

PTOD Volume One Summary of Themes

Part One

1) Entering Properly

a) Understanding the Ego

- i) Development of the Five Skandas, pp. 3-10

b) Key principles of Buddhism

- i) Nontheism, pp. 11
- ii) Three Wheels, pp. 12 and 27-32
- iii) Four Marks, pp. 13-17 and 50-52

c) Dharma

- i) Levels – higher and lower, pp. 17-23
- ii) True dharma (Satdharma), pp. 24-27
- iii) Aspects: two levels, three goods, profound and vast, ten definitions, information vs. realization, five songs, pp. 32-36

d) Path

- i) Practice and Study, pp. 40-45
- ii) Threefold Logic, p. 43
- iii) View, practice action result, 49-56
- iv) Yanas, pp. 56-61
- v) Teacher, pp. 61-65

e) The Picture of Samsara/Wheel of Life

- i) Twelve Nidanas, pp. 65-74
- ii) Six Realms, pp. 75-77
- iii) Three roots, pp. 77-78
- iv) Suffering is real, pp. 79

2) Commitment to the Path

a) Taking refuge

- i) Genuine Aspiration, pp. 81-89
 - (1) Non theism, devotion, humbleness
- ii) Object of Refuge - the Three Jewels, pp. 89-93
- iii) The sutra on the three jewels, pp. 97-100

b) Three Jewels

- i) Buddha
 - (1) Terms, pp. 100-107
 - (a) Four Maras, pp. 104
 - (2) Epithets, pp. 107-110

- (3) Qualities, pp. 111-113
- ii) Dharma, pp. 113-116
- iii) Sangha, pp. 116-123

3) Discipline

a) Taming Neurosis

- i) The power of Loneliness and the joy of discipline, pp. 127-133
- ii) Taming the Neurotic Mind, pp. 133-137
 - (1) The Four Mental Obstacles
 - (2) The Role of Meditation

b) Discipline as the underlying logic of the path, pp 138-143

- i) Cutting the root of samsara
- ii) Minute to expansion - from an inch to a mile.
- iii) Working with the gap
- iv) With Renunciation and mindfulness

c) Consistency

- i) Egolessness and Discipline, pp. 144-146
- ii) Natural discipline, pp. 152-153

d) Cultivating virtue

- i) Becoming a Dharmic Person, pp. 155-164
 - (1) Seven characteristics of a dharmic person
- ii) Refraining from harm, pp. 165-171
 - (1) The five precepts