## A (Very) Short Collection of Thoughts

## **Buddha Nature**

<u>Buddha Nature</u>: Everyone's got it, in fact <u>all</u> sentient beings have it, whether we are aware of it or completely ignorant of its presence.

It is a fertile seed, always ready to germinate.

It manifests as knowledge, wisdom, good thoughts, good actions. Buddha Nature is pure and limitless, and realizing it completely is <u>enlightenment</u>.

Defilements (anger, pride, grasping, etc.) exist, and it is dharma practice to apply effective methods to overcome those imperfections.

Awakening of the Buddha nature happens at any time, but enlightenment normally takes many lifetimes to achieve.

\*\* Each stage of awakening is a fruition of the previous moment.

## (Practical) disadvantages of ignorance of Buddha Nature

- 1. Deeply felt self-inferiority (we view mistakes as our essential nature).
- 2. Over-developed ego (this happens easily).
- 3. <u>Assert and Deny</u>: limited narrow-minded perspectives that cause people to assert their views as correct and deny the truth of other views.
- 4. <u>Self-attachment</u>: attached to our own good fortune and reluctant to share.

## (Practical) advantages of "knowing" Buddha Nature

- 1. Unlimited joy.
- 2. Respect for other sentient beings, human and/or otherwise.
- 3. Intelligence (understanding relative truth).
- 4. Wisdom (understanding ultimate truth).
- 5. Loving kindness and compassion.