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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

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

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.

4

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 Already Covered

- The four principles
- Non-virtuous paths
- Paths of restraint
- Seeds and imprints
- Throwing karma
- Completing karma
- Purification

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Find a sunny patch and sprinkle seeds into bare soil or pot of compost.

Water well!

Wait for the sun to warm the seeds.

Oh yum! Lovely flowers!

Yuck!

Completing Karma

This determines the desirable or undesirable nature of experience, once one is born

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Four Karmic Possibilities

Virtuous throwing and virtuous completing karma

Virtuous throwing and non-virtuous completing karma

Non-virtuous throwing and virtuous completing karma

Non-virtuous throwing and non-virtuous completing karma

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Four Types of Result

1. Ripening result

2. The causally concordant result

3. Environmental result

a) Experience

b) Behaviour

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The Ripening Result – Fruition

Three different levels of lower rebirth ripening:

1. Small – rebirth as an animal

2. Medium – rebirth as a hungry ghost

3. Great – rebirth as a being in the hells





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Causally Concordant Result

Two types of result similar to the cause:

1. Results corresponding to the experiences

2. Results corresponding to the behaviour



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The Environmental Result

It manifests as our external environment, our possessions and how we relate to them

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Killing

1. Fruition – lower realm

2. Experience – short life

3. Behavior – repeat

4. Environment – strife



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Lying

1. Fruition – lower realm

2. Experience – deceived

3. Behavior – repeat

4. Environment – fear



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Wrong Views

1. Fruition – lower realm

2. Experience – dull

3. Behavior – repeat

4. Environment – chaotic



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Process Of Purification

Effects

Experiences like the cause

Throwing karma

Behavior like the cause

Fruition & Environment

Opponents

Remorse

Remedy

Resolve

Reliance

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A Reflection


1. Reflect on your life, noting your habitual actions and any strong karmas you may have done

2. Consider what their ripening result, causally concordant results, and environmental result will be

3. Be aware that through your choices and actions, you are creating the causes for your future.

4. Have the sense of your life being a conditioned event, and you are the one creating the conditions.

MEDITATION



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VIRTUE of Restraint

1. Basis

A living being in whom you can engender hostility

2. ATTITUDE

Includes perception, motivation, virtue


3. Performance

Restraint of unpleasant speech

4. Culmination

It's understood what has been said

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What's My Take-Away?

REMEMBER ...your future depends entirely on the actions you take now!

- You know the answers to the Assessment Quiz

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Coming up:

03 December: Pilgrimage (10am-2pm)
03 December: Epic Guru Puja (2pm-6pm)

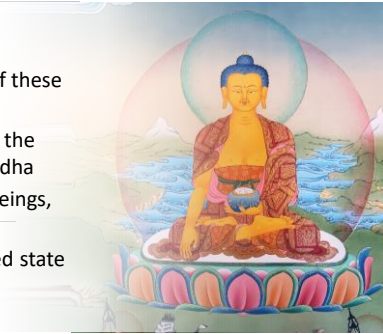
Next unit:

06 December: Diamond Cutter Sutra (3 weeks)

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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 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



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