

# Finding Freedom

Texts from the Theravadin, Mahayana  
and Dzogchen Buddhist traditions

introduced and translated by  
*James Low*



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## PREFACE

**T**HE OCEAN OF BUDDHADHARMA, the Buddha's teaching and practice, is vast. So many views and paths, such richness and variety of styles and methods – yet they all focus on the task of helping us awaken from the sleep of our assumptions. We are not who we think we are. The true depth and wonder of our potential is hidden from us by our own busy activity through which we seek to maintain the illusions we believe in.

This book offers three approaches to awakening. The first section, *Fighting the Good Fight*, is concerned with how we can commit ourselves to the mindful activity of renouncing our familiar and often comforting limiting habits. Here the orientation is towards leaving our familiar ego-home and going on a journey to seek something which seems only to be available elsewhere. By renouncing samsara we hope to gain entry into nirvana and enjoy the happiness which is free of all suffering.

The second section, *Mistaken Identities*, is concerned with how we can commit ourselves to developing the honesty and courage necessary for facing the karmic consequences of previous actions arising from our limiting habits and the many transient mistaken identities which we have adopted. Here the orientation is towards recognising how our self-centredness has harmed others and made us blind to our interdependency. By accepting that we have been the cause of so much suffering we see that we must turn to face every difficult situation without self-pity or blame.

For this we need the courage of the transcendent qualities of generosity, morality, patience, diligence, concentration and wisdom and especially the mental clarity necessary for maintaining the view of the emptiness of all phenomena.

The third section, *Sweet Simplicity*, is concerned with how we can relax and release ourselves from all limiting habits and thus effortlessly abide in our limitless intrinsic freedom. Here the orientation is towards awakening to the actuality of our mind as it is. For this to occur we need to receive the transmission which is grounded in non-conceptual clarity. We cannot think our way out of samsara since samsara is itself constructed out of thought. We seek only 'early retirement' from the burden of the ceaseless activity of maintaining delusion. By letting go of our central role as the indispensable master of ceremonies of our life drama we find ourselves in the intrinsic freedom of our true home, our unborn mind which cannot be found by seeking yet is always freely available.

These three sections are quite different in tone yet are harmonious and compatible in their underlying message of freedom. The Buddha offered all he was to help us and if we offer ourselves fully to the path then we will awaken with the same smile he offers us.

The texts were translated from Tibetan by me with the guidance of CRLama. They have recently been revised for this book. Barbara Terris typed many revisions. Without her collaboration, support and untiring efforts this book would have remained asleep in the bundles of my aging papers.

May we all find the path we seek!

*James Low, 2019*