

SANGHARAKSHITA IN SEMINAR

Edward Conze's Introduction to: Buddhism: Its Essence and Development
Held at Sukhavati Community , London in 1975

Cassette One:

- 1 Buddhism a form of 'Eastern spirituality'?
- 4 Mysticism & the 'perennial philosophy'
- 7 Wisdom the heritage of the group?
- 9 Transmission of wisdom
- 11 Immortality & the deathless
- 12 Problems of introducing Buddhism
- 15 Letting the Dharma speak for itself
- 16 Do people really want to change?
- 18 'Character' Buddhism & 'adjustment' Buddhism
- 19 Sensory experience relatively unimportant
- 21 Distinctions between rupa & arupa-dhyanas
- 22 Nature of arupa-dhyanas
- 23 Levels of experience

Cassette Two:

- 24 Renunciation & attachment
- 26 Dealing with craving
- 27 How to treat all people alike
- 28 Metta more satisfying than emotional turbulence
- 31 Difference between East and West?
- 33 Should one reject the senses?
- 35 The will to live
- 36 Thirst for existence & non-existence
- 39 Dealing with feelings of emptiness
- 41 More on 'rejecting' & 'overcoming' the senses
- 42 More on the will to live: three aspects of trsna
- 44 "Suicide doesn't work"
- 45 Yet more on rejecting the senses

Cassette Three:

- 47 Where is your joy? Don't let your spiritual life depend on your sensual life
- 49 Exotic curiosities
- 51 Value of being thoroughly disillusioned
- 54 Disillusionment & disgruntlement
- 59 Living apart from ordinary society
- 60 Spiritual life needs no justification

Cassette Four:

- 64 Value of spiritual communities for spiritual progress
- 65 Kasina meditation
- 68 Loathsomeness of food
- Individuality, true & false
- 69 Pudgalavadins
- 73 Individuality of an enlightened person
- 73 Changing & becoming more truly oneself
- 77 Sakkaya-drsti - the First Fetter
- 78 Enlightenment only gained through wisdom
- 80 The transcendental as the object of wisdom
- 82 Philosophy a waste of time for Buddhists?
- 84 Value of speculation

Cassette Five:

- 86 Faith followers & doctrine followers
- 87 Does the Unconditioned exist?
- 89 Subject & object
- 91 Is Buddhism pragmatic?
- 93 All statements are false?
- 99 The Aryan silence
- 102 Aryan Truths
- Nature of dukkha: three aspects
- 106 Buddhism 'radically pessimistic'

Cassette Six:

- 107 Negative states distort our vision
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- 115 The Absolute
- 116 Three stages of visualization
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Transcription completed by Prajnananda
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