



Nalandabodhi Connecticut
Paramita of the Month Newsletter



"The pureness of perfectly balanced action based on seeing the way things are-
This is freedom and the ending of ignorance."
-Sutta Nipata

Volume 5 Number 6

This final installment from the teachings of Patrul Rinpoche addresses the perfection of wisdom. The delay in its delivery is deeply regretted. As with his other presentations of the paramitas, Patrul Rinpoche describes three aspects of the perfection of wisdom: that which comes through hearing, that which comes through contemplation, and that which comes through meditation.

Wisdom arising from hearing refers to listening to words and meaning of the Dharma spoken by a spiritual teacher and understanding the meaning of these words as they are spoken. From this the wisdom attained through reflection arises. We do not just listen to what the teacher has taught, but we review it in our mind and clearly establish its meaning through reflection, examination, and analysis. One should make absolutely sure that when the time comes to practice in the absence of our teacher that we will be able to manage on our own, without needing certain points clarified.

Finally, through meditation, we gain practical first hand experience of what we have come to understand intellectually. This is the arising of wisdom that comes from meditation. Having eliminated all of our doubts through hearing and reflection we come to a direct experience of everything as empty forms without any substantiality. We come to see all things as being like a dream, like an illusion, like a mirage or reflection. Seeing all things in this way we come to understand that all appearances are false by their very nature. Patrul Rinpoche elaborates: "When you look at the nature of the perceiving subject, the mind, the object that appear to it do not cease appearing, but the concepts that take them as having any true existence subside. To leave the mind in this realization of the nature of reality, empty yet clear like the sky, is the state of transcendent wisdom."

Thus, Patrul Rinpoche explains the three stages of the development of transcendent wisdom: first being exposed to the Dharma by a qualified teacher and understanding what is taught, secondly reflecting on what has been taught so that all doubt is eliminated and the teachings are incorporated into our own mind-stream, and finally through meditation gaining direct experience of the true nature of phenomena and allowing the mind to rest in this experience.

May all beings benefit!

The information presented in this newsletter is based upon teachings presented by Patrul Rinpoche presented in the text "[Words of My Perfect Teacher](#)." This text is available through [Namse Bangdzo Bookstore](#).

