

**37. Buddhist Philosophy of Transcendence**

The group discussed the concept of voidness and transcendence in Buddhist philosophy, particularly focusing on Dharmakara's journey to establish his own Pure Land. They explored the idea that when one transcends ego and phenomena, there is no separate observer, and discussed how this understanding relates to the dichotomy between self and no-self.

38. Three Bodies of Buddha

The group discussed the Larger Sutra, focusing on Dharmakara's journey to becoming Amida Buddha and the concept of the three bodies of a Buddha: Dharmakaya (body of ultimate reality), Sambhogakaya (body of bliss), and Nirmankaya (transformed body). Gary and Gordon explored how these concepts relate to meditation and enlightenment, with Luke sharing his perspective that enlightenment is not the end goal but rather an ongoing process of understanding.

39. Website Impact and Spiritual Practice

As evidence of the SBFUK's success, Gary confirmed approximately 1,000 website hits per week, distributed as 300 to www.purelandnotes.com and 600 to the one you are viewing now. Gary and Gordon explored philosophical concepts around Buddhist vows and the nature of spiritual practice, with Gary emphasizing the importance of maintaining their current efforts regardless of personal challenges. The discussion touched on themes of patience, loyalty, and the transcendent nature of their work, with Gary expressing gratitude for the support of his colleagues.

40. Dharmakara's vow

The group discussed Buddhist concepts, focusing on the three realms of existence (desire, form, and no-form) and the path to Nirvana. Gary explained how Dharmakara's vow in Shin Buddhism provides immediate salvation through the name "Namu Amida Buddha," which encompasses the supreme merits accumulated through his practices.