

The Way to Rely (on a Teacher)

1. The way to rely in thought (p. 36)
 - The root: training in faith
 - Remembering his/her kindness to generate respect
2. The way to rely through actions (p. 40)

Faith and Respect

- **FAITH** is confidence in such things as the law of karma and its effects and the Three Jewels.
 - Inspired faith
 - Aspiring faith
 - Convictional faith
- **RESPECT** (ལྷན་ལྷན་)—reverence, humility.
 - Oxford Dictionary: a feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.

- ## 2. The way to rely through actions (p. 40)
- Offering material things
 - Serving and showing respect
 - Practising in accordance with his/her advice

Benefits of Reliance (p. 41)

1. You will approach Buddhahood
2. Victors will rejoice
3. You won't be deprived of virtuous friends
4. You won't fall into lower rebirths
5. You won't easily succumb to bad karma & afflictions
6. Your excellent qualities will grow higher & higher
7. Your temporal and ultimate goals will be accomplished
8. [Not being harmed by spirits and bad friends]

Faults of Improper Reliance (p. 41)

If we relinquish our reliance on a spiritual teacher,

- We will be harmed by illnesses and evil spirits in this life
- In future lives we will experience much suffering in the lower realms
- Excellent qualities we don't already have won't arise, and those we have will deteriorate
- Our faults will increase
- Misfortune will befall us.