




Awareness in Daily Life – 3

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.



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 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!

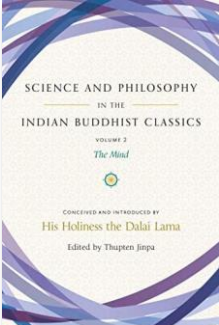
IDAM GURU RATNA MANDALA KAM
NIRYATA YAMI



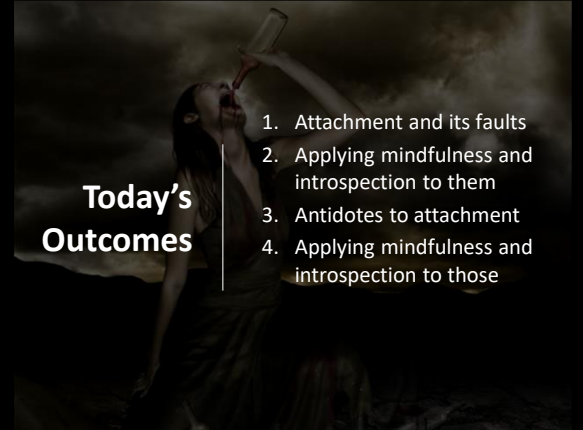
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What We Have Covered

1. What mindfulness is.
2. What introspection is.
3. Using antidotes against anger by relying on mindfulness and vigilant introspection.



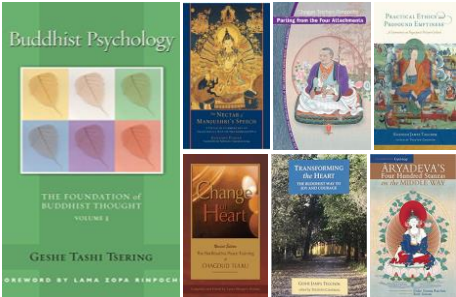
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Today's Outcomes

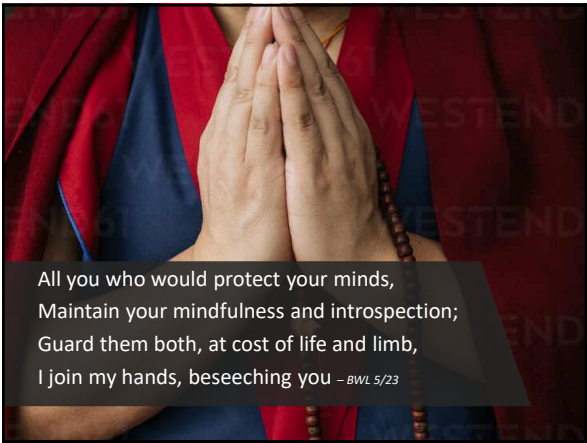
1. Attachment and its faults
2. Applying mindfulness and introspection to them
3. Antidotes to attachment
4. Applying mindfulness and introspection to those

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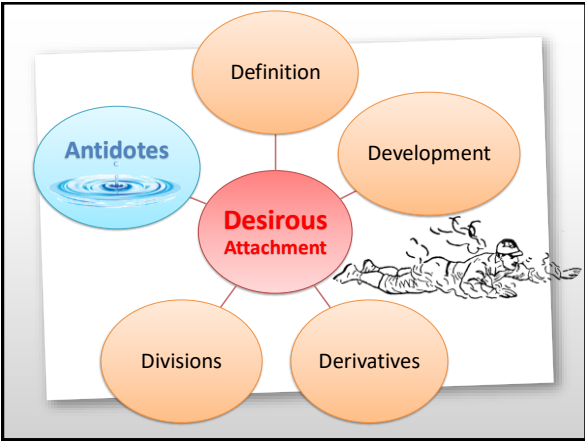


Useful Resources

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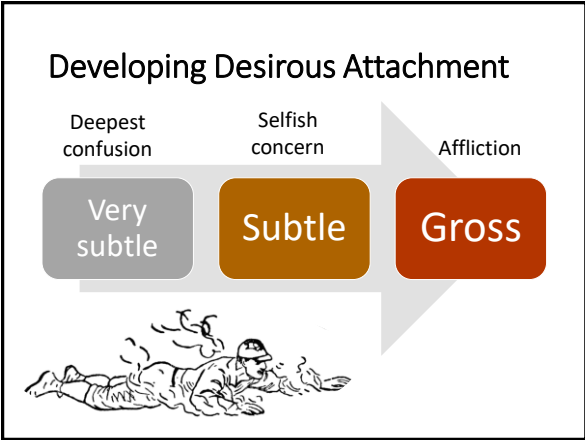
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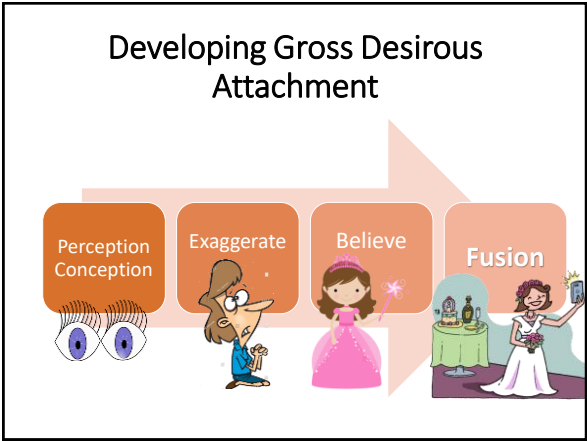
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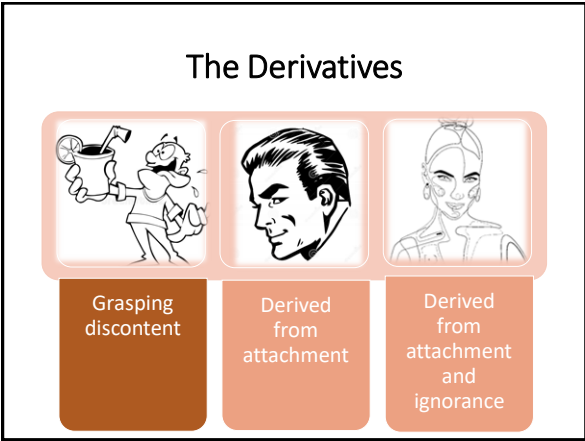
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Divisions of Desirous Attachment

Entity

Big

Middling

Small




Object

Places

Enjoyments

Bodies




Time

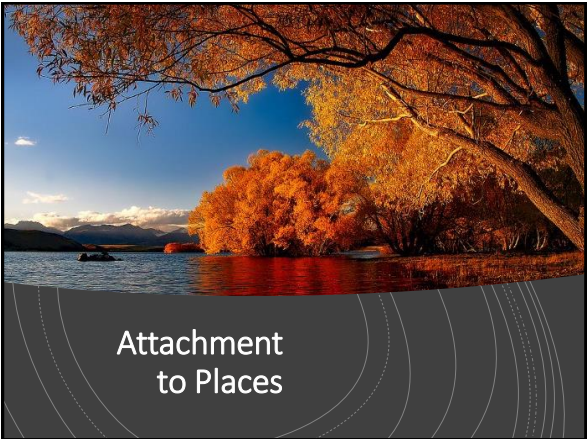
Past

Present

Future



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Attachment to Enjoyments

- Hunting and fishing
- Gambling, entertainments, dancing, eating, drinking
- Travelling & dressing up


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Attachment to Intoxicants

“From intoxicants, come the worlds’ disdain, your own failure, and the loss of your wealth. Confused you do what you should not. Therefore, always refrain from intoxicants”.

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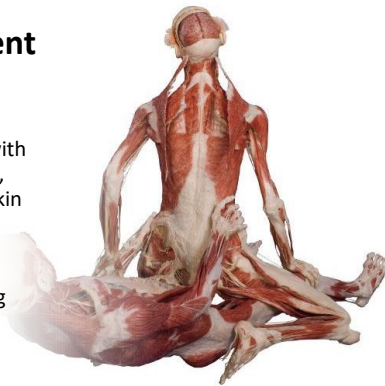
Attachment to Gambling

“Gambling causes attachment, unpleasantness, And anger, deception, trickery, and an occasion for wildness, Lying, pointless chatter, and harsh speech. Therefore, always refrain from gambling”.

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Attachment to Bodies

One who lies with this filthy mess, covered with skin moistened by those fluids, is doing nothing more than lying on the other’s bladder.



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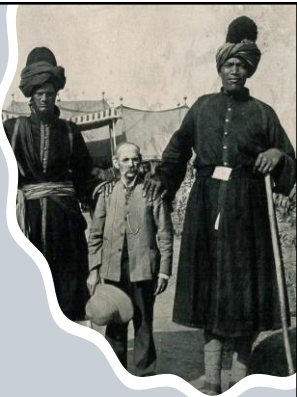
Parting From Four Attachments

If you cling to this life, you are not a practitioner.
If you cling to the three realms, that is not renunciation.
If you cling to self interest, you are not a bodhisattva.
If grasping arises, it is not the view.

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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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Methods For Abandoning Desire

Small

- Impermanence
- Spiritual friend
- Lower realms
- Faults of desire
- Abandoning envy
- Karma
- Refuge

Middle

- Truth of path & truth of cessation
- Twelve dependent links
- Three Higher trainings
- Higher training in wisdom

Great

- Six causes compassion
- Equalizing and exchanging
- Thought transformation
- Perfections
- Emptiness

Direct Awareness

- Buddha nature
- Highest yoga tantra
- Mahamudra
- Dzogchen

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The Faults Of Attachment

One is never satisfied



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Gyalsay Togme Sangpo said ...

Sensual pleasures are like salt water:
The more you indulge, the more thirst increases.
Abandon at once those things that breed clinging attachment
– This is the practice of Bodhisattvas
v21, Thirty-seven Practices of Bodhisattvas

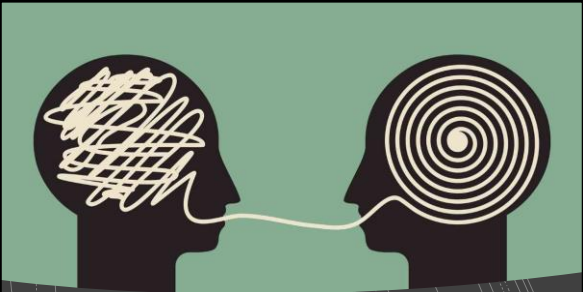
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Methods For Abandonment

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

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Questioning The Logic

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

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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

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Compassion Training



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

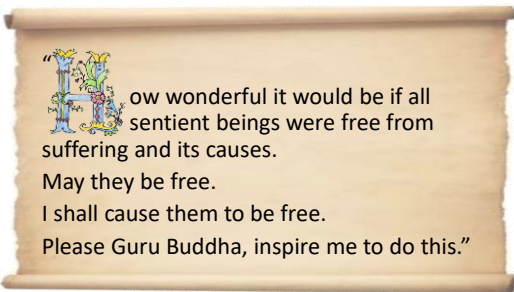
Loving-kindness
Wishing that all beings have happiness and its causes

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

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Immeasurable Compassion



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Offering Victory

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

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Upon myself all hurts and pains

With compassion,
consume their greed.
Now offer them love
and kindness.



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Directing Awareness

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

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Whoops – Too Late!


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Today's take away


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

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- We identified desirous attachment and its faults. Apply mindfulness and vigilance to both.
- We identified some antidotes. We must apply mindfulness and vigilance to help ourselves.

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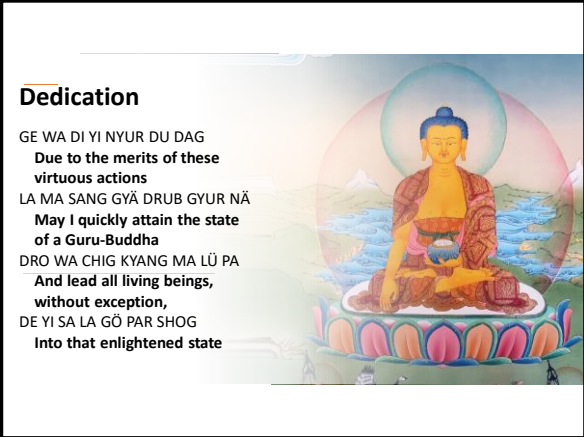
Read:

- Read something about mindfulness and vigilance in response to attachment
- Search and find a teaching online

Coming up:

- Applying mindfulness and vigilance against ignorance

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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 NÄ GONG DU PEL WAR SHOG
But increase forever more

