



Ringu Tulku: Introduction to Buddhism



Ringu Tulku is a Tibetan Buddhist Master and the founder of Bodhicharya, an international organisation. In this talk, discover what it really means to be 'mindful' and how meditation is a path to realising the wisdom you already contain.

TOP EMBODIMENT TIP: A Buddha is not a special kind of person or someone extraordinary. Each and every one of us can awaken our positive qualities. That is the 'Buddha nature'.

Buddhism: Training oneself to awaken to the qualities within oneself, enabling one to then transform the world

- Buddhism is a 'non-theistic' religion as it does not have a God/Creator.
- Buddhism is founded upon the 'Four Noble Truths' revealing a path that enables one to discover the causes of their suffering so that they can be addressed.

Training for a Practicing Buddhist:

- **Conduct training** (or 'Ethics') emphasises refraining from harming others as well as seeking to do good toward and care for others.
- **Wisdom training** is founded upon the belief that each person has an innate wisdom within themselves that can be awakened. This training is engaged through teaching, study, reflection, and meditation.
- **Meditation training** is the practice of being 'mindful' as a path for transformation.

A Deeper Look Into Meditation: 'to become acquainted with'

- Meditation is not simply a self-help technique. One can meditate on their inner qualities such as wisdom and compassion for transformation or awakening to the inner qualities.
- Two important words in Buddhist meditation are 'awareness' and 'mindfulness'.
- Ringu Tulku offers an explanation of meditation and the processes it involves, followed by a description of the value that meditation brings to both individuals and the world at large. He also speaks about 'levels of consciousness' and 'Buddha nature'.
- Listeners are guided through the basics of meditation - learning correct sitting posture, breathing methods, and what happens during the actual practice.

Resources

- ❖ **Website:** <https://bodhicharya.org/ringu-tulku/>
- ❖ **Social:** Talks available via YouTube (Search Ringu Tulku)



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