

THE THREE TENETS AND THE PERFECTION OF SKILLFUL MEANS (UPAYA)

THE THREE TENETS	KEY POINTS
NOT-KNOWING by giving up fixed ideas about ourselves and the universe	<ul style="list-style-type: none"> - realize the One Body - realize the Interconnectedness of Life (Unity) - realize that your Home is this Vast, Boundless, Expansive space (empty of self-agendas, self-concerns, self-centeredness)
BEARING WITNESS to the joy and suffering of the universe	<ul style="list-style-type: none"> - see the innumerable beings (differences/diversity) from the view of the One Body (interconnectedness) - engage practices/training: <ul style="list-style-type: none"> - deep listening - sympathetic understanding of another's point of view - staying present to whatever is arising - not imposing your views and opinions on others and the situation - active inquiry
TAKING ACTION that arises from Not-Knowing and Bearing-Witness	<ul style="list-style-type: none"> - spontaneous expression of wholeness (unity) - checking points: is the action serving <ul style="list-style-type: none"> - the needs of the situation? - the needs of others? - your own needs?