

# Chapter 8 Training in the Mahāyāna: Precepts and Perfections

**Colour scheme used**

- View / Wisdom / Emptiness
- Practice / Method / Path
- Motivation / Bodhicitta / Compassion
- Pitfalls / Errors
- Foundational / Structural

- 1. Purpose of Mahayana Training
  - To translate bodhicitta and vows into lived conduct
  - To shape body, speech, and mind consistently
  - To prevent training from remaining abstract
- 2. Training Grounded in View
  - All training rests on emptiness of self and actions
  - Prevents reifying rules or conduct
  - Allows flexibility without loss of discipline
- 3. Role of Precepts in Mahayana Training
  - Precepts protect bodhicitta from degeneration
  - Provide boundaries for ethical transformation
  - Support concentration and clarity
- 4. Three Types of Ethical Discipline
  - Restraint from harmful actions
  - Engagement in virtuous actions
  - Ethical conduct for the benefit of others
- 5. Training as Progressive Refinement
  - From restraint to positive engagement
  - From discipline to spontaneous virtue
  - Conduct becomes increasingly natural
- 6. The Six Perfections as Mature Training
  - Generosity
  - Ethical discipline
  - Patience
  - Joyful effort
  - Concentration
  - Wisdom

- 7. Wisdom as What Makes Them Perfections
  - Without wisdom, training remains worldly
  - Wisdom frees conduct from self-reference
  - Union of method and wisdom defines Mahayana training
- 8. Relationship Between Precepts and Perfections
  - Precepts stabilise conduct
  - Perfections expand conduct beyond restraint
  - Both are expressions of bodhicitta
- 9. Common Errors in Mahayana Training
  - Treating precepts as rigid rules
  - Practising perfections without bodhicitta
  - Neglecting wisdom while emphasising conduct
- 10. Training in Daily Life
  - Every situation becomes a training field
  - Difficulties reveal which perfection is needed
  - Training is continuous, not session-bound
- 11. Relationship to the Bodhisattva Vow
  - The vow commits one to Mahayana training
  - Training keeps the vow alive and meaningful
  - Each supports the other
- 12. Signs Training Is Maturing
  - Spontaneous concern for others' welfare
  - Increased ease in ethical response
  - Reduced reliance on rules alone
- 13. Pocket Reminder
  - When self is empty, conduct becomes effortless
  - Precepts protect the path; perfections complete it