



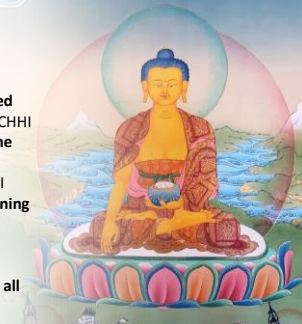
### Awareness in Daily Life – 1

A 4-week course with registered FPMT teacher, Eddie Peet

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### Refuge & Bodhichitta

SANG GYÄ CHÖ DANG TSHOG KYI  
CHHOG NAM LA  
I go for refuge until I am enlightened  
JANG CHUB BAR DU DAG NI KYAB SU CHHI  
To the Buddha, the Dharma, and the Supreme Assembly  
DAG GI CHÖ NYEN GYI PÄ SÖ NAM GYI  
By the merits I create through listening to the Dharma,  
DRO LA PHÄN CHHIR SANG GYÄ  
DRUB PAR SHOG  
May I become a buddha to benefit all sentient beings.



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### Mandala Offering

SA ZHI PÖ KYI JUG SHING ME TOG / TRAM  
This ground, anointed with perfume,  
strewn with flowers,  
RI RAB LING ZHI NYI DA GYÄN PA DI  
Adorned with Mount Meru, four  
continents, the sun and the moon:  
SANG GYÄ ZHING DU MIG TE ÜL WA / YI  
I imagine this as a buddha-field and  
offer it.  
DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG  
May all living beings enjoy this pure land!

IDAM GURU RATNA MANDALA KAM  
NIRYATA YAMI



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### Big Time Take-Away

- You know what mindfulness and introspective alertness are
- You know how to apply them wherever you are

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### Today's Outcomes

1. What mindfulness is
2. What introspective awareness is



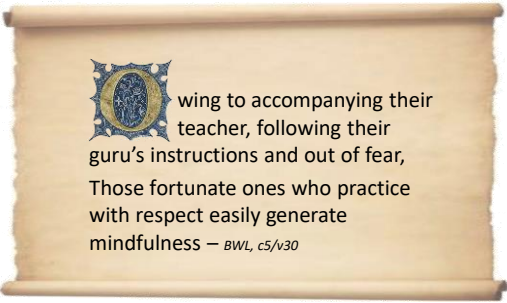
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### Useful Resources



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### The Rising Of Mindfulness



...wing to accompanying their teacher, following their guru's instructions and out of fear, Those fortunate ones who practice with respect easily generate mindfulness – *BWL, c5/v30*

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### Defining Mindfulness



It prevents the mind from forgetting the familiar thing.


Attending continuously to a familiar object without forgetfulness or distraction.

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### Three Distinguishing Features


A familiar thing

Object




Not forgetting

Aspect



Non-distraction


Function




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### The Function Of Mindfulness

To prevent distraction to other objects



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### Non-virtuous Mindfulness

It is mindful in not forgetting its object

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### Divisions Of Mindfulness

<b>Self</b> <ul style="list-style-type: none"><li>body</li><li>speech</li><li>mind</li></ul> 	<b>Time</b> <ul style="list-style-type: none"><li>past</li><li>present</li><li>future</li></ul> 	<b>Effort</b> <ul style="list-style-type: none"><li>new</li><li>old</li></ul> 	<b>Calm</b> <ul style="list-style-type: none"><li>with movement</li><li>no movement</li></ul> 
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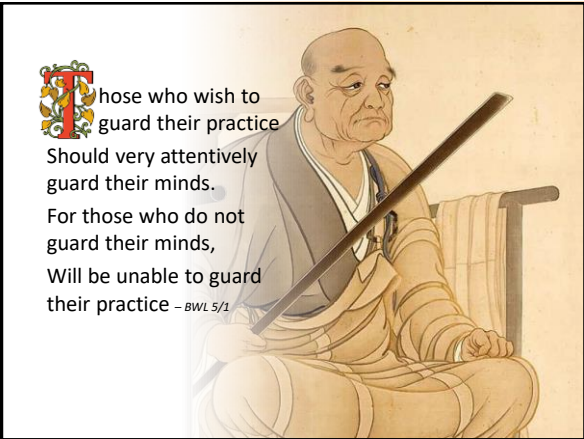
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### The Benefits Of Being Mindful

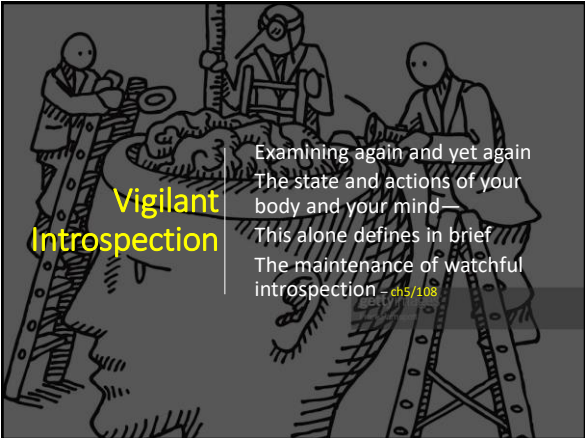
1. Remembers precepts
2. Prevents non-virtue
3. Remembers meditation object
4. Prevents distraction and restlessness
5. Remembers what's been done
6. Remembers what's not been done
7. Safeguards what is important

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**T**hose who wish to guard their practice  
Should very attentively guard their minds.  
For those who do not guard their minds,  
Will be unable to guard their practice – *BWL 5/1*

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**Vigilant Introspection**


Examining again and yet again  
The state and actions of your body and your mind—  
This alone defines in brief  
The maintenance of watchful introspection – *chs/108*

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### Types of Introspection



Accompanies correct views



Supports reliable analytical wisdom



Supports serenity

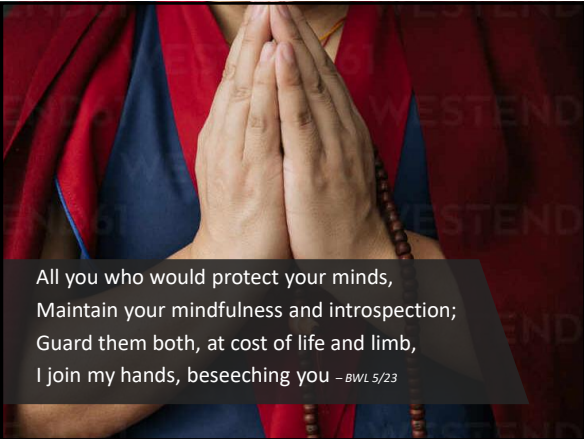
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### The Benefits of Introspection

- You know what's happening
- Supports wisdom
- Supports accurate knowledge
- Knows the quality of awareness

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All you who would protect your minds,  
Maintain your mindfulness and introspection;  
Guard them both, at cost of life and limb,  
I join my hands, beseeching you – *BWL 5/23*

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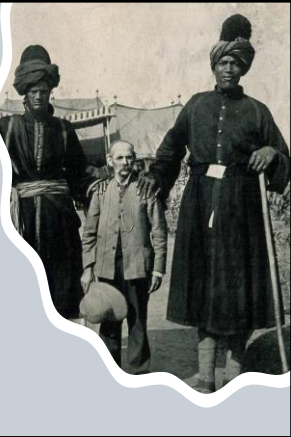





### Qualities Needed For Development

- 1. Relaxation**  
Overcomes tension
- 2. Stability - mindfulness**  
Focus overcomes distraction
- 3. Clarity - vigilance**  
Overcomes dullness

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herefore, I will  
take in hand  
And well protect this  
mind of mine.  
If I can't guard and  
discipline the mind,  
What use to me are  
many disciplines? ~ BWL 5/18

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### Today's take away

You know what mindfulness and introspective awareness are, their purpose, function and benefits.


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### SUMMARY



- Identified mindfulness. We know its nature, aspect and function and why it's beneficial.
- And we identified vigilant introspection. We know its function, types, and its necessity.

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**Read:**

- Read something about mindfulness and vigilance
- Search and find a teaching online


**Coming up:**

- Applying mindfulness and vigilance against anger

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### Dedication

GE WA DI YI NYUR DU DAG  
Due to the merits of these  
virtuous actions  
LA MA SANG GYÄ DRUB GYUR NÄ  
May I quickly attain the state  
of a Guru-Buddha  
DRO WA CHIG KYANG MA LÜ PA  
And lead all living beings,  
without exception,  
DE YI SA LA GÖ PAR SHOG  
Into that enlightened state



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**Bodhicitta Verse**

JANG CHHUB SEM CHHOG RIN PO CHHE  
**May the supreme jewel bodhicitta**  
MA KYE PA NAM KYE GYUR CHIG  
**Not yet born, arise and grow**  
KYE WA NYAM PA ME PA YANG  
**May that born have no decline**  
GONG NĀ GONG DU PEL WAR SHOG  
**But increase forever more**

