

Exploring the Way of Improving Patience : There is not an Actual ‘Me’

Module code : SIC6010

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Ten Wholesome Ways of Action

- **No killing**
- **No stealing**
- **No sexual misconduct**
- **No lying**
- **No abusive speech**
- **No slander**
- **No enticing speech**
- **No greed**
- **No anger**
- **No ignorance/delusion/attachment**

Bodhisattva' s Six Paramitas 六波羅蜜

- **Alms-giving 布施**
- **Precepts Observation 持戒**
- **Patience 忍辱**
- **Diligence 精進**
- **Meditative Concentration 禪定**
- **Wisdom 般若**

Cornerstone :
Citta-matra 唯識學
(mind-only school)

CONTENTS

- 1. Introduction to the Mind-only School**
- 2. Marcus' questions and One Hundred Dharmas**
- 3. The Former Six Consciousnesses**
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- 5. The origin of wisdom : ālaya**
- 6. Conclusion**



1. Introduction to the Mind-only School (唯識學)

*Shi*識 – Mind

Baifa mingmen lun 百法明門論

(the One Hundred Dharmas) :

the basic textbook for the mind-only school



2. Marcus' questions and One Hundred Dharmas



我是Marcus du Sautoy⁶

Photo by bbc.co.uk

3. The Former Six Consciousnesses

the Consciousness Citta-dharma
(心法)

Seeing-consciousness

眼識

Hearing-consciousness

耳識

Smelling-consciousness

鼻識

Tasting-consciousness

舌識

Kinetic-consciousness

身識

Empiric-consciousness

意識

Manas

末那

Warehouse consciousness

阿賴耶

我的大脑 是怎样将颜色 转化为专属于我的感受？

How does my brain turn colour into a private experience in my mind?

Photo by bbc.co.uk

3. The Former Six Consciousnesses

Seeing-consciousness
眼識



‘The function of perceiving form objects
based on the faculty of sight’
依眼根了別色塵之作用。

—— *Weishi Yijian* 唯識易簡

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Photo by bbc.co.uk



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4. The *Manas* *and the secret of* *‘me’*



Function

Empiric-consciousness

The *Manas* : polluted consciousness
染污意

with afflicted thoughts :
self-craving我貪
delusion regarding the self我癡
arrogance我慢
self-view我見

4. The *Manas* and the secret of 'me'

BBC



所以你的左右眼看到的是不同的景象

So you'll see different images in the left and right eye.

4. The *Manas* and the secret of 'me'



Photo by BBC.co.uk



**5. The origin of
wisdom :
ālaya
(The Warehouse
consciousness)**

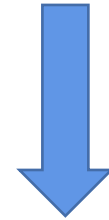
Ālaya:
***Zang*藏**

- 1. storer能藏**
- 2. the stored所藏**
- 3. appropriated store執藏 → *manas***

The origin of wisdom : ālaya

Common
people

the Eight
Consciousnesses Citta-dharma
八識



Buddha

Four Kinds of Wisdom
四智



6.Conclusion



Thank you for listening

