

Week 3 *Everything depends on everything else.*

- Three marks of existence
 - Dependent co-arising
 - Emptiness
-

Three marks of existence
(Uchiyama Roshi's four undeniable realities)

- impermanence
- suffering
- no-self
- (nirvana)

Dependent co-arising

When this is, that is. This arising, that arises. When this is not, that is not. When this ceases, that ceases.

- ignorance or blindness
- volitional formations, fabrications, constructions
- consciousness, discernment, sense consciousness, life-force, animation
- name-and-form, body and mind conception
- six senses
- contact, sense impressions, perception
- feeling, sensation
- craving, desire, greed, "thirst"
- clinging, grasping, attachment
- existence, becoming
- birth, rebirth
- aging or decay, and death

Emptiness

- All conditioned things are empty of an inherent self-nature

Next week: Nirvana, karma and reincarnation, the bodhisattva ideal

For more advanced study and reflection

- Watch and consider [Okumura Roshi's teachings about the difference between permanent and eternal](#).
- Review the section on the Four Seals in *Opening the Hand of Thought*, pp. 6 - 15.
- Consider the lists of negations we chant in the Heart Sutra and to what they are pointing.
- Read and study Dogen's *Shobogenzo* fascicle called *Shinjin Inga (Deep Faith in Cause and Effect)*

