

Recollecting Death

2022 - Class 1


A four-week course with FPMT teacher Eddie Peet



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Refuge & Bodhichitta

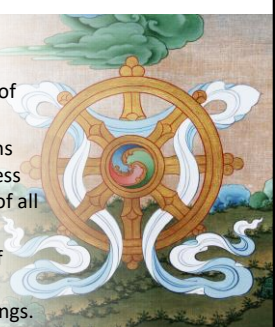
I go for refuge until I am enlightened
To the Buddha, the Dharma, and the Supreme Assembly
By the merits I create through listening to the Dharma,
May I become a buddha to benefit all sentient beings.



2

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.



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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

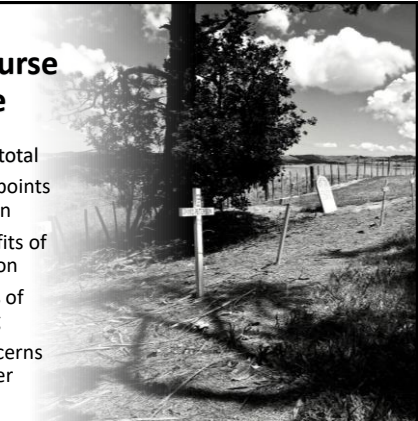


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The Course Outline

4 weeks in total

- The nine points meditation
- The benefits of recollection
- The faults of forgetting
- Eight concerns that hinder



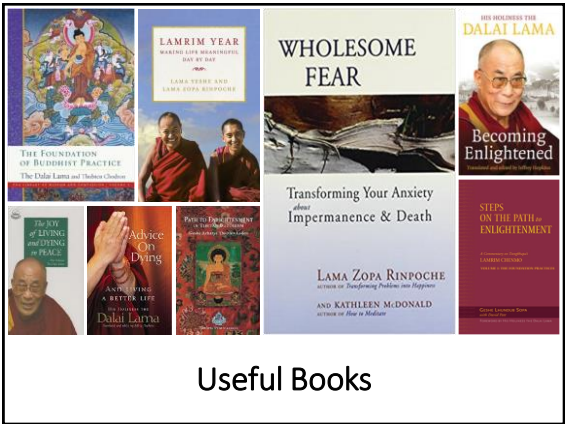
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Today's Topics

- Impermanence and six benefits for reflecting upon your certain death
- Death is certain
- You must practice Dharma

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Patrul Rinpoche's Advice

Impermanence is everywhere, yet I still think things will last.

I have reached the gates of old age, yet I still pretend I am young.

Bless me and misguided beings like me, that we may truly understand impermanence.

--Words of my perfect teacher

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Thinking Of Impermanence




1. Destruction
2. Cultural trends and attitudes
3. Separation
4. Sudden
5. Nature

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Nagarjuna said ...

Our life dwells amongst the causes of death, like a lamp standing in a strong breeze.

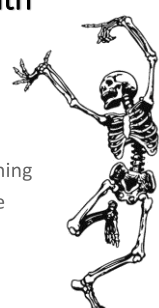
--Precious Garland



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Six Benefits of Recollecting Death

1. Your actions become very beneficial
2. Your Dharma practice becomes powerful
3. Important at the beginning
4. Important in the middle
5. Important at the end
6. You will die content



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1. Your Actions are Beneficial

- You become very anxious to act properly right now
- Your energy is greatly increased
- You will practice the dharma faultlessly



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2. Your Practice Becomes Powerful

- Attachment to friends, wealth, reputation and fame are abandoned
- Hatred towards enemies is forgotten
- All the delusions are lessened
- Accumulating all that is beneficial is easy



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3. Important at the Beginning

- You set a powerful foundation for pure practice
- Practice is done for the sake of future lives
- You will begin to practice a pure Dharma



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3. Important During the Middle

- You gain energy and increased perseverance to free yourself from hindrances and obstructions
- It stimulates you to work hard at the Dharma



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5. Important at the End

- You gain energy to complete the path
- You increase your perseverance to complete the path



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6. Peace and Happiness

- No fear or regrets
- You will die knowing you led a meaningful life
- Gladness & joy



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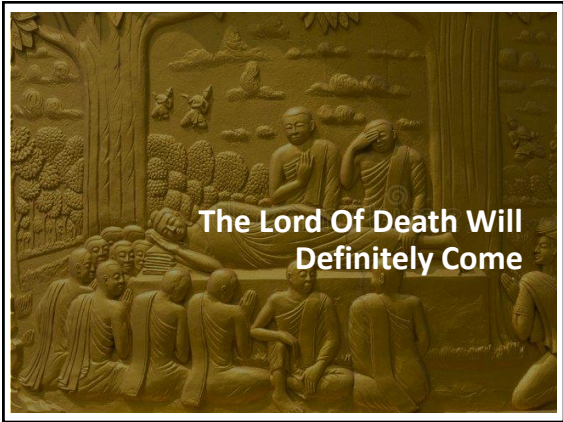


I definitely must practice the Dharma

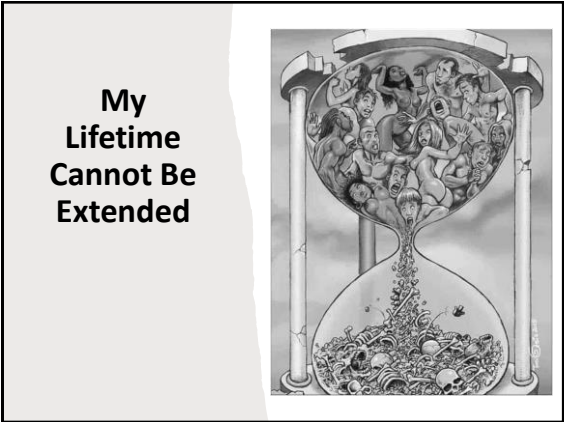
Death is Certain

1. The Lord of Death will definitely come
2. My lifetime cannot be extended and constantly diminishes
3. While I am alive, there is little time for practice

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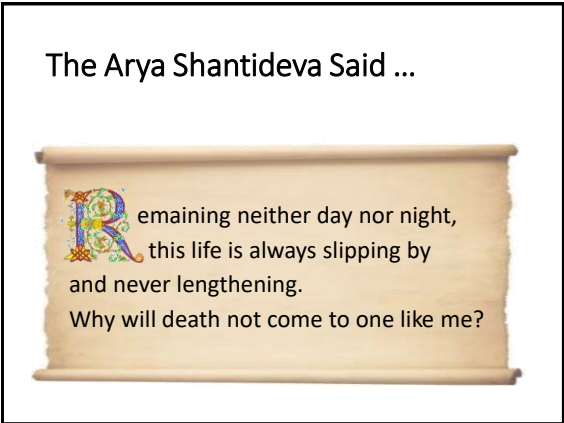
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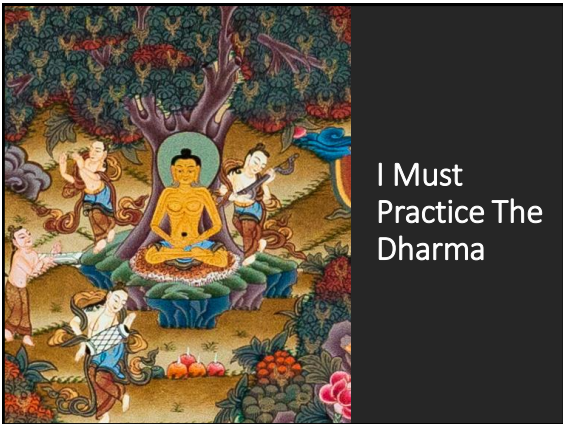
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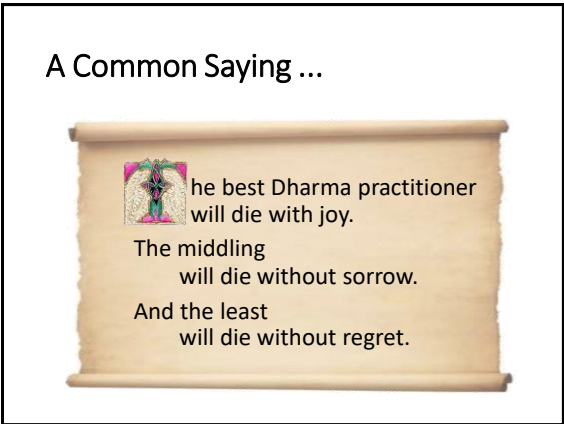
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What's My Take-Away?

- You know there are many benefits for reflecting upon your certain death.
- As your death is certain the best thing you can do is to practice Dharma.

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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 Verse

May the supreme jewel bodhicitta
Not yet born, arise and grow
May that born have no decline
But increase forever more



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