

LIVING SIMPLY SIMPLY LIVING

Two Evenings with

LAMA MARUT

Aug. 23rd & 24th 7:30-9:30

Lama Marut: lamamarut.org | Vajramudra Center: aci-capeann.org

The Essex Room at **WOODMAN'S** 121 Main Street, Essex, MA
thesummerretreat.com | info@thesummerretreat.com

Claire Franklin - (978) 550-1263 Alison Landoni - (978) 879-8432

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LIVING SIMPLY / SIMPLY LIVING

Part One: Living Simply

Advice from the Eastern Traditions

A. The Six Conditions for a Peaceful Life (from Je Tsongkapa's *Lam Rim Chenmo*)

[1] The first condition is to do your meditation staying in a place which is conducive for it. The place should have five different qualities:

- a) It should be a place with things that are "easy to find," in the sense that you can find food, clothing, and other necessities without any trouble.
- b) It should be a "good place," in the sense that there are no fearful creatures like wild animals or the like, nor any persons like enemies who would try to harm you.
- c) It should have a "good environment," in the sense that the environment doesn't cause any kinds of sickness to develop in you.
- d) There should be "good friends" there, in the sense that your companions in the place share your sense of morality, and your worldview.
- e) The place should "have goodness," in the sense that, during the day, there should not be many people around and, during the night, there should not be many sounds.

[2] The second condition is that you keep your wants few; you have no great attachment to things like fine robes, or a lot of things, or the like.

[3] The third condition is that you are easily satisfied; you always feel like you have enough, even if all you can find is robes or the like that are the worst.

[4] The fourth condition is that you give up trying to do too many things. You give up undesirable actions like business; you avoid being too familiar with laymen or monks; you stop practicing the minor arts of medicine, astrology, or the like.

[5] The fifth condition is that your morality is perfectly pure. With regard to your vows of individual freedom, and your bodhisattva vows, you never break down the foundation of your training, the things you have been taught that are naturally wrong to do, and those that the Buddha has prohibited. If out of a lack of attention you do commit such deeds, you are quick to regret them, and you try to make up in the proper way.

[6] The sixth condition is that you totally rid yourself of the stupid thoughts of desire and the rest. You meditate on the problems of desire in this life—how it can bring you to death, and to bondage; and you meditate on the problems it brings you in the life after—a birth in the realms of misery, or the like. Or else you can meditate on how each and every one of these pretty things in the suffering cycle of life is going to end; how quickly it disappears; how surely it will be torn from me before very long. Try then to get accustomed to thoughts like this: So why do I find myself caring at all about these things? What use are they for me? Use these to rid yourself of every stupid thought of desire.

B. Six Things Unconducive and Conducive to a Peaceful Life (from Master Svاتمarama's *Hatha Yoga Pradipika*)

अत्याहारः प्रयासश्च प्रजल्पो नियमाग्रहः ।

जनसङ्गश्च लौल्यं च षड्भिर्योगो विनश्यति ॥ १५ ॥

*atyaharah prayasash cha prajalpo niyama-agrahaah
janasangash cha laulyam cha shadbhir yogo vinashayati*

I.15 THERE ARE SIX THINGS
THAT WILL MAKE YOUR PRACTICE
OF YOGA DETERIORATE:
EXCESSIVE FOOD OR OTHER STIMULATION;
MAKING TRIPS OUTSIDE;
MEANINGLESS TALK;
NOT KEEPING YOUR COMMITMENTS;
BEING AROUND GROUPS OF PEOPLE;
AND RESTLESSNESS OR INCONSISTENCY
IN YOUR PRACTICE.

उत्साहात्साहसाद्धैर्यात्तत्त्वज्ञानाश्च निश्चयात् ।
जनसङ्ग-परित्यागात्षड्भिर्योगः प्रसिद्धयति ॥ १६ ॥

*Utsahat sahasad dhairyat tattva jnanash cha nishchayat
janasanga parityagat shadbhir yogah prasiddhyati*

I.16. THERE ARE SIX THINGS
THAT WILL BRING YOU WILD SUCCESS
IN YOUR PRACTICE OF YOGA:
JOY IN THE HARD WORK;
A FIRM RESOLVE TO DO IT;
CONSISTENCY IN YOUR PRACTICE;
SEEKING TO UNDERSTAND SUCHNESS;
STEERING CLEAR OF DOUBTS;
AND COMPLETELY AVOIDING
GROUPS OF PEOPLE.

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Part Two: Simply Living

The Six Advices of the Indian Master and Mahasiddha Tilopa

1. Don't recall. Let go of what has passed.
2. Don't imagine. Let go of what may come.
3. Don't think. Let go of what is happening now.
4. Don't examine. Don't try to figure anything out.
5. Don't control. Don't try to make anything happen.
6. Rest. Relax, right now, and rest.