

**Four Boundless Thoughts** 

May all sentient beings have happiness and its causes. May all sentient beings be free from suffering and its causes. May all sentient beings never be separated from the happiness that is without suffering. May all sentient beings abide in equanimity, free from the bias

of attachment for friends and hatred for enemies.

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



- 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

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

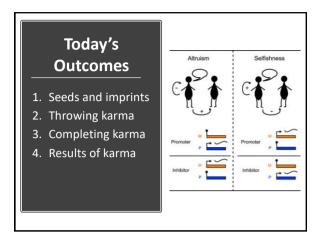
merits to the great enlightenment.

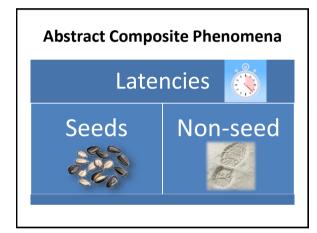
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- What Karma is
- Causes and conditions
- Four principles of karma
- The ten non-virtuous karmic paths
- The virtuous karmic paths of restraint

5



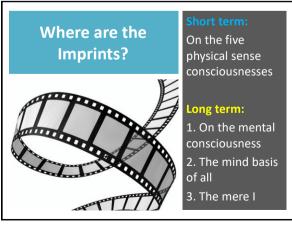


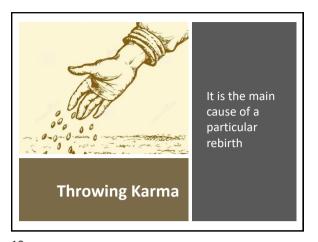


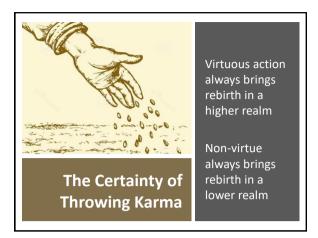


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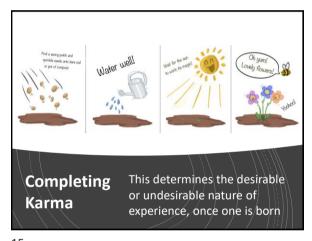


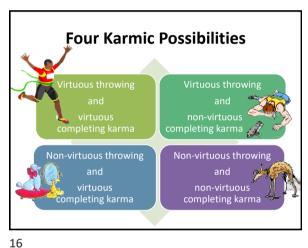




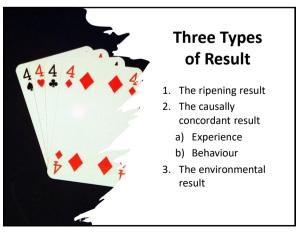


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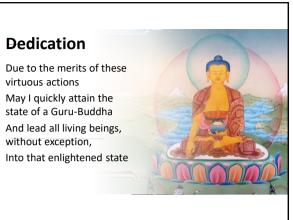
## Read:

- Pages 45-46 FPMT notes
- Pages 87-93 (LTC notes 31-35, 39)

## Coming up:

- The purifying activities
- Patience, rejoicing and merit

19 20



## **Bodhicitta Verses**

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

And as long as space endures, As long as sentient beings abide, May I too remain

To dispel the sorrows of the world