

The Process of Awakening

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Inquire in Contact on the availability

Introduction to The Process of Awakening

*“Indian Masters always held to three sources of knowledge.
Of the three, most Chan lineages have direct perception and inference.
They must seal them with the third source, the sutras.”¹*

Zen Master Kuei-feng Tsung-mi

Kuei-feng Tsung-mi [Guifeng Zong-mi], an eminent ninth century Hua-yan and Zen Master asserts, “Indian masters have always held to the three sources of knowledge.” In their understanding of the principles of the Dharma, the Indian Masters considered the three sources of knowledge to be:

- Buddha’s definitions of the process of awakening found in the sutras
- Inferential introspection that provides the link between the conceptual teachings of the sutras and the experiential mind of meditation
- The direct perception of the truth of the sutras found in meditation

Zen lineages generally teach some form of inferential introspection and direct perception, but often lack the anchoring experience of the sutras. This situation is commonplace in Western Zen training facilities. Practitioners receive instruction in meditation techniques, but their efforts are often left ungrounded from the basic principles contained in the sutras. The three sources of knowledge must act in concordant support in order for experience to be whole and complete. In other words, inferential introspection and direct perception must be validated using the recognized standards of the sutras. Then certainty arises becoming the foundation for subsequent insights by reducing the chance of erroneous conclusions.

The many schools of Buddhism each emphasize a particular portion of Buddha’s teachings. Their adherents develop skillful means to guide their practice. We have done that as well, formulating our understanding of the three sources of knowledge in our book *Tending the Fire: An Introspective Guide to Zen Awakening* and other efforts. The process of awakening, developed and described therein, is rooted in the three sources of knowledge, yet offers freedom of expression that responds to idiosyncratic needs of the lay practitioner.

The Process of Awakening study guide offers a practice model that combines Yogacara Buddhist concepts with Emergent Knowledge, an adaptation of David Grove’s groundbreaking psycholinguistic Metaphor Therapy. Both Buddhism and Emergent Knowledge teach a means of

¹ Jeffrey Lyle Broughton, *Zongmi on Chan*, [New York, Columbia University Press] 2009, p. 113]

transformation of consciousness based on accessing and employing intuitive information uncontaminated by interpretation by either the teacher or student. The blended model offers a creative means of understanding and fulfilling the process of awakening. The overall objective of the series of instructional modules is to provide the basic information and guidelines for lay practitioners, beginning with instruction on meditation types appropriate to a practitioner's level of practice maturity, and in due course, leading into detailed explanation on transformation and its integration into daily life. A unique method of symbology graphically portrays the essential Buddhist concepts, the principles of Emergent Knowledge, and their relationship to the dynamic process of awakening.

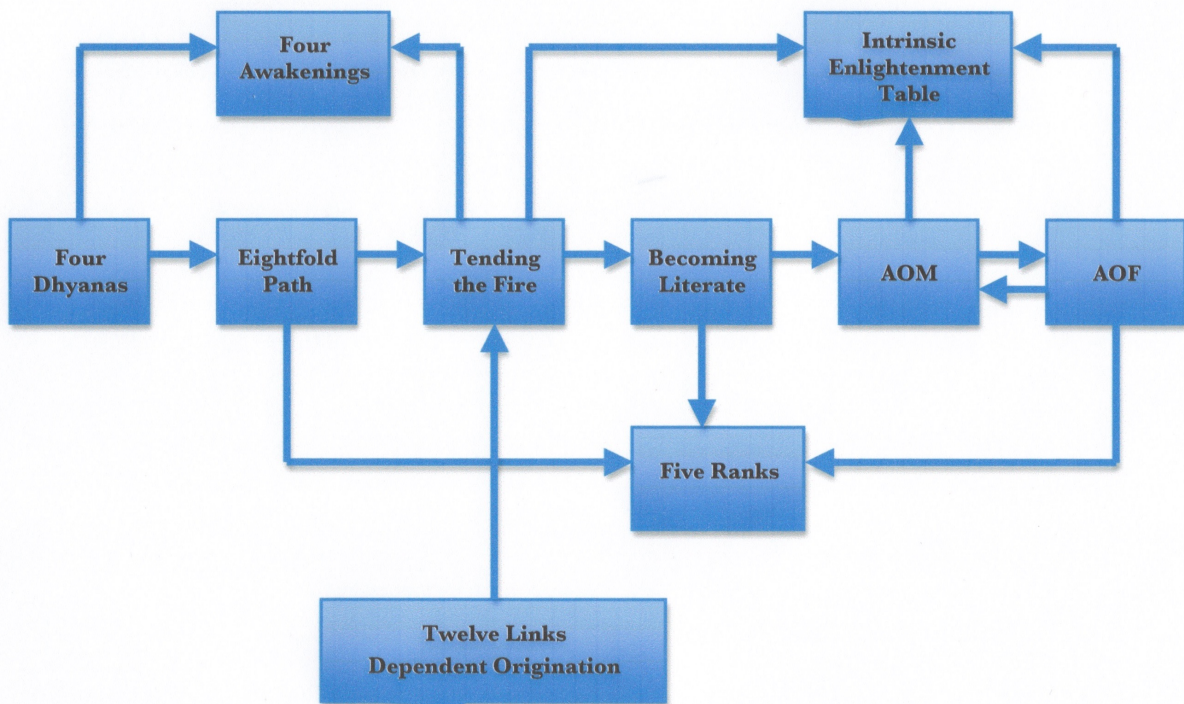
The Process of Awakening Bloodline Chart shown below illustrates the course of study starting with Buddha's instruction of the Four Dhyanas and continuing through to a protracted engagement with Ashvaghosa's *Awakening of Faith in the Mahayana*. These teachings introduce the heart of Yogacara Buddhism. In addition to the bloodline, there are four adjacent studies shown as boxes above and below the main line teachings: The Four Awakenings, The Twelve Links of the Chain of Causation/Dependent Origination, The Intrinsic Enlightenment Table, and the Five Ranks. They receive special emphasis in the study modules indicated by the arrows on the bloodline chart.

The bloodline teaching is an unfolding step-by-step process that clears away hindrances and barriers. It is not a process of accumulation, but one dedicated to resolving conditioned states and ridding oneself of their vestiges experienced as habit energies and mental vexations. Our natural purity reveals itself when both have been accomplished. This method seems to be the best for lay people dedicated to Buddhist teachings. Thoroughly understanding and applying its principles sets the stage for a full engagement with the sudden enlightenment/gradual cultivation process, one that is usually the domain of highly developed specialists. However, The Process of Awakening contains both the preparatory guidance as well as the directives on how to "short cut" the complexity of instruction and experience through mastery of the steps.

The binder contains sixteen parts, eight that instruct the bloodline, and eight additional in the appendix that support the basic teaching. The descriptions include the books and booklets used in the course.

The Process of Awakening is designed for one-on-one instruction. Part XVI contains the study guidelines for meetings that are a combination of dokusan and study.

PROCESS OF AWAKENING BLOODLINE



PART I INTRODUCTION TO THE PROCESS OF AWAKENING BLOODLINE

1. The Process of Awakening study guide presents a practice model that combines Yogacara Buddhist concepts with Emergent Knowledge
2. The blended model offers a creative means of understanding and fulfilling the process of awakening.
3. Formulated for lay practitioners

(What the Buddha Taught, The Principal Teachings of Buddhism)

PART II SHAKYAMUNI BUDDHA'S TEACHING ON THE FOUR DHYANA

1. Definition of Shakyamuni Buddha's definition in the *Lankavatara Sutra* of the Four Concentrations
2. Shows how the intuitive dialogue between the Personal and Universal Aspects of Mind is the heart of Buddhist practice
3. Unstated introduction to Ashvaghosa's Four Aspects of Faith found in *Awakening of Faith in the Mahayana*
4. Unstated introduction to the Four Awakenings found in *Tending the Fire*

(The Tale of Zen Master Bho Li, Dokusan with Dogen, The Posture of Meditation, Lankavatara Sutra)

PART III UNFOLDING THE EIGHTFOLD PATH: A CONTEMPORARY ZEN PERSPECTIVE [UTEP]

1. Example of how to use Buddha's outline of a skillful means to make one of your own
2. Introduces the teaching of the Five Ranks in the Five Sections [Five Triads]

(Unfolding the Eightfold Path: A Contemporary Zen Perspective, Toward a Psychology of Awakening, Lotus in the Stream)

PART IV TENDING THE FIRE: AN INTROSPECTIVE GUIDE TO ZEN AWAKENING [TTF]

1. Example of how to create a skillful means based on personal experience
2. Introduction of principles and function of Yogacara Buddhism
3. Illustrates the Three Aspects of the Process of Awakening, the Four Awakenings, and their relationship to Zazen practice

(Tending the Fire: An Introspective Guide to Zen Awakening, Core Ideas)

PART V EMERGENT KNOWLEDGE AND ZEN PRACTICE [EK]

1. The *Emergent Knowledge and Zen Practice* describes the adaptation of Emergent Knowledge to Zen practice, along with a summary of the commonalities and differences of Ta-hui's "observation of the critical phase" and Emergent Knowledge.
2. A combination of Buddhist teaching [Yogacara] and a Western skillful means [Resolution Sequence] is applied to identify and resolve the root causes of conditioned states.

(Emergent Knowledge and Zen Practice Booklet)

PART VI BECOMING LITERATE IN THE PROCESS OF AWAKENING [BLPA]

1. Explains the symbology of *Tending the Fire* and its representation of Yogacara Buddhist teaching and practice
2. Uses teaching of the *Lankavatara Sutra* as a guide for the process of awakening
3. Expands the underlying principles of the Five Ranks in the teachings of Tung-shan, Dōgen, and Hakuin.

(Becoming Literate in the Process of Awakening, Lankavatara Sutra, Genjo Koan)

PART VII THE NONDUALITY RESOLUTION SEQUENCE AND TSUNG-MI'S ANALYSIS OF MIND [AOM]

1. *The Analysis of Mind Booklet*: Tsung-mi's teaching explains the Yogacara law of karma and introduces the teachings of Ashvaghosa [Anabotei]

(The Nonduality Resolution Sequence and Tsung-mi's Analysis of Mind Booklet, Essays from Sudden and Gradual and Zongmi on Chan)

PART VIII THE AWAKENING OF FAITH IN THE MAHAYANA [AOF]

1. *Awakening of Faith in the Mahayana*: Ashvaghosa's in-depth teaching on the Five Ranks and the Path of Buddhahood

(The Principle and Practice of Mahayana Buddhism, Lankavatara Sutra)

APPENDIX

PART IX TSUNG-MI'S ANALYSIS OF CHAN

1. An in-depth paper by Jan Yun-Hua on Tsung-mi's syncretic analysis of ninth century Chan practice

(Tsung-Mi: His Analysis of Chan Buddhism Booklet)

PART X DEPENDENT ORIGINATION

1. Comprehensive accounting of the Twelve Links of the Chain of Causation and how knowledge of the Twelve Links can be used creatively on the path of awakening.

(Dependent Origination Booklet by Rev. Koshin Schomberg)

PART XI THE PRACTICE OF THE PARAMITAS

1. Contains a group of definitions and teaching guides on the Pāramitās from a number of different sources

(The Practice of the Paramitas Booklet)

PART XII A PRACTICAL APPLICATION OF THE INTRINSIC ENLIGHTENMENT TABLE

1. A combination of the Resolution Sequence and Tsung-mi's Analysis of Mind that shows how they positively interact.

(A Practical Application of the Intrinsic Enlightenment Table Booklet, Writing Poems on Your Bones)

PART XIII THE LANKAVATARA SUTRA

1. Introductory outline
2. Copy of the epitomized Lankavatara Sutra

(Lankavatara Sutra)

PART XIV THE FLOWER ORNAMENT SUTRA

1. Taigen Leighton's essay on Hua-yan Buddhism
2. Outline of Book 39 *Entry into the Realm of Reality*
3. Basic Teachings of the Benefactors

(Flower Ornament Scripture, Outline of Entry into the Realm of Reality, Compendium on the Fifty-three Benefactors)

PART XV METAPHOR AWARENESS

1. Introductory essay
2. Additional explanatory information

(Metaphor Awareness Booklet, Tending The Fire: An Introspective Guide to Zen Awakening)

PART XVI STUDY GUIDE LINES AND SUPPORTING MATERIAL