

Dedicated to a unified understanding of philosophy, science, religion and art

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*All things arise and cease due to
interdependent causes and conditions*

Quality Control Checklist For Daily Living

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The 37-Bodhisattva Vows

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The Golden Stairs

Adapted by Bing Escudero © 2000 v2.0

Upfront Notes: The Checklist is an outline adaptation from *At the Feet of the Master* by Alcyone [Jiddu Krishnamurti], 1949 TPH, Wheaton, Illinois.

The 37-Bodhisattva Vows were adapted from: Commentaries of Tenzin Gyatso, H.H. Dalai Lama XIV & Jeffrey Hopkins, ed & trans, *Kalachakra Tantra Rite of Initiation*, 2d rev. ed. London: Wisdom Publications, 1989; see "The thirty-Seven Practices" (*lag len so bdun ma*) by Tok-may-sang-bo (*rgyal sras thogs med bzang po*), 1245-1369, pp. 41-47.

Geshe Ngawang Dhargyey, et al., trans. *The Thirty-Seven Practices Of All Buddhas' Sons and The Prayer of the Virtuous, Beginning, Middle and End*. Dharamsala, India: Library of Tibetan Works and Archives, 1974.

Quality Control Checklist For Daily Living

- 1 Decision-Making *Viveka*
Decide between the --
 - 1.1 Real & Unreal: Essential & Unessential
 - 1.2 Right & Wrong
 - 1.3 Important & Unimportant
 - 1.4 Useful & Useless: More useful & Less useful
 - 1.5 True & False
 - 1.6 Selfish & Unselfish
- 2 Desirelessness *Vairagya*
 - 2.2 Of self
 - 2.2 From hope of reward for work done
 - 2.3 To see result of work accomplished
 - 2.4 For possession of psychic powers
 - 2.5 To wish to shine
 - 2.6 To appear clever and smart
 - 2.7 To speak
 - 2.8 To meddle in another's business
- 3 Good Conduct *Shatsampatti*
 - 3.1 Self-control as to the mind *Samo*
 - 3.2 Self-control as to action *Damo*
 - 3.3 Tolerance *Uparati*
 - 3.4 Cheerfulness *Titiksha*
 - 3.5 One-pointedness *Samadhana*
 - 3.6 Confidence or Faith *Shraddha*
- 4 Love *Mumukshatva*
 - 4.1 To do no hurt to any living thing: *Ahimsa*
Refrain from --
 - Gossip
 - Cruelty: Intentional & Unintentional
 - Superstition
 - 4.2 Always watching for an opportunity to be of help *Pranidhana*
- 5 Living the Four Qualifications awakens
 - 5.1 Wisdom -- Enables one to help *Vidya*
 - 5.2 Will -- Directs the Wisdom *Atma*
 - 5.3 Love -- Inspires the Will *Buddhi*

Kalachakra Initiation: The 37-Bodhisattva Vows

(Kalachakra or "The Wheel of Time"; Bodhisattva or "The Light of Truth")

- 1 First listen, think clearly, meditate regularly.
- 2 Give up your homeland and embrace the world as your country.
- 3 Live a solitary life untainted by worldliness.
- 4 Cast away thoughts that concern but this lifetime.
- 5 Sever such ties with misleading associates.
- 6 Far more than your body, cherish your Teacher within.
- 7 Go to the Three Jewels of Refuge for shelter. (Teacher, Teaching, Order).
- 8 Turn away from all actions that harm other beings.
- 9 Aim every effort to becoming an enlightened being.
- 10 Generate the wisdom-hearted aspiration for realization.
- 11 Replace thoughts of self with the concern for all others.
- 12 With compassion, pray for those who exploit us.
- 13 Selflessly help alleviate the karma of those who offend us.
- 14 Seek and praise the better qualities of those who speak ill.
- 15 Without blaming and with no anger, respect even those who abuse us.
- 16 Give love and affection to the unthankful who treat us as foes.
- 17 In utter humility, still treat with honor those who insult us.
- 18 Retain the courage to relieve the hardships and pain of others.
- 19 Tho' praised and well-known, cast out pride in these glories.
- 20 Turn inwards and tame the wild flowers of your mind-stream.
- 21 Without hesitation, overcome indulgence in sensory objects.
- 22 Beyond conceptions, dispel belief in inherent existence.
- 23 Relinquish the drives of compulsive attraction.
- 24 Approach unpleasant conditions as if they were only illusions.
- 25 Engage in the practice of generous giving.
- 26 Renounce attachments, protect all your vows of good conduct.
- 27 Abandon anger and resentment, meditate with patient endurance.
- 28 For everyone's sake, seek enlightenment with perseverance.
- 29 Meditate deeply in single-minded control and concentration.
- 30 Seeing non-existence, develop the Perfection of Wisdom.
- 31 Examine mistakes, delusions, faults, and remove them all.
- 32 Avoid the error of disparaging others.
- 33 Be beyond bondage to domestic disputes and relations.
- 34 Eliminate acts and words of abuse directed towards others.
- 35 Remove such defilements as lust on first sight.
- 36 Work for the welfare of all sentient beings.
- 37 Practice these virtuous ways with dedication and selflessness. Δ

The Golden Stairs*

(Read from down going upwards)

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To the temple of divine wisdom	18
Of which the learner may climb	17
These are the golden stairs up the steps	16
Which the secret science depicts--	15
Of human progression and perfection	14
A constant eye to the ideal	13
A valiant defence of those who are unjustly attacked	12
A brave declaration of principles	11
A courageous endurance of personal injustice	10
A willing obedience to the behests of TRUTH . . .	9
A loyal sense of duty to the Teacher	8
A readiness to give and receive advice and instruction	7
A brotherliness for one's co-disciple	6
An unveiled spiritual perception	5
An eager intellect	4
A pure heart	3
An open mind	2
A clean life	1

**H. P. Blavatsky Collected Writings*, Boris de Zirkoff, comp., TPH, IL: Wheaton, 1980, 1987. See p. 503 of Vol. 12 of 14 vols. Adapted by *Summa Sophia*. (Lines may be read from top to bottom, but be sure to go back upwards.)

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