

1st class - Who are our enemies

For the first class we explain the meaning of delusions, and how delusions are our real enemy. How we need to move away from seeing other people as our enemies. This of course is very difficult to do and we need to have very strong motivation to do so. Our motivation is to find the happiness that we look for. Pure and lasting inner peace. It may seem like we repeatedly return to this point. This is true, but only because people are not quite yet getting how important it is. We need to emphasize this. We need to encourage people to develop the courage to start leading a different life. To discriminate people situations and events in a different way.

- The Enemy: Self-Cherishing and the "Inner Enemies" (delusions in general).
- Training to become stronger: Two excellent trainings we can do
 - Recognize our own faults in the mirror of dharma p.64 in 8 Steps(think why this is so helpful)
 - learning to distinguish a person from delusions 8 Steps p.76
- The Dharma practice - abandoning pride and developing humility.
- Daily practice: Noting when we are blaming other people. Studying what goes on in our mind at such times. The warrior discovers their real enemies.

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