

# Death & Rebirth


## 2022 - Class 1

An 8-week Discovering Buddhism course with registered FPMT teacher Eddie Peet

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# Refuge & Bodhichitta

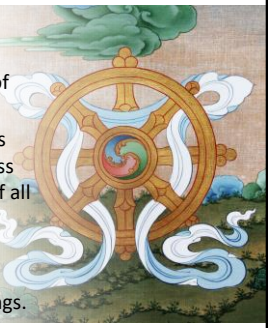
I go for refuge until I am enlightened  
To the Buddha, the Dharma,  
and the Supreme Assembly  
By the merits I create through  
listening to the Dharma,  
May I become a buddha to  
benefit all sentient beings.



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# 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

9 weeks in total  
✓ 8 classes  
✓ Review class

- Death and impermanence
- The death process
- Rebirth and the six realms



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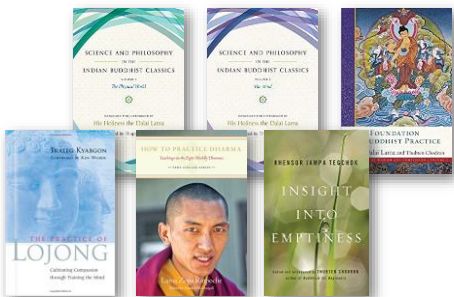
# Today's Topics

- Gross and subtle impermanence
- Eight worldly concerns that contaminate pure practice
- Solutions for mundane dharma and worldly concern




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Useful Books




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Impermanence

- That which is momentary
- “Momentariness” refers to not enduring for a second moment beyond the time of its occurrence

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Coarse Impermanence

- Impermanence in terms of a continuum
- Not remaining after death

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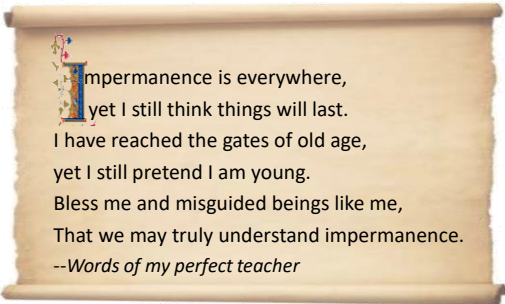
Thinking Of Impermanence

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



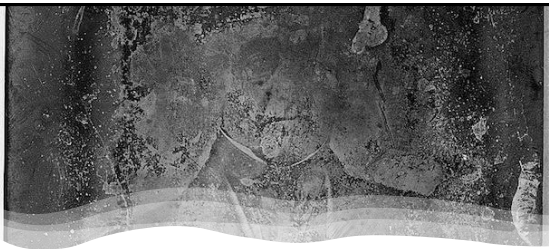
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Patrul Rinpoche's Advice



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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Subtle Impermanence

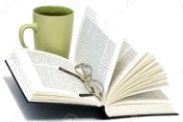
- Momentariness
- Disintegrating even at the time of the first moment
- Not remaining from the time of the first moment to the second moment

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### Coarse Grasping at Impermanence to be Non-momentary

Have you thought “I will die today”?  
Have you thought “I will die this evening”?  
When it seems there is plenty of time  
To become involved in the eight mundane concerns,  
Your practice of dharma is pushed aside  
*--Khensur Rinpoche Geshe Tashi Tsering*


MEDITATION



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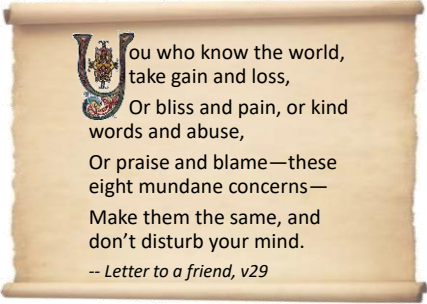
### Mundane Concern and Worldly Dharma

- Mundane - ordinary
- Worldly - unstable
- Dharma - truly existent



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### Arya Nagarjuna says...



**U**ou who know the world,  
take gain and loss,  
Or bliss and pain, or kind  
words and abuse,  
Or praise and blame—these  
eight mundane concerns—  
Make them the same, and  
don't disturb your mind.  
*-- Letter to a friend, v29*

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### Eight Worldly Concerns


Seeking	Avoiding
<b>PLEASURE</b> Comfort, nice things 	<b>PAIN</b> Discomfort, unpleasant 
<b>GAIN</b> Profit, acquiring things 	<b>LOSS</b> Loss, deterioration 
<b>PRAISE</b> Admiration, approval 	<b>DISPARAGEMENT</b> Criticism, abuse, blame 
<b>FAME</b> Fame, success, reputation 	<b>DISREPUTE</b> Failure, notoriety 

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### Overestimating Pleasure And Three Antidotes

I will recollect that

- Pleasure is no use to the dead
- All that's good goes to others
- Bubbles burst

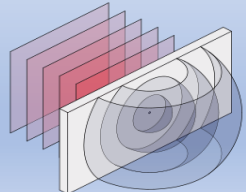


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### Overestimating Pain And Three Antidotes

I will recollect

- Pain is changing now,
- Every pain is the pain of self-cherishing
- Visual aberrations




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Overestimating **Material Gain** And Three Antidotes

I will recollect

- I can't keep it
- Everything I possess, and merit too is theirs
- Clouds have no essence




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Overestimating **Loss** And Three Antidotes

I will recollect

- Collections disperse
- Every loss belongs to self-cherishing
- Drops of dew dissolve

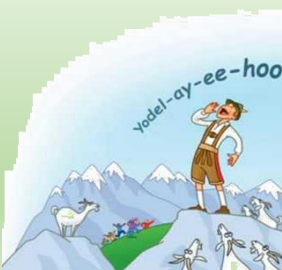


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Overestimating **Praise** And Three Antidotes

I will recollect

- What rises, falls
- Everything I possess, and merit too be theirs
- Echoes in a gorge




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Overestimating **Disparagement** And Three Antidotes

I will recollect

- Nothing stays the same
- Defeat is mine, victory to others
- Thunder in the sky




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Overestimating **Fame** And Three Antidotes

I will recollect

- Fame and success are left behind
- All my successes and merit belong to others
- Reflections




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Overestimating **Disrepute** And Three Antidotes

I will recollect

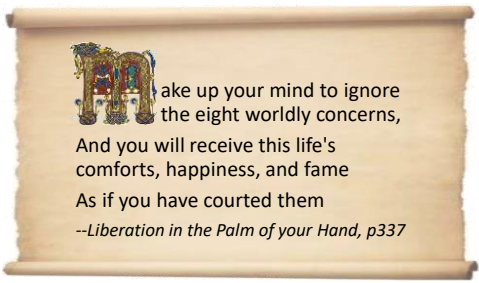
- Disrepute is changeable
- Defeats and failures belong to self-cherishing
- Lightning



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Pabongkha Rinpoche said ...



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Reversing Eight Worldly Concerns

Seeking and having	Being unable to Avoid
<b>PLEASURE does not</b> Ensure a happy life	<b>PAIN does not</b> Ensure unhappiness
<b>GAINING THINGS does not</b> Ensure great happiness	<b>LOSS does not</b> Ensure unhappiness
<b>PRAISE does not</b> Ensure stable happiness	<b>BLAME does not</b> Ensure unhappiness
<b>FAME does not</b> Ensure great happiness	<b>DISREPUTE does not</b> Ensure unhappiness

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What's My Take-Away?

- Knowledge of gross and subtle change.
- You know there are 8 worldly concerns that hinder spiritual practice, and you have four antidotes for each of them.

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Read

- FPMT pages 71-74, 79-80, 91-93
- Positing Subtle Impermanence
- Meditation on Impermanence

Next Week

- Six shortcomings of not remembering death
- Six benefits of recollecting death
- The best method to stop delusions

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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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