suddenly and intuitively as the "turning about" takes place in the deepest seat of consciousness; it neither enters nor goes out. It is like the moon seen in water.

- When Transcendental Intelligence is



09 SAT

considered four things must be kept in mind: words, meanings, teachings and Noble Wisdom (Arya-projna). Words are employed to express meanings but they are dependent upon discriminations and memory as a cause, and upon the employment of sounds or letters by which a mutual transference of meaning is possible. Words are only symbols and may or may not clearly and fully express the meaning intended.

10 SUN

and moreover, words may be understood quite differently from what was intended by the speaker. Words are neither different ~~and~~ nor not different from ~~or~~ meaning and meaning ~~stands~~ stands in the same relation to words.

- o If a man becomes attached to the literal meaning of words and holds fast to the

Illusion that words and meanings are in agreement, especially as in such things as Nirvana which is unborn and undying or as to distinctions of the Vehicles, the five Dharmas, the three Self Natures, then he will fail to understand the true meaning of and will become entangled in assertions and reputations.

11 MON

• The ignorant and simple-minded declare that meaning is not otherwise than words, that as

words are, so is meaning. The nature of words is subject to birth and death, whereas meaning is not.

• Words and Books are dependent upon discriminations, while meaning and truth are not. Moreover, words and books are subject to the interpretations of individual minds, while meaning

12 TUE

WED

and truth are not; moreover words and books are subject to the interpretation of individual minds, while meaning and Truth are not. But if Truth is not expressed in words and books, the scriptures which contain the meaning of Truth would disappear, and when the scriptures disappear there will be no more disciples and masters and Bodhisattvas and Buddhas, and there will be nothing to teach.

THU

• But no one must become attached to the words of the scriptures because even the canonical texts sometimes deviate from their straight-forward course owing to the imperfect functioning of sentient minds.

EK 3

• Self-Realisation is an exalted

15 FRI

state of inner attainment which transcends all dualistic thinking and which is above the mind-system with its logic, reasoning, theorising and illustrations.

- As for teachings : there are priests and popular preachers who are given to ritual and ceremony and who are skilled in various incantations and in the art of eloquence ; they should not be honoured nor reverently attended upon, for what one gains from them is emotional excitement and worldly enjoyment ; it is not Dharma.
- Then, there are materialistic philosophers. No respect nor service is to be shown them because their teachings, though they may be explained by using hundreds of thousands of words and phrases, do not go beyond the concerns of this world and this



17 SUN

body and in the end they lead to suffering.

- Transcendental Intelligence (Arya-jnana) is not Noble wisdom (Arya-Prajna) itself; it is only an intuitive awareness of it. Noble Wisdom is a perfect state of im agelessness, it is the womb of "Suchness"; it is the all-conserving divine mind (Alaya-Vijnana) which in its pure essence forever abides in perfect patience and undisturbed tranquility.

18 MON

Chapter - VII : Self-Realisation:

- There are four things by the fulfilling of which an earnest disciple may gain self-realisation of Noble Wisdom and become a Bodhisattva-Mahasattva. First, he must have a clear understanding

that all things are only manifestations of the mind itself; second he must discard the notion of birth, abiding, and disappearance; third he must clearly understand the egolessness of both things and persons; and fourth, he must have a true conception of what constitutes self-realisation of Noble Wisdom.

19 TUE

6 There are three attachments that are especially deep-seated in the minds of all: greed, anger, and infatuation, which are based on lust, fear and pride.

20 WED

- To practice dhyana, the earnest disciple should retire to a quiet and solitary place.
- The dhyana practiced by the ignorant is the one resorted to by those who are following the examples of the disciples

21 THU

and masters but who do not understand its purpose and therefore it becomes "still-sitting" with vacant minds.

- The dhyanas devoted to the examination of meaning, is the one practiced by those who, perceiving the untenability of such ideas as self, other and both, which are held by the philosophers, and who have passed beyond the twofold - egolessness, devote

22 FRI

dhyanas to an examination of the significance of egolessness and the differentiations of the Bodhisattva stages.

- The dhyanas with Tathata, Tathata, or "Suchness", or Oneness, or the Divine name, for its object is practiced by those earnest disciples and masters who, while fully recognizing the twofold

egotlessness and the imagelessness of Tathata, yet cling to the notion of an ultimate Tathata.

- The dhyanas of the Tathagatas is the dhyanas of those who are entering upon the stage of Tathagatahood and who, abiding in the triple bliss which characterises the self-realisation of Noble Wisdom, are devoting themselves for the sake of all beings to the accomplishment of incomprehensible works for their emancipation.

24 SUN

Chapter 8 : VIII : The attainment of Self-Realisation:

- Just as Universal mind defiled by accumulations of habit-energy and karma reveals multiplicities of ego-souls and its external world, ~~are~~ cleared away, revealing instantaneously their internal worlds of false imagination



25 MON

so universal Mind cleared of its defilements through the gradual purifications of the evil - outflowings that come by effort, study and meditation, and by gradual self-realisation of Noble Wisdom, at the long last, like the Dharmata Buddha shining forth spontaneously with the rays that issue from its pure self-nature, shines forth instantaneously. By it the mortality of all Bodhisattvas

26 TUE

is matured instantaneously: they find themselves in the palatial abodes of the Akaniṣṭha heavens, themselves spontaneously radiating the various treasures of its spiritual abundance.

Chapter: IX - The fruit of Self-Realisation: First, there will come a clearing insight into the significance of the

Spiritual ideals (Paramitas)

27 WED

by reason of which the Bodhisattvas will be able to enter more deeply into the abode of immeasurability and be able to experience the higher Samadhis and gradually to pass through the higher stages of Bodhisattvahood.

- After experiencing the "turning about" in the deepest seat of consciousness, they will experience other Samadhis even to the highest, the Vajravimbohana, which belongs to the Tathagatas

28 THU

They will be able to enter into the realm of consciousness, that lies beyond the consciousness of the mind system, even the consciousness of Tathagata hood.

They will become endowed with all the powers, psychic faculties, self-mastery, loving compassion, skillful means, and ability to enter into other Buddha-lands.



29 FRI

- o Whatever Samadhis, psychic faculties and teachings are realised by the Bodhisattvas, they are made possible only by the sustaining power of the Buddhas; if it were otherwise, the ignorant and the simple-minded might attain the same fruitage.
- o By the bestowal of the ~~of~~ sustaining power, the Bodhisattvas are enabled to avoid the evils of passion

30 SAT

hatred and enslaving kamma; they are enabled to transcend the dhyana of the beginner and to advance beyond the experience and truth already attained;

Chapter X : Discipleship : Lineage of the Arhats:

- o There are as many kinds of disciples as there are individuals.

WEEK 5

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01 SUN

- o The disciples may be grouped according to the spiritual progress they have attained into four classes, namely, disciples (sravaka), masters (pratyekabuddha), Arhats, and Bodhisattvas.

Chapter XI : Bodhisattvahood and its stages : The

02 MON

Bodhisattvas are those earnest disciples who ~~are~~ enlightened by reason of their efforts to attain self-realisation of Noble Wisdom and who have taken upon themselves the task to enlighten others.

Chapter XII : Tathagatahood which is Noble Wisdom :

Chapter XIII : Nirvana: the term, Nirvana, is used with many different meanings, by different people, but these people may be divided into four groupings: There are people who are suffering, or who are afraid of suffering, and who think of Nirvana; there are the philosophers who try to discriminate Nirvana; there are the class of disciples who think of Nirvana in relation of to themselves; and finally, there is the Nirvana of the Buddhas.

03 TUE

04 WED

- Those who are suffering or who fear suffering, think of Nirvana as an escape and a recompense.
- As to the Nirvanas discriminated by the philosophers; there really are none.
- As to the notion of Nirvana as held by disciples and masters who still cling to the notion of an ego-self, and who try to find



05 THU

it by going off by themselves into solitude: their notion of Nirvana is an eternity of bliss like the bliss of the Samadhis — for themselves.

The Diamond Sutra : The Diamond Scripture (Vajracchedika Sutra)

06 FRI

- An enlightened disciple in his acts of charity, ought to act spontaneously, uninfluenced by such things as form, sound, taste, odour, touch, discrimination and favoritism. It is imperative that an enlightened disciple, in the exercise of charity, should act independent of phenomena.
- Lay members should abstain from all unkindness, stealing, unchastity, lying, duplicity, slander, frivolous talk, covetousness, malice, currying favor, and false teachings.
- Disciples, in order to disarm prejudice, should retire from

07 SAT

the excitement of the worldly life and, abiding in solitude, should practice those deeds which lead to restraint and contentment. In the case of advanced bhikshus, they have other rules to follow and should feel all the more shame, fear and remorse for any failure to observe the minor precepts.

- Strictly observing all the precepts given by the Tathagatas, they should endeavor, by their example to induce all beings to abandon evil and practice the good.
- The disciple who sincerely reads this scripture and leads a virtuous life is laying up merit immeasurable.
- DANA PARAMITA - IDEAL CHARITY.
- KSHANTI PARAMITA - IDEAL PATIENCE.
- Regarding Ideal Patience - it is said in the Sutra: "IF a Disciple



09 MON

meets with the ills
~~difficulties~~ of life they should
not shun them. If they
suffer painful experiences, they
should not feel afflicted,
or treated unjustly, but
should always rejoice in
remembering and contemplating
the deep significance of the
Dharma".

° VIRYA PARAMITA - IDEAL ZEAL.

10 TUE

They should therefore in order
to be emancipated in the future
from the sufferings, be indefa-
tigably zealous and never let
even the thought of indolence
arise in their minds: but
steadily and persistently out
of deep compassion endeavor
to benefit all beings.

° They should ~~daintily~~ dauntlessly
energetically, intermittently,
six watches, day and night

pay homage to all the Buddhas, make offerings to them, praise them, repent and confess to them, aspire to the most excellent knowledge, and make sincere vows of unselfish service.

11 WED

- In reality there is no such Dharma as 'salvation' for any one; and there is no such thing as a living being to whom salvation can be brought. What is understood/referred to an entity, a being, a living being, a personality, is not so in reality - it is only so understood by ignorant and uneducated people.
- The Lord Buddha once again enquired of Subhuti, saying: "What think you? Is a bhikshu who is subject to only one more reincarnation, to muse within himself, 'I have obtained the fruits in agreement with the



13 FRI

the merits of 'a one returner'? Subhuti replied, saying: No, honoured of the worlds! And why? Because, 'a once returned' is merely a descriptive title denoting only one more reincarnation; but in reality, there is no such condition as 'only one more reincarnation.' 'A once returner' is merely a descriptive title

14 SAT

- The Lord Buddha once again enquired of Subhuti, saying: "What think you? May a bhikshu who has attained so high a degree of spiritual merit that he is never again to be reincarnated, may he thus reflect within himself, I have obtained the fruits which accord with the merits of one who is never to return to this world of life-and-death? Subhuti replied, saying: "No, honoured of the worlds!"

WEEK 3

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And why? Because, 'a never returner' is merely a designation, meaning immunity from reincarnation. but in reality there is no such condition, hence a never returner is merely a convenient name.

15 SUN

Regarding the Dhayana Parmita — Ideal Tranquility — the Sutra says: "The beginner should consider and practice Dhayana in two aspects: as cessation of the mind's & intellectual activities and as realisation of insight. To bring all mental states that produce vagrant thinking to a stand is called cessation. To adequately understand the transitory and emptiness and egolessness of all things is insight. At first, each of them should be practiced separately by the beginner, but when by degrees he attains facility and finally attains perfection, the two aspects will naturally blend into one perfect state of mental tranquility. Those who practice Dhayana

16 MON



17 TUE

should dwell in solitude and sitting erect, should remain motionless, seeking to quiet the mind. Do not fix the thoughts on any definite thing that you have sensed or discriminated or memorised: all particularisations, all imaginations, all recollections, are to be excluded, because all things are uncreate, devoid of all attributes, ever changing.

18 WED

- Nayana is not ^{of} all confined to be sitting erect in meditation one's mind should be concentrated on all times, ~~whether~~ whether sitting, standing, moving, working, one should constantly discipline himself to that end. Gradually entering into the state of samadhi, he will transcend all hindrances and become strengthened in faith a faith that will be immovable.

WEEK 3

• So long as a disciple cherishes the ideas of and concerning an entity, a being, a living being, a personality, his mind is kept in confusion. 19^{THU}

• Buddha - lands are innumerable

• Sutra of Transcendental Wisdom

This Sutra, under the title of Maha- Prajna- Paramita- HRIDAYA formed another section of the great Sutras and on that account was memorised by all 20^{FRI} Buddhist monks and recited as part of the daily ritual, often many times a day.

• Sutra of the Sixth Patriarch:
Chapter 1: — —

• Chapter-2: The Sanskrit word Prajna, can be translated by "Transcendental Wisdom", but that gives a very inadequate idea



21 SAT

of it. Bodhi is the word that is commonly used for "wisdom". Prajna is rather the Principle of wisdom, that is Prajna is the Ultimate Principle of Compassion, because wisdom and love are one in Ultimate Principle.

- The capacity of the mind is as great as that of space.
- What is Paramita? It is a Sanskrit word (commonly translated, "ideal") that means "to the opposite shore". Figuratively, it means, "beyond existence and non-existence".
- Maha Prajna-paramita! The Great Transcendental-wisdom Ideal, Supreme, most exalted, foremost. It neither stays, nor goes, nor comes. By it, Buddhas of the present, the past and future generations attain Buddhahood.

We should use this Perfect wisdom to break up the five bundles of aggregates that make up our personality, and thus get rid of the pollutions and contaminations. To follow such a practice ensures the attainment of Buddhahood. The three poisonous elements (greed, anger, and infatuation) will then be turned into good conduct (sila) and self-realisation (samadhi) and wisdom (Prajna).

Chapter- 3 (III) :

- On the other hand, when one is good in mind as well as in word, and when outward appearance and inner feelings are in harmony with each other, then Samadhi and Prajna are in balance.
- Argument implies a desire to win. it strengthens egoism, it binds one to belief in the idea of "a self", a being, a living being and a person.

23 MON

24 TUE



25 WED

To practice Samadhi is to make it a rule to have the mind in concentrated attention on all occasions (that is, not to let the mind wander from the thing in hand), no matter what we are doing, walking, standing, sitting or reclining.

- The Vimalakirti Nirdesa Sutra says : "straightforwardness is the holy place , the Pure Land."

26 THU

- Non - Objectivity means , not to be absorbed in objects when in contact with objects ; "idea-lessness" means not to be carried away by any particular idea in our exercise of the mental faculty ; ("non - attachment" means , not to cherish any desire for or aversion to any particular thing or idea). Non-attachment is the characteristic of Mind essence .

WEEK 4

Chapter IV : Ritual of Repentance.

- The first is the Sila Incense (Behavior), which symbolizes that our minds are free from all taint of misdeeds, evil, jealousy, avarice, anger, spoilation and hatred. 27 FRI
- The second is Samadhi Incense, which symbolizes that our mind is serene under all circumstances - favorable or unfavourable.
- The third is Prajna Incense, which means our mind is free from all impediments; that we constantly seek to realize our mind-essence with wisdom; that we refrain from all evil; that we do all kinds of good acts with no attachment to the fruit of that action. 28 SAT
- The fourth is the Incense of liberation, which means that our minds are in such a perfectly free state that they cling to nothing and bother themselves neither with good or evil. 29 SUN
- The fifth is the Incense of "knowledge gained because of the attainment of liberation.
- In Buddhist thought, sin is considered not in a legal sense as something



30 MON

to be punished or forgiven or atoned for by a sacrifice, but in a cause-and-effect of karma and its maturing.)

• Ritual of threefold Guidance:

- we take "Enlightenment" as our Guide, because it is the fruit of both merit (Punya) and wisdom (Prajna).
- we take "Orthodoxy" as our Guide, because it is the best way to get rid of desire.
- we take "Purity" as our Guide because it is the noblest quality of mankind.

31 TUE

• To take refuge in Enlightenment so that evil and delusive notions do not arise, so that desire decreases discontent is not known, and lust and greed no longer bind us - this is the fruitage of Punya and Prajna.

• To take refuge in Orthodoxy, so that from momentary sensation

WEEK 5 to another we will be free from wrong-views, this is the best means of getting rid of desires.