

## Quotes\notes for Shedra:

**Pratītyasamutpāda (skt.):** dependent arising

3 kinds of ignorance (belief in realness):

1. grasping to things as **permanent**
2. grasping to things as **singular**
3. grasping to things as **independent**

***“WE DO NOT WISH TO REFUTE APPEARANCES; WHAT IS TO BE REVERSED IS THINKING OF THEM AS BEING REAL...” “NOT DO WE WISH TO BLOCK OFF WHAT WE SEE AND HEAR. WHAT WE WISH TO STOP IS THE CAUSE OF SUFFERING: THINKING OF THESE AS BEING REAL.”***

Shantideva, 9<sup>th</sup> chapter of *The Way of the Bodhisattva*

***“THIS BEING, THAT BECOMES; FROM THE ARISING OF THIS, THAT ARISES; THIS NOT BEING, THAT BECOMES NOT; FROM THE CEASING OF THIS, THAT CEASES.”***

The Buddha

***“IT IS VITAL FOR US TO OBTAIN GENUINE CONFIDENCE IN THE NATURE OF MIND AND REALITY, GROUNDED IN UNDERSTANDING AND REASON. WHAT WE NEED IS A SKEPTICAL CURIOSITY AND CONSTANT INQUIRY, A CURIOUS MIND, DRAWN TOWARD ALL POSSIBILITIES; AND WHEN WE CULTIVATE THAT, THE DESIRE TO DEEPLY INVESTIGATE NATURALLY ARISES.”***

Dalai Lama, *The Middle Way: Faith Grounded in Reason*

***“THE MOMENT WE BEGIN TO QUESTION THAT THINGS MAY NOT BE AS THEY SEEM, THE STRUCTURE OF OUR DELUSION BEGINS TO FALL APART.”***

Aryadeva

***“CHAINS OF IRON AND GOLD ARE EQUALLY BINDING.”***

Kunchyan Longchenpa, *The Way of Abiding*

***“KNOW THAT THE SKANDHAS\AGGREGATES ARE LIKE ILLUSIONS, DON'T SEPARATE THE ILLUSION FROM THE AGGREGATES, FREE OF THINKING THAT ANYTHING IS REAL, THIS IS THE PERFECT WISDOM'S CONDUCT AT ITS BEST.”***

Nagarjuna

