
FPMT BASIC PROGRAM
The HEART SUTRA

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at
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Charts

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Chart 1: The three dharmachakras

	name of the teaching	where the teaching was given	primary intended disciples from among the 4 tenet systems
1	dharmachakra of the 4 Truths	Deer Park, Sarnath	Vaibhasika, Sautrantika
2	dharmachakra teaching the lack of intrinsic identifiability	Vulture's Peak, Rajagriha	Madhyamika
3	dharmachakra teaching good discrimination	Vaishali	Cittamatra

Chart 2: Buddhist schools of tenets

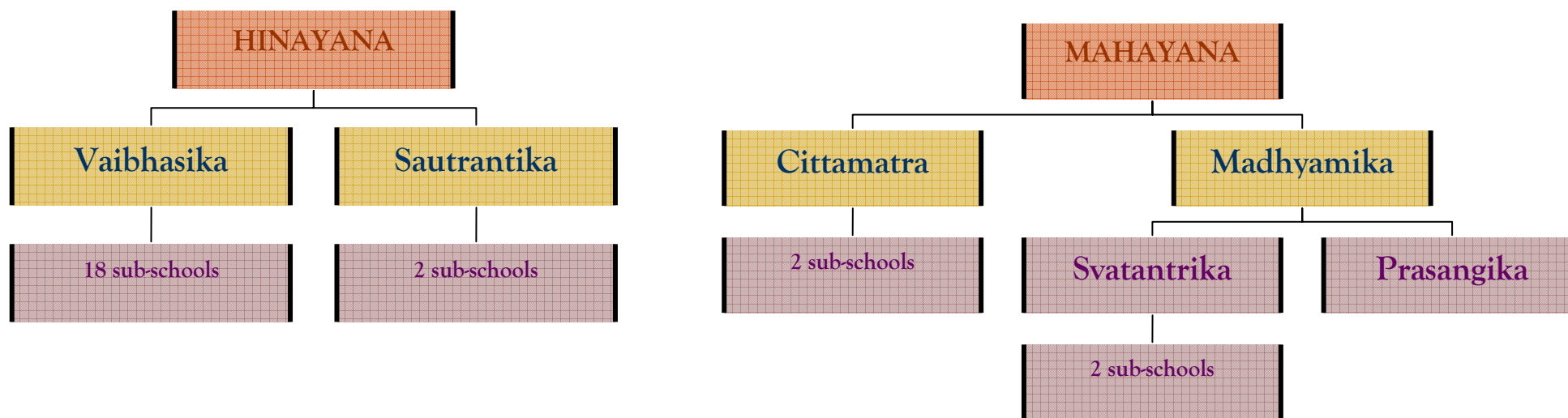


Chart 3: Selflessness

	coarse	subtle
Vaibhasika* & Sautrantika	non-existence of a permanent, partless, independent self	non-existence of a self-sufficient, substantially existent self
Cittamatra	non-existence of a permanent, partless, independent self	non-existence of a self-sufficient, substantially existent self (persons) non-existence of external objects of a different nature from mind (phenomena)
Svatantrika Madhyamika**	non-existence of a permanent, partless, independent self	non-existence of a self-sufficient, substantially existent self (persons) non-existence of truly existent phenomena
Prasangika Madhyamika	non-existence of a self-sufficient, substantially existent self	non-existence of either persons or phenomena from their own side (by way of their own nature)

*not all subschools

**the Svatantrika Madhyamika subschools differ slightly in their assertions

Chart 4: Emptiness and the five Mahayana paths

the five paths	realization of emptiness
path of no more learning	omniscient buddhahood, free from all afflictive and cognitive obscurations
path of meditation	vajra-like samadhi (final moment of sentient being)
	accustomization with direct realization of emptiness in one-pointed meditative stabilization
path of seeing	direct (non-conceptual) realization of emptiness
path of preparation	realization arisen from meditation on the teaching of prajnaparamita
path of accumulation	realization arisen from hearing and contemplating the teaching of prajnaparamita

Chart 5: The four buddha bodies

