

## Spontaneous Creativity - Tenzin Wangyal

xi: Blaming others, looking outside

2: When what you express is enlightened action, it will have meaning and purpose and be of benefit to yourself and others.

5, 96-97: How we react to our problems (with an unwise mind).

6 - 7: Who is the one who is suffering? Mistaken view of self.

12: Any activity can be a meditation if you are connected to the spaciousness of being.

14: Door of body

15: The stillness of your body becomes the support for your moving mind to rest.

17: Door of speech

19: Door of mind

20: When you sit down to meditate, empty your body of the impulse to move, empty your speech of the urge to comment, empty your thoughts of the need to improve.

*Stillness, silence, spaciousness.*

24: Before we can reconnect, we need to recognise the ways in which we disconnect.

24: The pain body

25-28: Precious pills - body, speech, mind

32: The five centres

35-36, 37: Emptiness

43: Hope

49: How to plant your seed

53: You need to meet the one in pain without trying to manipulate or change or punish that pain identity.

53-54: How to meet your pain

57: Finding the absence of something

59, 61: Who is looking?

66: Thank of a situation you find challenging. Recognise that it is your mind that is in conflict, not the situation.

69, 85: Working with emotional energy - leave it as it is.

72: Is this pain familiar? Who is the one who is suffering?

73: When our emotions are making our choices, we feel victimised by our pain.

107: Who is trying to help?

112: Compassion

To remove ego we use compassion.

Dharmakaya - body of emptiness, (wisdom truth body, final wisdom consciousness)

Sambogakaya - body of light, (complete enjoyment body, form body with all qualities of a buddha)

Nirmanakaya - body of great bliss, emanation body, (form body without all qualities, like those that we can see)

What is a good question to bring about a positive response?

- Offering a compliment: talk about one of their good qualities.
- You've got a good vibe going on today.