

Approaching the Buddhist Path 2023

Class 3

4-week course with registered FPMT teacher, Eddie Peet

1

Refuge & Bodhichitta

I go for refuge until I am enlightened

To the Buddha, the Dharma, and the Supreme Assembly

By the merits I create through listening to the Dharma,

May I become a buddha to benefit all sentient beings.



2


Four Boundless Thoughts

May all sentient beings have happiness and its causes.

May all sentient beings be free from suffering and its causes.

May all sentient beings never be separated from the happiness that is without suffering.

May all sentient beings abide in equanimity, free from the bias of attachment for friends and hatred for enemies.



3

Seven Limb Prayer

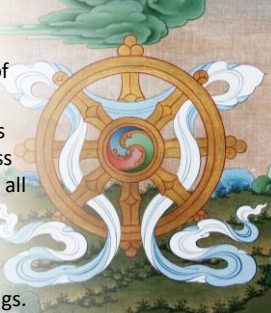
Reverently I prostrate with my body, speech, and mind;

I present clouds of every type of offering, actual and imagined;

I declare all my negative actions accumulated since beginningless time and rejoice in the merit of all holy and ordinary beings.

Please, remain until the end of cyclic existence, and turn the wheel of Dharma for living beings.

I dedicate my own and other's merits to the great enlightenment.



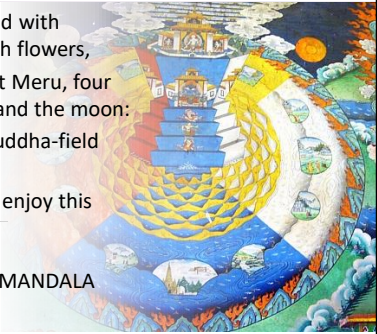
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Mandala Offering

This ground, anointed with perfume, strewn with flowers, Adorned with Mount Meru, four continents, the sun and the moon: I imagine this as a buddha-field and offer it.

May all living beings enjoy this pure land!

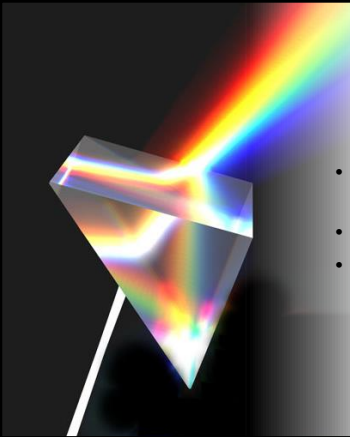
IDAM GURU RATNA MANDALA
KAM NIRYATA YAMI



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Today's Teaching

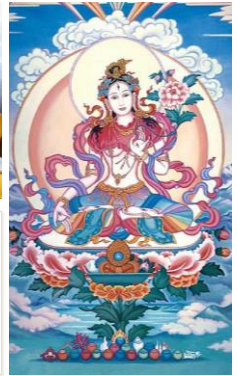
- The nature and function of awareness
- Mental continua
- Levels of mind




6

[illegible]

8



**The Brain is
not the
Mind, the
Mind is not
the Brain**



Geshe Rabten says...

— *The Mind and its Functions*; p100

Defining the Mind

Clear is the **nature** and **entity** of consciousness.
Knowing is the **function**.

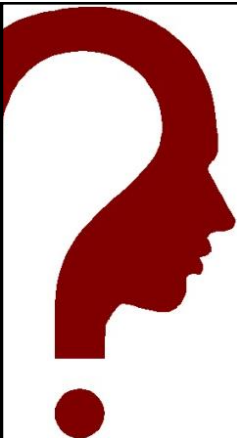
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The Meanings of Clear

- Non-physical
- Non-obstructing
- Reflective
- Empty

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Knowing

The engaging with the contents of an experience

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A Meditation – the Knower

Every time a thought appears, ask

- Who told you that?
- Reply “mind”
- Rest in the knowing


Every time a sound appears, ask

- How do I know?
- Reply “mind”
- Rest in the knowing



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The Buddha said . . .



his mind, O monastics, is luminous, it is defiled by adventitious defilements. The uninstructed worldling does not understand this as it really is; therefore, for him there is no mental development.

This mind, O monastics, is luminous, and it is freed from adventitious defilements. The instructed arya disciple understands this as it really is; therefore, for him there is mental development – *Luminous 1.51-52*

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Luminous

Remove the crystal from the colored surface and its real form will be seen

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A Meditation – Mere Clarity

Every time a sound appears, ask

- Where did it come from?
- Where is it now?
- Where did it go to?

Every time a feeling appears, ask

- Where did it come from?
- Where is it now?
- Where did it go to?



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Two Analogies – Mind is not Brain

1. THE PRISM AND LIGHT




2. THE RADIO AND MUSIC




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Levels of Mind – Sutra & Tantra



The gross minds



The subtle minds




The very subtle mind

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Sutric Levels of Consciousness

- Perceptions
- Conceptions
- Dreams
- Form and formless realm meditations
- Path-way minds



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Four Possibilities for Continua

Beginning and end

No beginning with end

Beginning with no end

No beginning with no end

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A Beginning and End


“Who looks outside, dreams.
Who looks inside, awakens”.



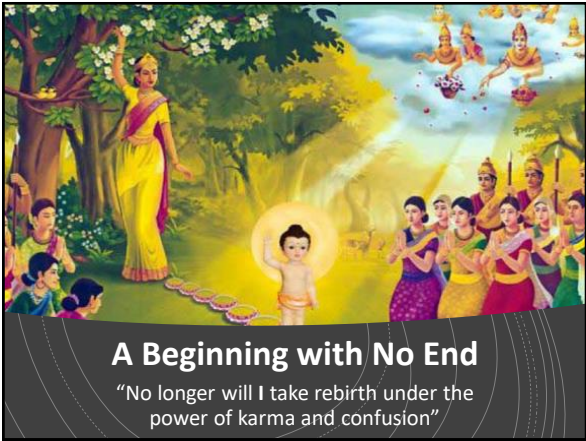
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No Beginning with an End

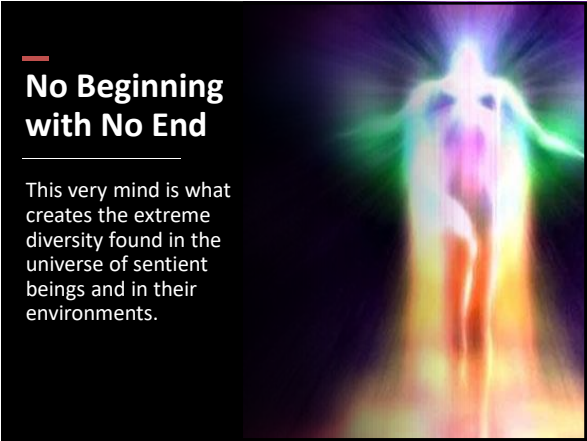
When you the **housebuilder** are seen, The great **beams** of the house are destroyed, the **frames** all broken up. Then housebuilding is done no more. The mind is freed from volition, This very birth accepted as **the end**.



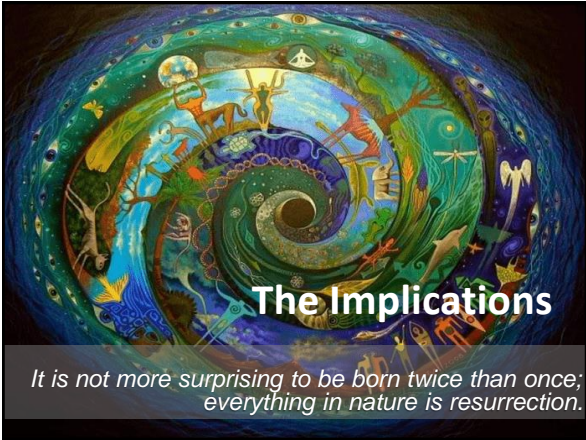
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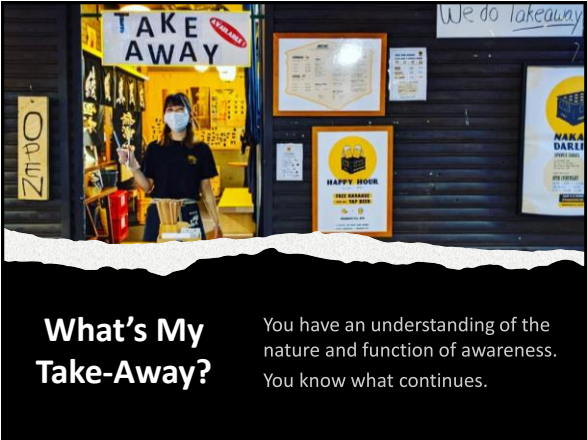
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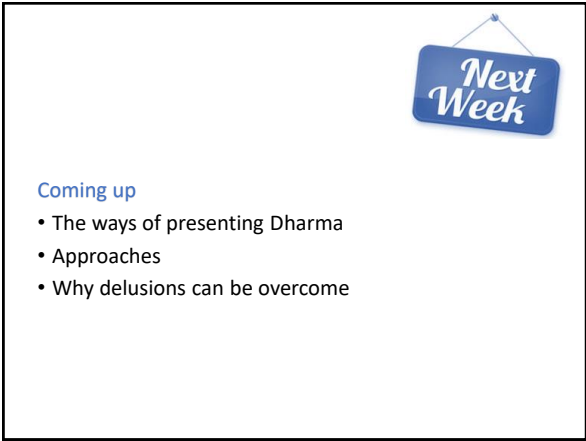
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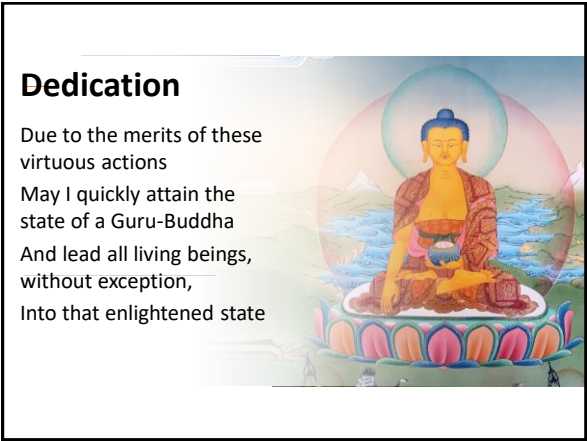
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Bodhicitta Verses

May the supreme jewel bodhicitta
Not yet born, arise and grow
May that born have no decline
But increase forever more

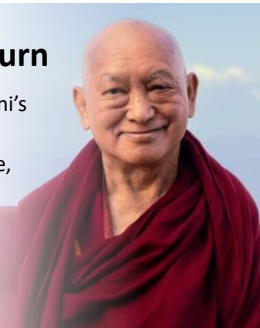
And as long as space endures,
As long as sentient beings abide,
May I too remain
To dispel the sorrows of the world



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Rinpoche’s Swift Return

In holding and spreading the Muni’s
precious and complete teachings
Through explanation and practice,
You wore the armour of patience
that is never discouraged,
Incomparable Venerable guru,
to you I make this request.



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