




Awareness in Daily Life – 4

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

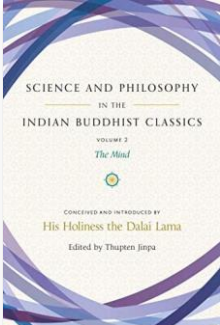


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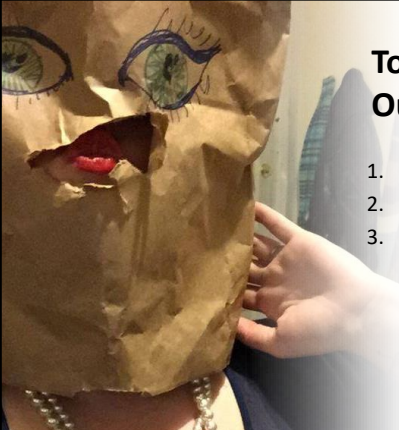
What We Have Covered

1. What mindfulness is
2. What introspection is
3. Using antidotes against
 - anger
 - attachment

by relying on mindfulness
and vigilant introspection



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Today's Outcomes

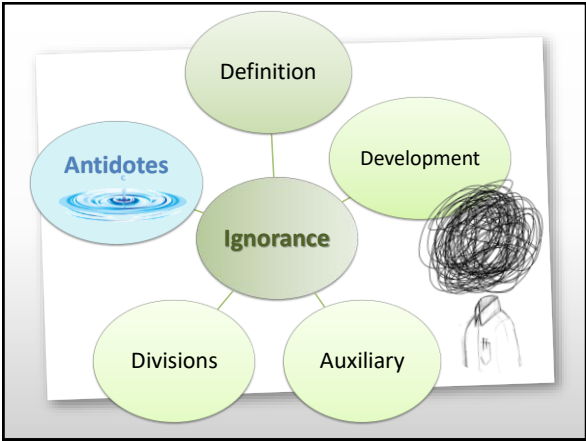
1. Ignorance
2. Antidotes
3. Applying mindfulness & introspection

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Useful Resources



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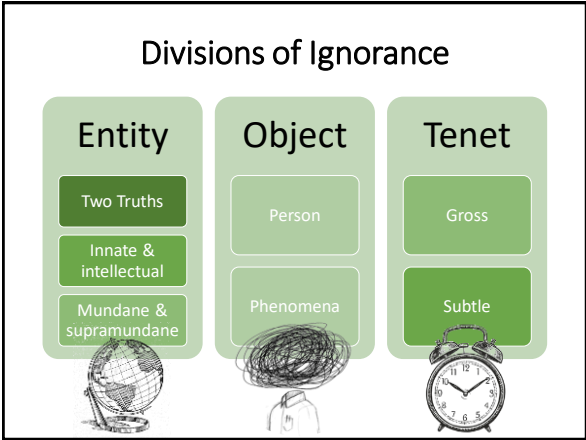


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What is Ignorance?

It is an afflictive state of unknowing brought about by the mind's lack of clarity regarding the nature of things such as the four truths, Three Jewels, and karma and its effects.

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The impermanent as permanent, that which is duḥkha by nature to be pleasurable, the unattractive as beautiful, and that which lacks a self to have one

2. Four distorted conceptions

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5. Ignorance of selflessness


Does not understand the selflessness of persons

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6. Ignorance of the ultimate truth

Does not know the mode of existence of all persons and phenomena

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A mental factor that is confused about the nature of an object and that functions to induce wrong awareness, doubt and other delusions.

7. The Mental factor - ignorance

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Ignorance starts a new set of twelve links that leads to rebirth in saṃsāra

8. The first link of dependent origination

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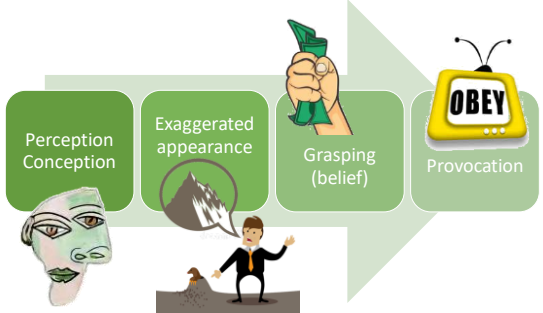
9. Self-grasping ignorance

It believes persons and phenomena to be inherently existent



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Everyday Self-grasping Ignorance



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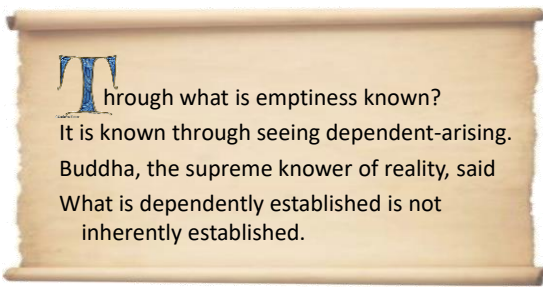
Methods For Abandonment

1. Applying reason
2. Illusion-like Appearances



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Arya Nagarjuna said...



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What does a human person depend on?

Being imputed in dependence on a consciousness that designates 'I'

Causes: Ignorance, craving and grasping – contaminated actions and afflictions, virtue

Conditions: Mother, father, birth, kindness of others, food

Parts: Former and later moments, body and mind, the basis for designation

Designating Consciousness

Person

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Levels of Dependent Establishment

1. Arising through meeting
2. Existing in reliance
3. Dependent existence

1. Causal dependence
2. Dependent designation
 1. Mutual dependence
 2. Mere dependent designation

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The Unravelling Process

1. Accept that all conventional objects are appearing to us falsely
2. Identify the conventionally existent I
3. Its false appearance to exist from its own side is the illusion

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Identifying the Illusion

Any nature or state that objects could have in which they rely on nothing else

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The Illusion Appears

The I does not appear to be just a nominal designation but appears as if self-established.

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All Appearances Are Illusory

The creations do not actually exist; You should know all things in the same way.

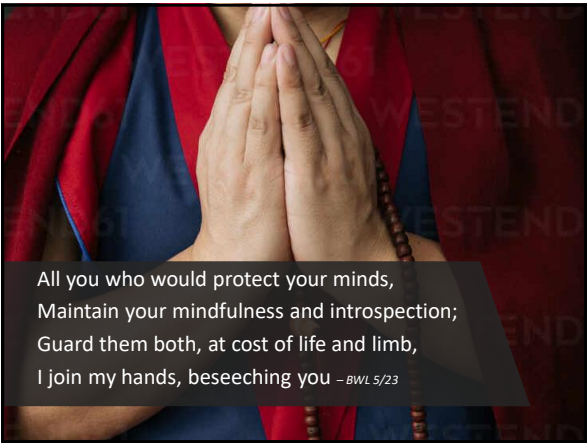
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Geshe Langri Tangpa Said ...



ay I and all living beings be released from the bondage of mistaken appearance and conception

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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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Today's
take
away

You know what ignorance and its faults are
You know of antidotes to those
You can apply mindfulness and vigilance while in or out of a meditation session

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Read:

- Something about mindfulness and vigilance in response to self-grasping ignorance
- Search and find a teaching online

Coming up:

- A break from me until the next time...

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Dedication

GE WA DI YI NYUR DU DAG
Due to the merits of these
virtuous actions
LA MA SANG GYA DRUB GYUR NA
May I quickly attain the state
of a Guru-Buddha
DRO WA CHIG KYANG MA LU PA
And lead all living beings,
without exception,
DE YI SA LA GO 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 NA GONG DU PEL WAR SHOG
But increase forever more



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