
gives us an incentive to avoid committing negative actions.

Embarrassment is about refraining from actions by thinking about the views of others like our spiritual teachers or parents. We think that this action would be against their wishes, or even break a promise that we had made to them. On the basis of this consideration for the thoughts of others, we are motivated to avoid negative actions. So shame and embarrassment are positive things. They encourage us to adopt right actions and avoid wrong ones.

In most religious traditions vows are taken before a priest or a holy person in a holy place like a church or a Buddhist temple. The whole point of this is to feel obliged to do your practice and to make it easier to remember your vows. It also makes it easier to feel shame because, if you break a vow or commit a negative action, then it is like acting against the god or whomever you took your vows before. And it is easier if you think that the god is all knowing, because then there is no point of thinking to do anything in secret. So a sense of moral shame and embarrassment are both important factors in performing more positive actions and diminishing negative ones.

For example, some people hold their wedding ceremony in a holy place. A priest, or someone held in high regard, marries them and witnesses their promise. The holy place and the holy person help give people the courage and inspiration to have a long lasting and stable relationship. If this didn't help, then why bother being married by a highly regarded person and in a special place? This is Geshe Doga's own personal view, and the purpose he sees for having a wedding in a holy place.

So we finish the teaching here and as usual we will chant the Buddha's mantra. While chanting the mantra try to make sure that your body is relaxed and that the mind is also resting inward rather than being distracted. Then just focus the mind on the mantra.

TAYATHA OM MUNI MUNI MAHA MUNAYE SOHA

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