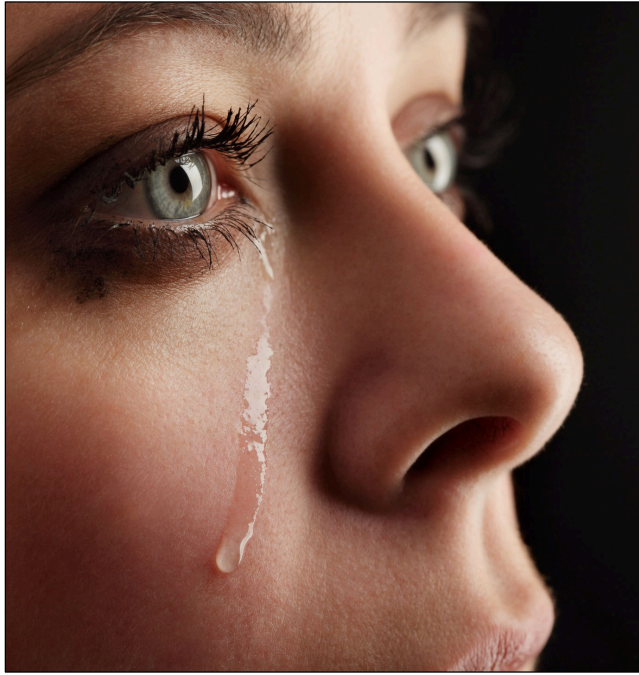
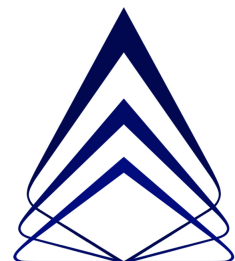


An Arya's Tears



*Meditations for
Kamalahila Course 3*

Diamond Mountain
Retreat Center
May 2017



An Arya's Tears
Meditations for Kamalashila Course 3



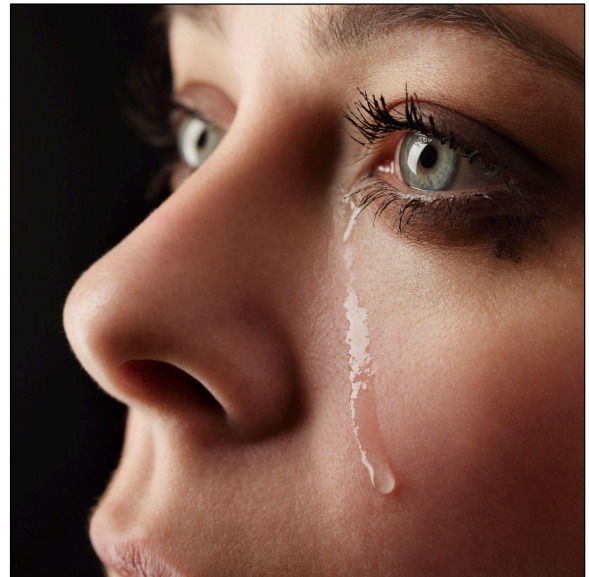
Kamalashila 3, Meditation #1

My breakfast
and the birth of the universe,
Completely equal—

*Disappearing & appearing:
Sideless, left-right & other;
And so then here*

Kamalashila 3, Meditation #2

An arya's tears:
Do I understand
what makes every line
of the Diamond Cutter great?



Kamalashila 3, Meditation #3

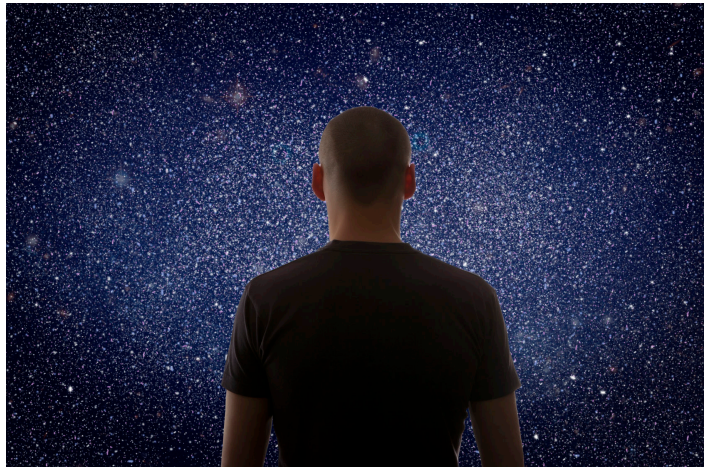
My understanding of emptiness
is also empty;
help me overcome
that "attachment"

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Kamalashila 3, Meditation #4
I am a wonder of the last 500 —
let me appreciate myself

Kamalashila 3, Meditation #5
Seeing all things there are,
and at the same time
not seeing them
*Something to practice during
meditation time*



Kamalashila 3, Meditation #6
Facing the fear of emptiness;
I *am* here, a wonder from my seeds,
and for the first time I have control
over what happens to me

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Kamalashila 3, Meditation #7

The King of Kalingka:
Empty patience like cement,
Stronger the longer we are pressed

Kamalashila 3, Meditation #8

No perfection of patience exists:
There is no patience
There is no one being patient
There is no one they are patient towards
There is nothing they are patient about
And their patience has no nature of its own



Kamalashila 3, Meditation #9

Flow chart for negative thoughts:

- 1) I am myself >
- 2) Attachment to "me" >
- 3) Me vs. others >
- 4) Taking care of me >
- 5) Desires >
- 6) Anger when my desires are thwarted:
"Someone hurt me!" >
- 7) All the problems of life

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Kamalashila 3, Meditation #10
Have I practiced patience
thrice in the last 24 hours?

Did I let go of it
when someone hurt me?

Did I accept pain or inconvenience
for my practice?

Did I accomplish these because
I understood
where things are coming from?



“If you are unwilling to do the things
that are difficult to do,
Then you can’t expect to reach the state
which is difficult to reach.”
—Master Kamalashila



Kamalashila 3, Meditation #11
Not staying in nothing,
And staying in nothing.
Free of attachment
to the two great ideas

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Kamalashila 3, Meditation #12

The logic of truth:
The four truths,
And speaking of what we've seen

Kamalashila 3, Meditation #13

A middle way
between truth and deception;
Not what it sounds like!



Kamalashila 3, Meditation #14

The blind man in a room of riches;
Getting discouraged kills belief.
Come touch the Sun, to enjoy your life.

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Kamalashila 3, Meditation #15

The morning time of day:
The randomness
of differentiating things
from the white noise
of the world.

Kamalashila 3, Meditation #16
Carrying, and being carried,
on the shoulders:
Remembering the goal of retreat



Kamalashila 3, Meditation #17

The omniscience of exclusion;
Proof that he is not otherwise—
And for cleaners of toilets

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Kamalashila 3, Meditation #18

Signs of success in studying the sutra,
and cleansing:
the non-fatal headache,
criticism, and a quick enlightenment

**Kamalashila 3,
Meditation #19**

How to please a billion
Buddhas:
the offering of practice;
the blade of a razor,
pale by comparison;
and the
inconceivable fruit
of the
inconceivable seed



Kamalashila 3, Meditation #20

The pitfalls of progress,
Being pushed out;
and the simple sloth
of not repeating

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Kamalashila 3, Meditation #21

Pure deception:

The improbable source of all-knowing
and the ultimate body

Kamalashila 3, Meditation #22

Illusions are illusions;
The reason reality is deceptive:
“All things are the Buddhas,
And those who live
in this world
Are acting out
their entire lives
In things which don’t
even exist.”



Kamalashila 3, Meditation #23

A body, and a family, at birth;
A body that grows
into “everyone me,”
or else it always was;
Still, do not be proud.