

Buddhism for Busy People

Finding Happiness in an Uncertain World



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SNOW LION PUBLICATIONS
ITHACA, NEW YORK

Dedication

THIS BOOK IS DEDICATED with heartfelt gratitude to my dharma teachers: Geshe Acharya Thubten Loden, founder of the Tibetan Buddhist Society, and Les Sheehy, director of the Tibetan Buddhist Society in Perth, Western Australia, whose kindness I can never repay, and without whom this book could never have been written.

Contents

Acknowledgments	ix
1. What Does It Take to Be Happy?	3
2. Buddha's First Teaching	11
3. How to Meditate	33
4. Karma	63
5. This Precious Life	85
6. The First Step	111
7. Cultivating Compassion	127
8. Finding Happiness in Daily Life	147
9. The Heart of Buddha's Wisdom	173
10. Following a Teacher	207
Epilogue	223
Dedication	229
Glossary	231
Further Reading	235

Acknowledgments

I GRATEFULLY ACKNOWLEDGE Geshe Acharya Thubten Loden from whose comprehensive book *Path to Enlightenment in Tibetan Buddhism* (Melbourne: Tushita Publications, 1993) I have drawn many of the translated verses of Shantideva's great classic *Bodhicharyavatara*.

I would also like to acknowledge H.H. the Dalai Lama's *The Path to Enlightenment*, edited and translated by Glenn H. Mullin (Ithaca, N.Y.: Snow Lion Publications, 1995), from which I have sourced direct commentary by His Holiness.

Dedication

By this virtue, may I and all beings without exception
Enjoy vibrant good health, long life, abundance, and
boundless love.

From our hearts may we take refuge in the triple gem,
Generate the peerless mind of bodhichitta,
And realize the ultimate truth of dependent arising.

By practicing mindfulness, bodhichitta, and the six
perfections,
Guided by a teacher of pure lineage,
May we all quickly and easily attain
The supreme great bliss of enlightenment.

Glossary

- Attachment** The mistaken belief that an object, person, or situation is a true cause of happiness.
- Aversion** The mistaken belief that an object, person, or situation is a true cause of unhappiness.
- Bodhichitta** Lit. "the mind of enlightenment." The aspiration to achieve enlightenment to free all living beings from suffering.
- Bodhisattva** A person who wishes to attain enlightenment to free all living beings from suffering.
- Buddha** Lit. "awakened one." A fully awakened being who has attained enlightenment.
- Dependent arising** The idea that all beings and phenomena depend for their existence on parts, causes, and projection of the mind.
- Dharma** The doctrine or teachings of the Buddha.