

2022 Margha Program

Textual Outline of *Awakening Through Love: Unveiling Your Deepest Goodness*

by John Makransky*



Foreword

Acknowledgments

Introduction: Unleashing the Power of Love

Buddhist Methods to Unleash Love's Power

Love Is the Motive Force for Genuine Help

Love Empowers Social Service and Overcomes Burnout

Without Enduring Love, Relationships Don't Work

No Real Solution to Violence Without Impartial Love and Wisdom

The Aims and Audience of This Book

Replicating the Transformative Effect of an Ancient Tradition

Chapter 1: Receiving Love: Key to Life, Key to the Spiritual Path

Love Pervades Our Existence

Rediscovering the Love in Your World

Reawaken to Love First by Noticing It

At the Corner Store (poem by Alison Luterman)

Discover Benefactors in Your Life

Exercise: Learning to Recognize Benefactors

Importance of Spiritual Benefactors

Entering into the Practice of Love

* This textual outline is derived from the table of contents and text of *Awakening Through Love: Unveiling Your Deepest Goodness* by John Makransky.

Meditation: Receiving the Healing, Transforming Power of Love

Part 1: Receiving Love

Part 2: Letting Go and Merging into Oneness with the Radiance

We Have to Receive Help if We Want to Offer Help

Why Pay So Much Attention to Myself?

The Ability to Receive Love Becomes the Ability to Give Love

Establishing a Daily Practice

Familiarizing and Progressing

Chapter 2: Letting Be: Relaxing into Natural Wisdom

Reading Tips for This Chapter

The Innate Pure Nature of Mind (includes quotes from Nyoshul Khen Rinpoche)

Samsara: The Struggle of Self-Grasping

Ignorance Hides Our Innate Nature (includes quote from Nyoshul Khen Rinpoche)

Life Becomes the Struggle to Support the False Sense of Self

The Purpose of Spiritual Practice

Nonconceptual and Conceptual Practices

Nonconceptual Practice (includes quotes from Dilgo Khyentse Rinpoche and Nyoshul Khen Rinpoche)

Conceptual Practices (includes quote from Nyoshul Khen Rinpoche)

Receptive Devotion and the Boundless Extending of Love

Introducing the Meditation of Natural Awareness

Surrendering Control to the Wisdom of Natural Awareness

Reverent Devotion Helps the Mind Surrender to Its Pure Nature

Karmic Merit and the Importance of Dedication

Meditation: Letting Be in Natural Awareness

Part 1: Refuge – Receiving the Blessing of Unconditional Love

Part 2: Letting Be in Natural Awareness

Part 3: Dedicating the Spiritual Power for All

Calm Abiding and Liberating Insight

Sharp Inquiries that Help Bring Out Liberating Insight

Inquiring into the Arising and Dissolving of Phenomena (includes quotes from Dilgo Khyentse Rinpoche and Nyoshul Khen Rinpoche)

Alternative Lines of Inquiry

Who?

Shape, Center, and Boundary

Color

Location

Daily Practice and Typical Difficulties

What to Do About Distracting Chains of Thought

The Receptivity of Reverent Devotion Deepens Trust in the Nature of Mind

The Need for the Karmic Power of Love and Compassion (includes quote from Dilgo Khyentse Rinpoche and a quote from Shakyamuni Buddha)

Nonconceptual Practice Supports All Other Qualities on the Path (include quote from Nyoshul Khen Rinpoche)

Further Guidance for Buddhists and Non-Buddhists (includes quote from the First Letter of John 4:16)

Chapter 3: Unleashing Love's Power

Your Own Fulfillment Comes Through Love for Others (includes quote from Shantideva)

Getting Real: The Buddhas' Quote from Karma

Karma – Prior Actions Affect Present Experience

Distinguishing the Inner Cause of Our Feelings from the External Triggers

Paying Attention to the Karmic Structure of Experience (includes quote from Jesus)

Ethnic Prejudice and Hatred

Positive Karma

The Danger of Possessiveness

Shantideva's Fundamental Message

The Human Need to Realize Our Intimate Connection to All Others (includes quote from Nyoshul Khen Rinpoche)

Cooperating with the Primordial Power of Good Within Us

Meditation: Extending the Love We Receive

Part 1: Refuge – Receiving the Blessing of Unconditional Love

Part 2: Letting Be in Natural Awareness

Part 3: Extending the Love We Receive

Part 4: Dedicating the Spiritual Power for All

Tips on Starting to Extend Love to Other

The Thoroughness of the Love We Cultivate (includes quotes from Thomas Merton and Shantideva)

The Vastness of the Love We Cultivate

The Path of Enlightenment Is the Opening of the Mind (includes quote from Nyoshul Khen Rinpoche)

The Very Life of Life (includes quote from Nyoshul Khen Rinpoche)

“What About My Special Loved Ones?”

Chapter 4: Loving Beyond Boundaries

Love Must Be Boundless to Express What We Are (includes quote from Shakyamuni Buddha)

Sensing the Fundamental Goodness of All

Progressing from a Glimpse of Our Potential to Actualization of It

Meditation: Self-Transcending Love

Part 1: Refuge – Receiving the Blessing of Unconditional Love

Part 2: Letting Be in Natural Awareness

Part 3: Extending Love Past Accustomed Boundaries

Part 4: Dedicating the Spiritual Power for All

Becoming Conscious of Our Map of Samsara

A Mistaken Impression of Self

Mistaken Impressions of Others

Deluded Emotions and the Cycle of Karmic Reaction

The Map of Samsara Is Both Individually and Socially Fabricated

The Map of Dualistic Discrimination Shuts Down Our Capacity for Love and Compassion (includes quote from Bokar Rinpoche)

The Human Capacity to Transcend the Samsaric Map (includes two illustrative stories)

Learning to Transcend Our Samsaric Map Through Wisdom and Love (includes quote from Lama Surya Das)

Learning to Recognize My Own Personal Map

Meditation Tips to Unleash Self-Transcending Love

Recognizing Your Own Samsaric Map

Leaning in Past the Labels and Communing Heart to Heart

Progressing in Daily Practice

Application in Daily Life

How Wisdom and Love Empower Each Other

The Will to Be Free and the Power of Authentic Refuge

The Will to Be Free Supports Empathy and Compassion

Refuge Becomes a Zone of Protection for All

How Can I Extend Love to Someone Who Has Hurt Me?

What About Very Evil People?

The Seed of Evil in This World and the Seed of Good (includes quote from Shakyamuni Buddha)

Confronting Evil with Radical Goodness

Chapter 5: Pure Perception and Profound Equanimity

Opening Quote from Nyoshul Khen Rinpoche

Seeing Past Our Delusions

Pure Perception (includes quote by Dilgo Khyentse Rinpoche)

Pure Perception Is an Active Power and an Offering to the World

Meditation: Awakening Pure Perception

Part 1: Receiving the Blessing of Unconditional Love

Part 2: Letting Be in Natural Awareness

Part 3: Letting Pure Perception Unfold

Part 4: Dedicating the Liberating Power of All

The Buddha Within Does the Perceiving

Merging with the Pure Perception of Our Spiritual Benefactors

Recognizing a Corresponding Truth in Other Traditions

Sacred Text, Image, and Practice Illumine Each Other

Mirroring the Purity of Beings, Relaxing into the Purity of Things

To Reflect Others' Goodness Is to Call It Forth from Them

Unconditional Love Is the Most Effective Motivation for Service

Pure Perception as Love and Wisdom Evokes the Same in Others

The Equanimity of Wisdom Grounds the Equanimity of Love

Ultimate Equanimity of Wisdom

Relative Kinds of Equanimity Within Unconditional Love

Pure Perception in the "Real World"

Chapter 6: Compassion as a Liberating Power

Opening Quote from Shabkar Rinpoche

The Significance of Compassion

What Is Essential for the Development of Compassion

Strong Empathy for Beings that Senses Each as Dear

Insight into the Nature of Suffering

Becoming Conscious of Our Own Suffering as Doorway to Compassion for Others (includes quotes from the Dalai Lama and Dzogchen Ponlop Rinpoche)

Learning to Cradle Our Suffering with Compassion

Meditation: Realizing Wise Compassion

Part 1: Receiving the Radiant Blessing of Compassion

Part 2: Letting Be in Natural Awareness

Part 3: Extending Radiant Compassion

Part 4: Dedicating the Liberating Power for All

Tips for Progressing in the Meditation of Compassion and Wisdom

Focus First on Receiving Compassion and Letting Be in Natural Awareness

When Ready, Extend Compassion Progressively

When Familiar with Compassion, Alternate It with Meditation

Discovering Kisa Gotami's Story as Our Own

Compassion Must Be Grounded in Wisdom to Be a Liberating Force (includes quote from the Dalai Lama)

Three Levels of Compassion (includes quotes from Nyoshul Khen Rinpoche and Dilgo Khyentse Rinpoche)

Wise Compassion as a Liberating Power in the World

Compassion Confirms the Dignity of Beings While Confronting Their Harmful Tendencies

Compassion and Social Service

Compassion and Social Activism (includes quote from Thomas Merton)

Letting Meditation and Daily Life Inform Each Other

Responding to the World with New Eyes of Compassion

The Joy of Wise Compassion and Love

Taking Difficulties into Compassion and Wisdom

What About the Difficult Situations that Continue to Occur in Daily Life?

Taking Difficulties into Compassion on the Spot (includes quote from Zhechen Gyaltsab Rinpoche)

Meditation: Taking Difficulties into Compassion

Difficult Emotions and People as a Crucial Part of the Path

Taking Difficult Feelings into Karmic Purification and Compassion (includes quotes from Tarthang Tulku and Lama Zopa Rinpoche)

Taking Suffering Directly into Wisdom (includes quotes from Zhechen Gyaltsab Rinpoche, Dilgo Khyentse Rinpoche, and Lama Zopa Rinpoche)

Great Compassion (includes quote from Shabkar Rinpoche)

Chapter 7: Living Life Anew and Embodying Deep Goodness

Summing Up Our Situation

Establishing a Daily Practice

Recalling the Perspective of Morning Meditation Throughout the Day

Recalling Natural Wisdom Throughout the Day

Recalling Love and Compassion Throughout the Day

Key Points for Integrating Practice into Your Life

Integrating Meditation into Each Part of Your Day (includes quote from Nyoshul Khen Rinpoche)

At the Breakfast Table

Commuting to Work

Arriving at Your Workplace

At Work

When You Feel Upset (includes quote from Nyoshul Khen Rinpoche)

Vocation

When You feel that Others Are in Your Way

Arriving Home

Dinnertime

Sleeping Practice

Nourishing and Protecting Your Family with Wisdom and Love

Sharing Spiritual Practices with Children

Paying New Attention to the Dignity of All (includes quote from Thomas Merton)

The Need for Mature Spiritual Community

The Path of Awakening Is Inherently Communal

Transmission and Guidance from Awakening Teachers

Connecting with a Spiritual Teacher

Bodhicitta: The Spirit of Enlightenment

The Spirit of Enlightenment in Aspiration

Taking the Vow of the Bodhisattvas

The Spirit of Enlightenment in Action

The Six Transcendental Virtues of the Bodhisattva Path

Further Practice to Evoke and Express the Spirit of Enlightenment

Epilogue