

## Death & Rebirth 2022 - Class 2

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.



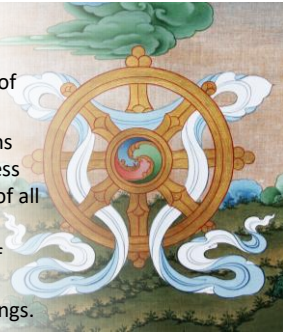
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## Seven Limb Prayer

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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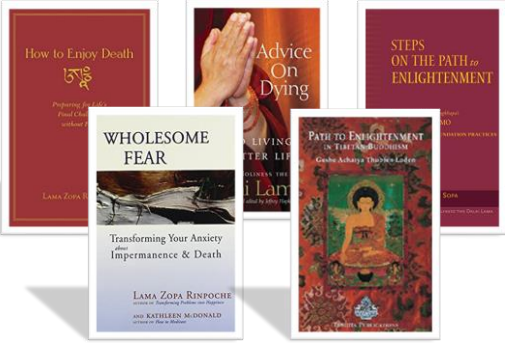


## What We've Covered

- Gross and subtle impermanence
- The eight worldly concerns that  
contaminate pure practice

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## Useful Books



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Today's Topics

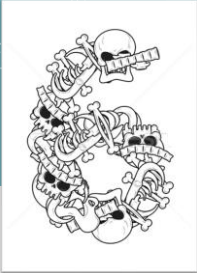
- Six disadvantages when forgetting death
- Six advantages when remembering death
- The understanding to remember



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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

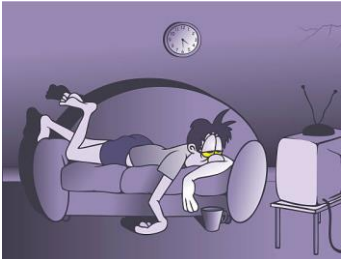





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4. No Persistence

- 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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### 6. Sorrow

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



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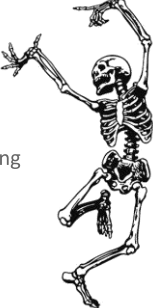
### Gungtang Rinpoche said ...

Perhaps twenty years of remembering that one should do a practice,  
Perhaps twenty years of being forever about to do a practice,  
Perhaps another ten years of saying, "I never did a practice" -  
That's the story of an empty and wasted human life.

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### Six Benefits of Recollecting Death

1. Your actions become very beneficial
2. Your Dharma practice becomes powerful
3. Important at the beginning
4. Important in the middle
5. Important at the end
6. You will die content



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### 1. Your Actions are Beneficial


- You become very anxious to act properly right now
- Your energy is greatly increased
- You will practice the dharma faultlessly



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### 2. Your Practice Becomes Powerful


- Attachment to friends, wealth, reputation and fame are abandoned
- Hatred towards enemies is forgotten
- All the delusions are lessened
- Accumulating all that is beneficial is easy



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### 3. Important at the Beginning

- You set a powerful foundation for pure practice
- Practice is done for the sake of future lives
- You will begin to practice a pure Dharma



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### 3. Important During the Middle


- You gain energy and increased perseverance to free yourself from hindrances and obstructions
- It stimulates you to work hard at the Dharma



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### 5. Important at the End


- You gain energy to complete the path
- You increase your perseverance to complete the path



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### 6. Peace and Happiness


- No fear or regrets
- You will die knowing you led a meaningful life
- Gladness & joy



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### 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

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### The Mindfulness to Develop

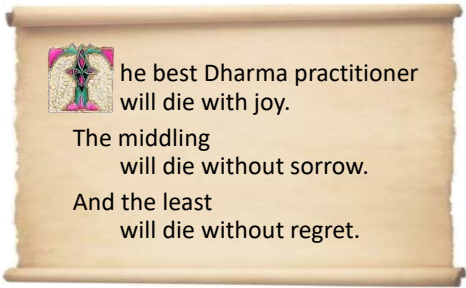
Don't create causes for the sufferings of lower rebirth



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A Common Saying ...



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**What's My Take-Away?**

- You know there are 6 shortcomings for not remembering death
- You know the 6 benefits of doing so.
- You know what you need to understand.

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Read:

- DB Readings pages 74-79

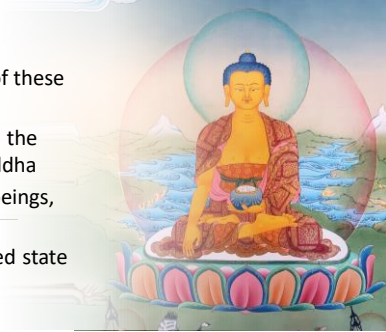
Next Week:

- Recollecting death and impermanence
- Three roots, nine reasons and three resolutions

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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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