

**Approaching the Buddhist Path 2023 Summary**

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.



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**Seven Limb Prayer**

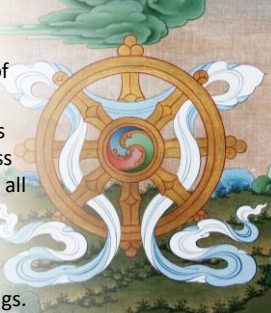
Reverently I prostrate with my body, speech, and mind;

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.



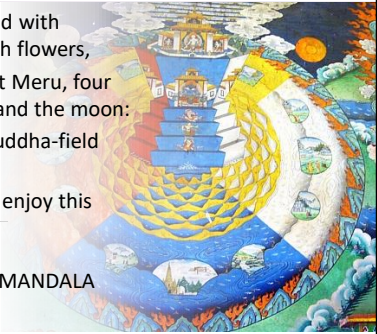
4

**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!

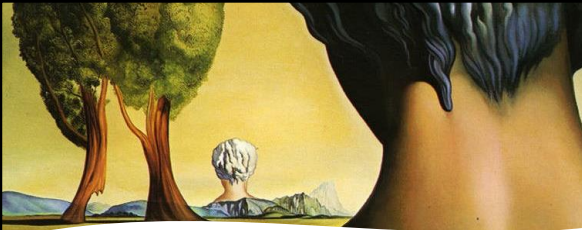
IDAM GURU RATNA MANDALA  
KAM NIRYATA YAMI




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**Tonight's Topics**

- Delusions can be overcome
- The two truths



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SAMSAARA, NIRVAANA, AND BUDDHA NATURE  
The Dalai Lama and Thubten Chodron

SEARCHING FOR THE SELF  
The Dalai Lama with Thubten Chodron

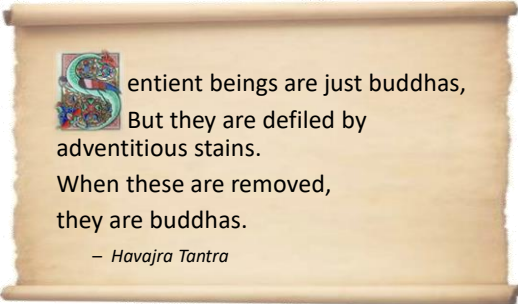
APPROACHING THE BUDDHIST PATH  
The Dalai Lama and Thubten Chodron

THE FOUNDATION OF BUDDHIST PRACTICE  
The Dalai Lama and Thubten Chodron

Useful Books

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The Buddha said ...



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

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Liberation is Possible

1. The basis is pure

2. The afflictions are adventitious

3. It's possible to cultivate powerful antidotes

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The Basis is Pure

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


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Afflictions Are Adventitious

Sometimes our minds are peaceful and calm


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There Are Powerful Antidotes

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

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Transformation

1. The stable basis

2. Habituation is possible

3. Wisdom enhances qualities


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The Stable Basis

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

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Habituation

Good mental qualities can be built up gradually

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Wisdom Enhances Qualities

Constructive attitudes have a valid support in reasoning

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Arya Chandrakirti said...

gnorance conceals nature; therefore, it is conventional.

What is created by this ignorance appears to be true.

So, the Buddha spoke of this as a conventional truth,

And thus, manufactured things exist conventionally.

– Supplement to the Middle Way

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Why Two Truths?

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### Bases of the Two Truths




**Gelug**

- Objects of knowledge



**Non-Gelug**

- Mere mind
- Mere interdependence
- Mere objects of knowledge
- Mere subjects of the Buddha's discourses



**Ordinary people**

- Ideals
- Facts
- Beliefs


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### 'Levels' of Emptiness – the ultimate truth of the person


LEVEL OF EMPTINESS	OBSCURATIONS ABLE TO BE ELIMINATED BY REALIZING SUCH AN EMPTINESS	
	GREAT EXPOSITION	SUTRA
The person is empty of being permanent, unitary, and independent.	Coarse afflictive obscurations	Coarse afflictive obscurations
The person is empty of being self-sufficient and substantially existent	Subtle afflictive and non-afflictive obscurations	Subtle afflictive and non-afflictive obscurations

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### Middle-way Teachers



**Buddhapalita**  
(470-540)  
Co-founder of the MW Consequence School



**Bhāviveka**  
(500-570)  
Founder of the MW Autonomist School



**Chandrakirti**  
(600-650)  
Co-founder of the MW Consequence School


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### 'Levels' of Emptiness – the ultimate truth of the person & phenomena

LEVEL OF EMPTINESS	OBSCURATIONS ABLE TO BE ELIMINATED BY REALIZING SUCH AN EMPTINESS		
	MIND ONLY	YOGIC AUTONOMY	SUTRA AUTONOMY
The person is empty of being permanent, unitary, and independent.	Coarse afflictive obscurations	Coarse afflictive obscurations	Coarse afflictive obscurations
The person is empty of being self-sufficient and substantially existent	Subtle afflictive obscurations	Subtle afflictive obscurations	Subtle afflictive obscurations
The form is empty of existing by way of its own characteristics as a basis for applying the term 'form'	Subtle cognitive obscurations		
Form and the valid cognition apprehending that form being empty of being different substances	Subtle cognitive obscurations	Coarse cognitive obscurations	
Phenomena being empty of being truly existent		Subtle cognitive obscurations	Subtle cognitive obscurations

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### Conventional Truth




n object found by a conventional valid cognizer that comprehends an object of knowledge that is a falsity, a deceiving thing, and (2) that with regarding which, that valid cognizer becomes a distinguisher of conventionalities.

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### The Two Truths


**CONVENTIONAL TRUTH**

A fact about a phenomenon that conceals a deeper fact about the same phenomenon.



**ULTIMATE TRUTH**

A fact about a phenomenon that is concealed by a more superficial fact about the same phenomenon.




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### A Universal Vehicle Ultimate Truth




Middle-Way  
Autonomy  
*Svatantrika*

*The  
emptiness of  
true existence*

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### A Universal Vehicle Ultimate Truth



Middle-Way  
Consequence  
*Prasangika*

*The emptiness  
of inherent  
existence*

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**Geshe-la’s  
Advice**

Things do not exist as they appear to  
They appear like that, but they don’t  
exist like that


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**What’s My  
Take-Away?**

- Delusions are not one in nature  
with the mind.
- They appear to be, but they  
don’t exist like that.

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Coming up

- The *Lamrim Express!*
- Shared experience and meditations on the graduated stages of the path to enlightenment
- The culmination of the 3-year *Discovering Buddhism* cycle.

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**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



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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

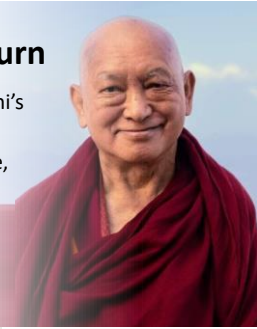
And as long as space endures,  
As long as sentient beings abide,  
May I too remain  
To dispel the sorrows of the world



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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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