

# Recollecting Death 2022 - Class 4

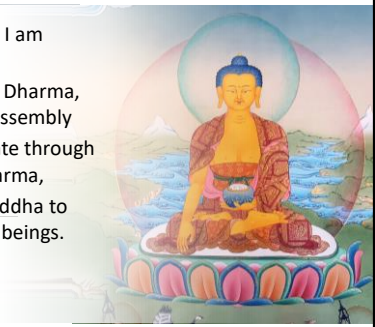
A four-week course with registered  
FPMT teacher Eddie Peet



1

# Refuge & Bodhichitta

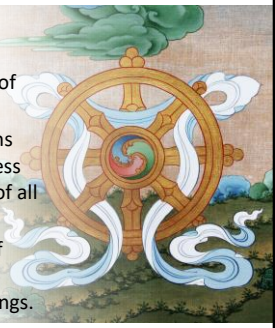
I go for refuge until I am  
enlightened  
To the Buddha, the Dharma,  
and the Supreme Assembly  
By the merits I create through  
listening to the Dharma,  
May I become a buddha to  
benefit all sentient beings.



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



4

# What We've Covered

- Two types of impermanence
- The eight worldly concerns
- Advantages of recollecting death
- Faults of forgetting death
- Three roots and the nine reasons meditation



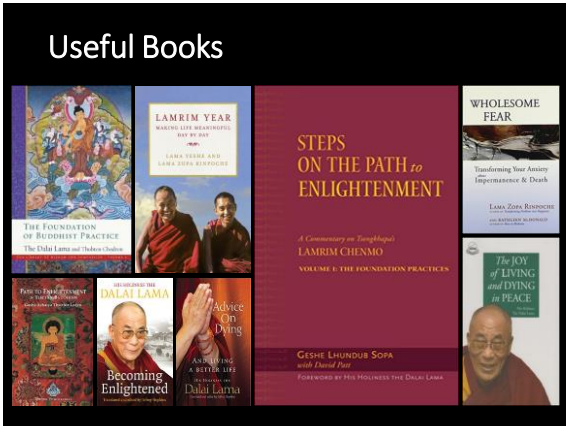
5




# Today's Topics

- Training in the five forces *during life*
- Training in the five forces at the *time of death*

6



7




### Death Recollection Stops Delusions

If one recollects death whenever attachment or anger arise, that delusion is instantly dispelled, just as a stone is instantly crushed by the blow of a hammer.

8

### The Mindfulness to Develop

Don't create causes for the sufferings of lower rebirth




9

### What We Need to Remember

1. To be concerned about separating from my friends and wealth at the time of death is unreasonable
2. Fear of dying under the control of the disturbing emotions and their karmic outcomes of lower realm rebirth is reasonable
3. Because I have prepared for death I can die with my mind at ease

MEDITATION



10

### Five Forces During Life


1. Resolve
2. Familiarization
3. White seed
4. Revulsion
5. Prayer



11

### The Force of Resolve


This death will only benefit others



12

### The Force of Familiarization

- Remind myself of my looming death
- Train myself in the two bodhicittas



13

### The Force of the White Seed

Practice Dharma purely – recollect impending death



14

### The Force of Revulsion


I will purge myself of self-grasping and self-centeredness



15

### The Force of Prayer

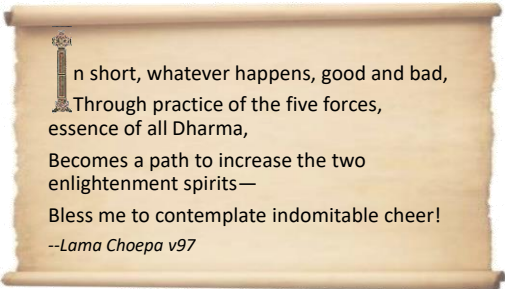
May I never be separated from genuine mentors, the Dharma and the two bodhicittas



16

### The Panchen Lama said ...

In short, whatever happens, good and bad,  
Through practice of the five forces,  
essence of all Dharma,  
Becomes a path to increase the two enlightenment spirits—  
Bless me to contemplate indomitable cheer!  
--Lama Choepa v97



17

### Five Forces at the Time of Death

1. White seed
2. Resolve
3. Revulsion
4. Prayer
5. Familiarisation



18

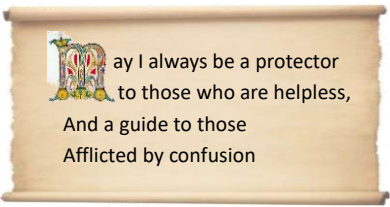
The Force of the White Seed



Give away anything you might be attached to

19

Geshe Potowa said...



ay I always be a protector  
to those who are helpless,  
And a guide to those  
Afflicted by confusion


20



The Force of Resolve

This death will only benefit others

21




The Force of Revulsion

No more egoistic self-obsession


22

The Force of Prayer



May this death support all the sufferings, defilements, and negative karmas of every sentient being

23



The Force of Familiarization

May every sentient being be spared from experiencing pain as a result of my own endurance of it

24



The First Dalai Lama said ...



ay we remember instructions for practice  
When doctors forsake us and rites are of no avail,  
Friends have given up hope for our life,  
And we are left with nothing else to do.

25



How Can I  
Help Others?

- Encourage rejoicing, kindness and forgiveness
- Recollect something virtuous
- Don't introduce unfamiliar ideas
- Avoid emotional outpourings

26



What's My  
Take-Away?

- Knowledge of five forces you can use during your life-time.
- Knowledge of five forces you can use at the time of death.

27

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



28

Bodhicitta Verse

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



29