

Rinpoche goes on to state that what we are really trying to tame is the four aggregates of the mind taught by the Buddha: ignorance, lack of awareness, emotional upheaval, lack of faith (in both ourselves and the teachings).

As long as these aspects of our minds control our behaviors it is very difficult for us to truly do good for ourselves and others.

Below are some further references and teachings on the practice of discipline.

Kevin Hartmann
-on behalf of the Nalandabodhi Connecticut Sangha

May this activity be of benefit to all beings. May all be free from suffering. May all bring peace.

Additional References:

A teaching by Khenchen Thrangu Rinpoche on the Four Immeasurables and the Six Paramitas can be found at: <http://www.simhas.org/teaching13.html>

A audio teaching on the Six Paramitas in mp3 format by Gar Namrol Rinpoche of the *Drikung Kagyu* lineage can be found at: <http://www.dharma-media.org/media/mfs.php?mediaID=286>

From *Training the Mind and Cultivating Loving-Kindness* by Chogyam Trungpa; a list of contradictions to the paramita of discipline:

- Rejecting those who do not keep their discipline.
- Not developing learning, which inspires others' faith.
- Making little effort for the benefit of sentient beings.

A sample chapter from Khenchen Thrangu Rinpoche's text *The Tibetan Vinaya* which contains a discussion of the 6 paramitas is available at: <http://www.rinpoche.com/nbp/PDFCHAPTERS/06%20Tibetan%20Vinaya%20Sample.pdf>

The Pancha Shila, or five moral precepts:

1. Avoid killing, or harming any living thing.
2. Avoid stealing -- taking what is not yours to take.
3. Avoid sexual irresponsibility, which for monks and nuns means celibacy.
4. Avoid lying, or any hurtful speech.
5. Avoid alcohol and drugs which diminish clarity of consciousness.