

Recollecting Death

2022 - Class 2


A four-week course with registered
FPMT teacher Eddie Peet



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Refuge & Bodhichitta

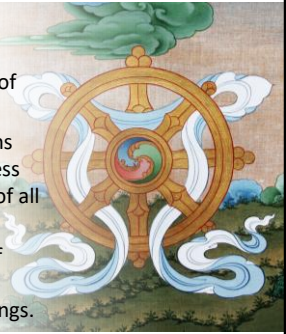
I go for refuge until I am enlightened
To the Buddha, the Dharma,
and the Supreme Assembly
By the merits I create through
listening to the Dharma,
May I become a buddha to
benefit all sentient beings.



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.

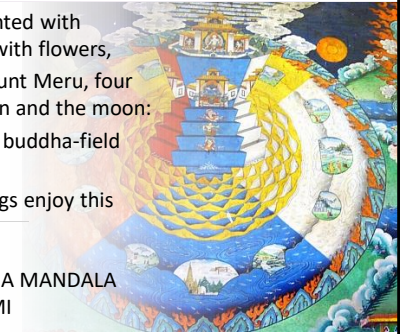


3

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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What We've Covered

- The benefits of recollecting death
- Death is certain
- We need to practice Dharma

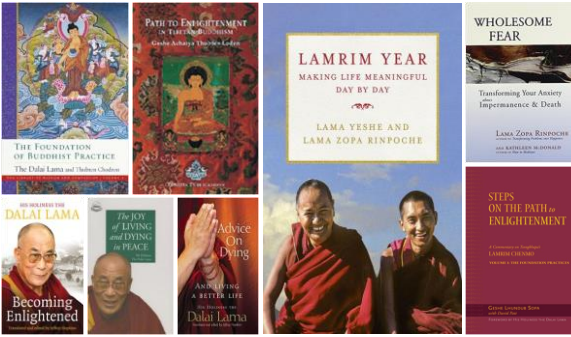
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Today's Topics

- Problems when forgetting death
- The time of death is uncertain

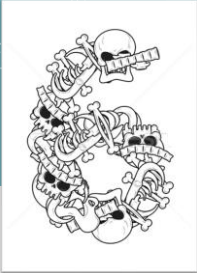
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Useful Books

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Six Faults When Forgetting Death




1. You will not remember the Dharma
2. You will not practice it
3. You will not practice purely
4. Your practice will lack persistence
5. You will preclude yourself from liberation by performing non-virtuous actions
6. You will die full of regret

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1. You Don't Remember Dharma




- Sleep, eating, drinking, business and gossiping consume your life
- You continually think only of how to achieve happiness in this life
- You try to evade only the sufferings of this life




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LOOK! A Distraction!



- Unable to prevent procrastination
- No engagement with religious practices
- Practice is easily interrupted by the allure of worldly pleasure

2. You Don't Practice Dharma



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3. Impure Practice






- Practices support the eight worldly concerns
- Few benefits in this life



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4. No Persistence




- You don't have much energy
- It is difficult to practice
- Virtue is of meagre strength


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5. You Cheat Yourself

- You are caught up in the concerns of this life only
- Your disturbing emotions increase
- You become the butt of others vulgar talk



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- No proper realisations
- Regrets and fear at the time of death

6. Sorrow




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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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The Time of Death is Uncertain

1. The life-span in this world is uncertain
2. This body is very fragile
3. The causes of death are very many and the causes of life few



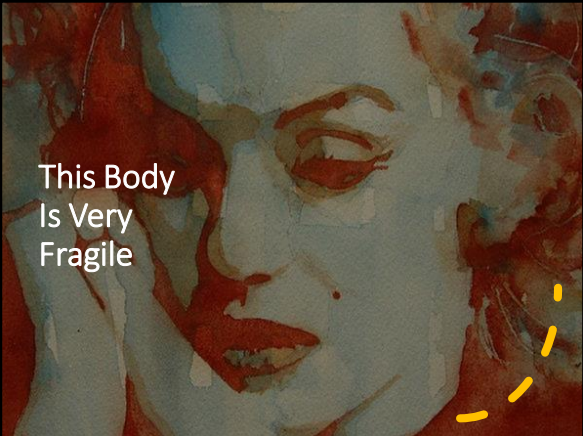
I must practice the Dharma right now

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The Life-span In This World Is Uncertain

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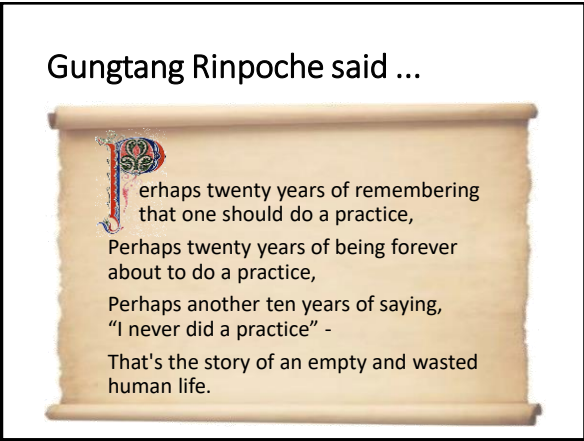


This Body Is Very Fragile

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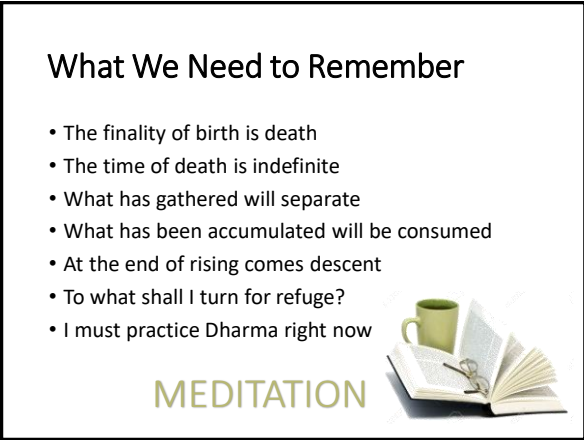
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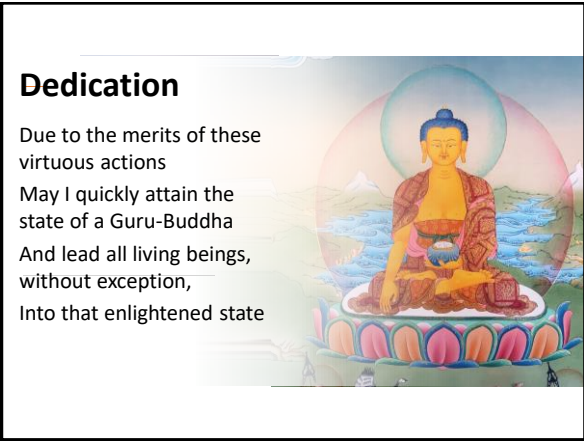
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Bodhicitta Verse

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

