

## Seven Point Mind Training: Point 3 Word List - the Four Kayas

(By Kathy Wesley. Last revised 10.22.14)

Quote from a Tibetan Buddhist Prayer:

“The Dharmakaya, through Compassion, manifests as the two Form Kayas.”

1. Dharmakaya – Enlightened Mind, is not inert; it is dynamic in its expression.
2. Samboghakaya – Enlightened Form as “The Body of Enjoyment” (as experienced by those of Pure Karma – First Level Bodhisattvas and above)
3. Nirmanakaya – Enlightened Form as “The Body of Substance” (as experienced by those of Impure Karma – Shakyamuni as example.).
4. Svabhavikakaya – the inseparability of the three other Kayas

According to Jamgon Kongtrul Lodro Thaye, adverse conditions, when experienced by a person whose mind is resting in a meditative state, can be experienced by this meditator as the four kayas:

“When you rest in a state **in which appearances simply arise but there is no clinging to them,**

- (1) the dharmakaya aspect is that they are empty in nature,
- (2) the nirmanakaya aspect is they appear with clarity,
- (3) the sambhogakaya aspect is that this emptiness and clarity occur together,
- (4) and the svabhavikakaya aspect is that these are inseparable.

“This key instruction, to rest evenly without grasping at origin, location, or cessation, points out the four kayas. It is the armor of view, the protection circle of emptiness, and the supreme instruction that cuts off confusion.”