




Awareness in Daily Life – 2

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

1

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 PHÂN CHHIR SANG GYÄ
DRUB PAR SHOG
May I become a buddha to benefit all
sentient beings.



2

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 GYÂN 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!

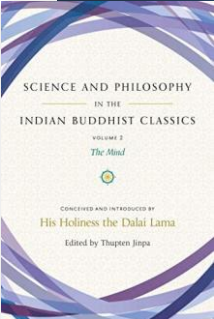
IDAM GURU RATNA MANDALA KAM
NIRYATA YAMI



3

What We Have Covered

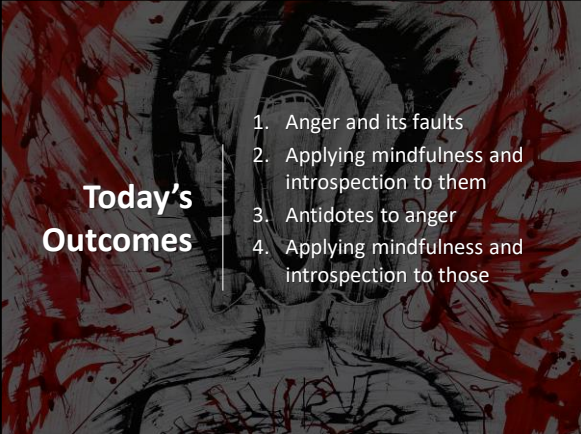
1. What mindfulness is
2. What introspection is



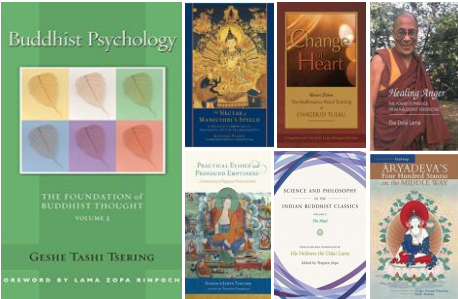
4

Today's Outcomes

1. Anger and its faults
2. Applying mindfulness and introspection to them
3. Antidotes to anger
4. Applying mindfulness and introspection to those

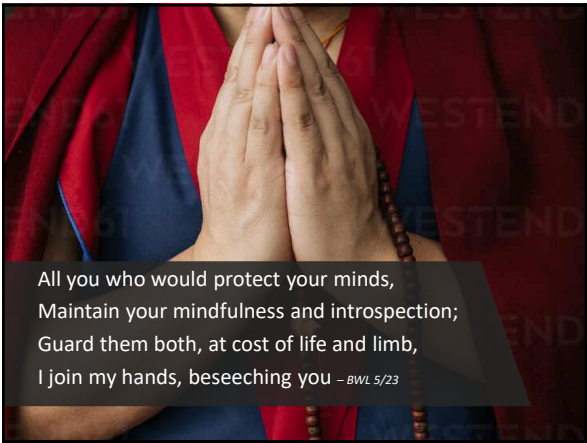


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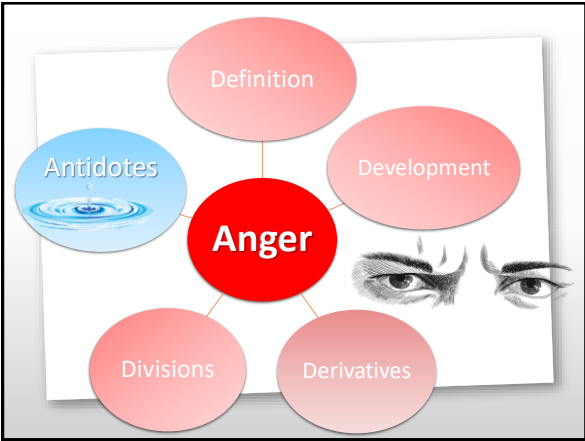


Useful Resources

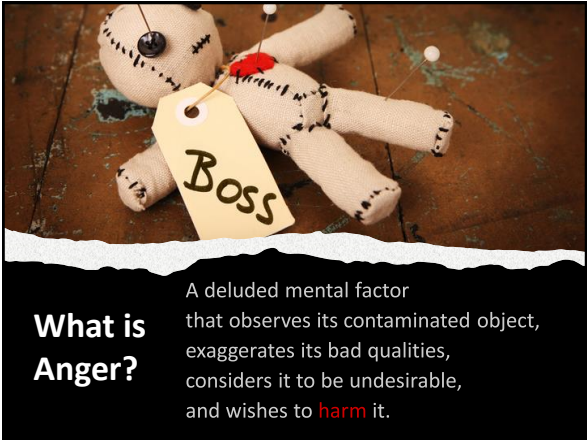
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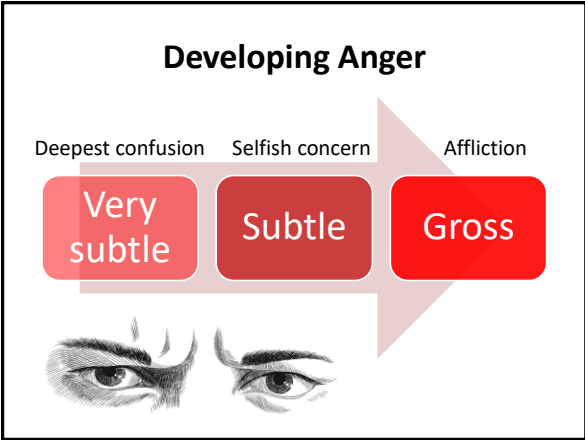
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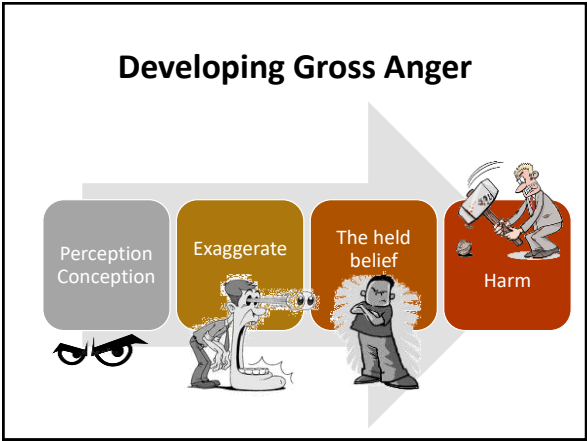
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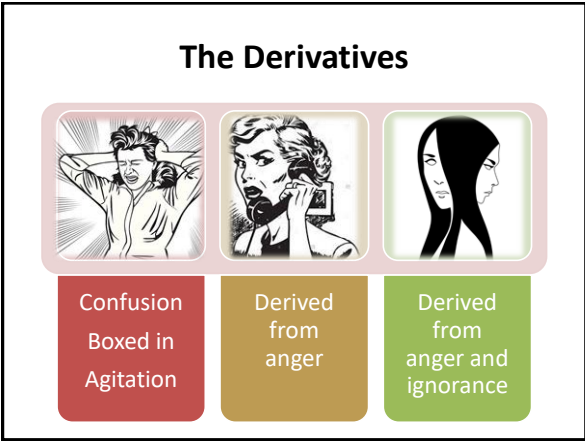
9



10



11



12

Divisions of Anger

Person

Self

Friends

Enemies

Strangers

Objects

Sentient beings

Own suffering

Circumstances

Entity

Big

Middling

Small

Time

Past

Present

Future

13

Arya Shantideva said ...

aving found its fuel of discontent
In the prevention of what I wish for
And in the doing of what I do not want,
Hatred increases and then destroys me
--- Bodhisattva's Way of Life: Ch6, v7

14

Generating Anger – Triggers

Persons

- Us
- Friends
- Enemies

Harm

- Encountering
- Separation
- Deprivation

Time

- Right now
- Before
- Later on

15

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*

16

Methods For Abandoning Anger

Small

Impermanence

Spiritual friend

Lower realms

Faults of anger

Abandoning malice

Karma

Refuge

Middle

Truth of path & truth of cessation

Twelve dependent links

Three Higher trainings

Higher training in wisdom

Great

Six causes and one effect - love

Equalizing and exchanging

Thought transformation

Perfections & patience

Emptiness

Direct Awareness

Buddha nature

Highest yoga tantra

Mahamudra

Dzogchen

17

The Faults of Anger

All appearances arise as enemies

18

Compassion Training



Equanimity
Wishing that all beings be free from the bias of attachment and aversion



Loving-kindness
Wishing that all beings have happiness and its causes




Compassion
Wishing that all beings be free from suffering and its causes



Joy
Wishing that all beings never be separated from higher rebirths and liberation and its causes

19




Practicing Patience

1. Non-retaliation to those who harm
2. Towards the inanimate
3. Voluntary acceptance


20

More Methods For Abandonment



1. Questioning logic
2. Equanimity
3. Compassion
4. Offering victory
5. Directed awareness

21




Questioning The Logic


What is the main cause?
What does anger depend on?
Who does anger hurt?
Is what I'm thinking true?

22


Types of Impartiality



Small Scope
We wish that all beings have overcome their afflictions towards one another




Middle Scope
We overcome our attachment and anger towards others



Great Scope
We overcome favouritism when directing love and compassion towards others

23

Immeasurable Compassion



How wonderful it would be if all sentient beings were free from suffering and its causes.
May they be free.
I shall cause them to be free.
Please Guru Buddha, inspire me to do this."

24



Offering Victory

Stop seeing this as wrong.
See it as something valuable.

25



Upon myself all
hurts and pains

Take the hatred
Give love and kindness

26



Directing
Awareness

- Past mind?
- Future mind?
- Present mind?

27

Whoops –
Too Late!



28




Today's
take away

You know what anger and its faults are.
You know of antidotes to those.
You can apply mindfulness and vigilance
to both of those.

29

SUMMARY



- We identified anger and its faults. We know we can apply mindfulness and vigilance to both.
- We identified some antidotes to anger. We must apply mindfulness and vigilance to help.

30



Read:

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

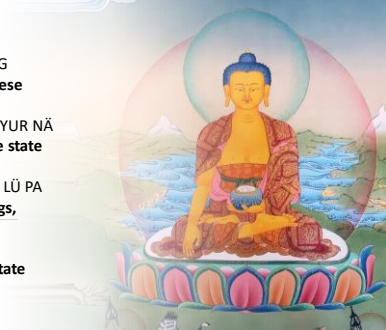
Coming up:

- Applying mindfulness and vigilance against desirous attachment

31

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



32

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 NÄ GONG DU PEL WAR SHOG
But increase forever more



33