

## Approaching the Buddhist Path 2023 Class 4

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

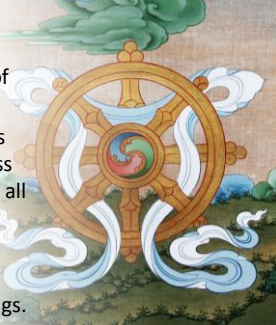
Reverently I prostrate with my body, speech, and mind;

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.



4

## 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



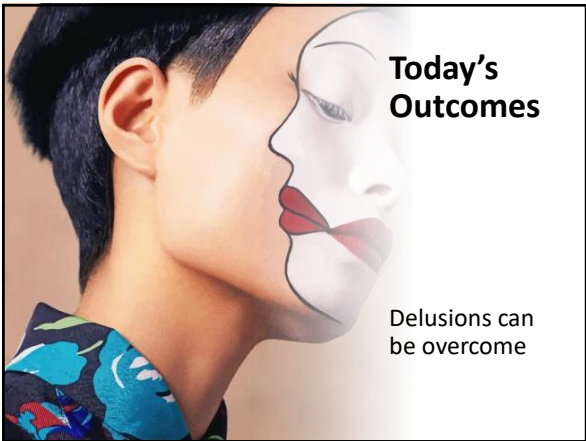
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## What We Have Studied

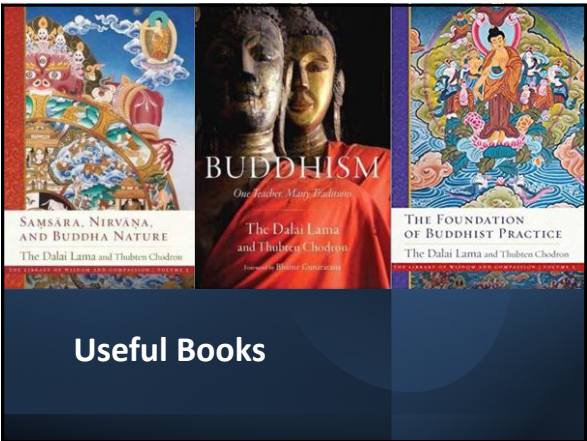
- Two Truths
- Characteristics of mind
- Mental continua
- Levels of mind



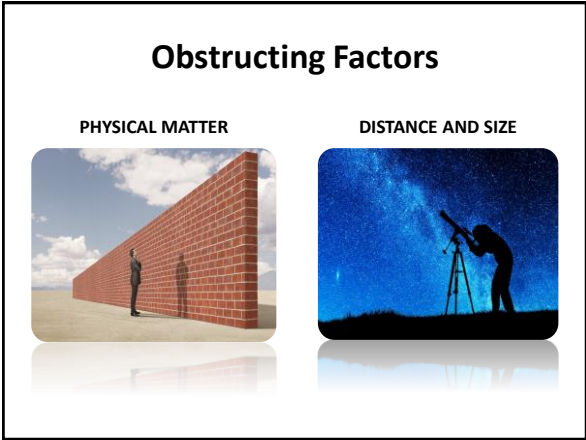
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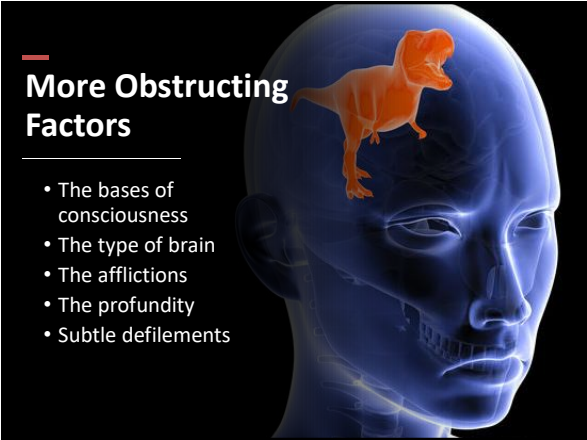
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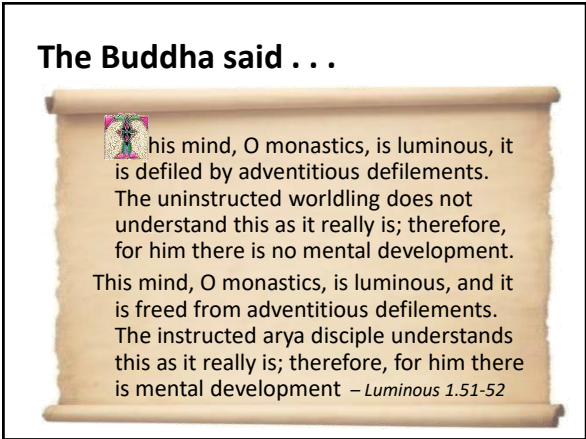
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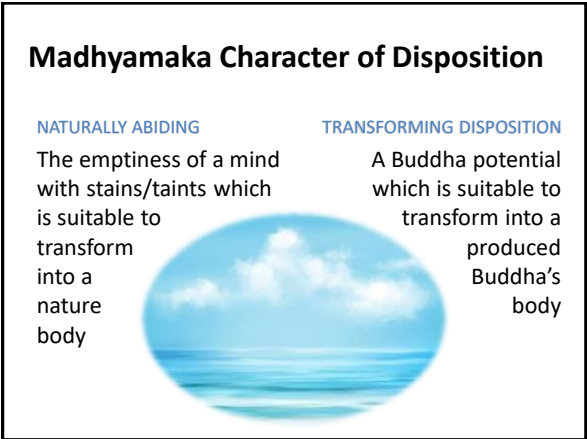
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11



12

The Arya Nagarjuna said ...



Whatever is the essence of the Tathāgata, that is the essence of the transmigrator. The Tathāgata has no essence. The transmigrator has no essence.

– The Treatise on the Middle-way

13

Buddha Nature and Tantra

It is the subtlest mind-wind that is empty of inherent existence and whose continuity goes on to awakening



14

The Buddha said ...



Sentient beings are just buddhas, But they are defiled by adventitious stains. When these are removed, they are buddhas.

– Havajra Tantra

15



Liberation is Possible

- 1. The basis is pure
- 2. The afflictions are adventitious
- 3. It's possible to cultivate powerful antidotes

16



The Basis is Pure

No matter how murky the water may be, its essential quality of clarity is never lost.

17



Afflictions Are Adventitious

Sometimes our minds are peaceful and calm

18






**There Are Powerful Antidotes**

When put into fire, the dirt will burn, but not the cloth


19



**Transformation**

- 1. The stable basis
- 2. Habituation is possible
- 3. Wisdom enhances qualities


20



**The Stable Basis**

It is firm and continual; there is nothing that can cease it

21



**Habituation**

Good mental qualities can be built up gradually


22



**Wisdom Enhances Qualities**

Constructive attitudes have a valid support in reasoning

23



**What's My Take-Away?**

You understand the nature and function of awareness.  
You know what continues.

24



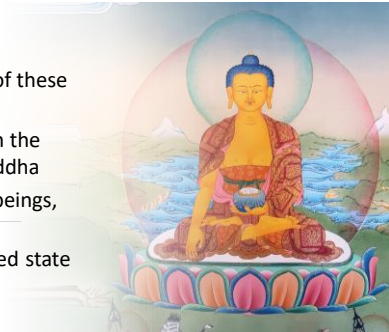
Coming up

- The Discovering Buddhism cycle continues with *Lamrim Express*!
- Meditations on the graduated stages of the path to enlightenment

25

Dedication

Due to the merits of these  
virtuous actions  
May I quickly attain the  
state of a Guru-Buddha  
And lead all living beings,  
without exception,  
Into that enlightened state



26

Bodhicitta Verses

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

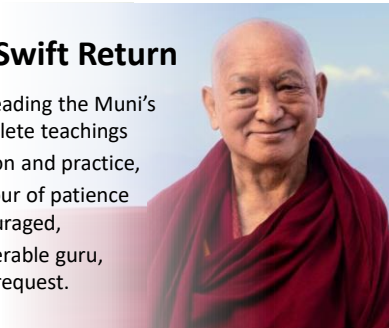
And as long as space endures,  
As long as sentient beings abide,  
May I too remain  
To dispel the sorrows of the world



27

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.



28