

Death & Rebirth 2022 - Class 3

An 8-week Discovering Buddhism 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

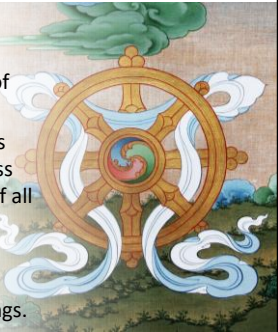
By the merits I create through
listening to the Dharma,
May I become a buddha to
benefit all sentient beings.



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

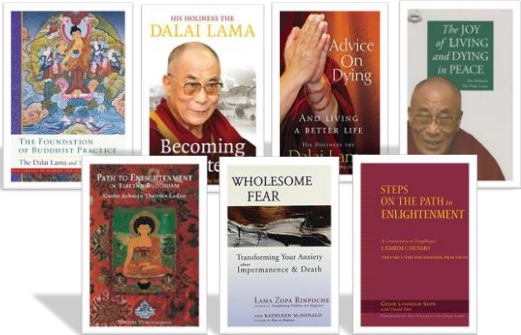


What We've Covered

- Gross and subtle impermanence
- The eight worldly concerns that
contaminate pure practice
- Advantages of recollecting death
- Disadvantages of forgetting death

5

Useful Books



6

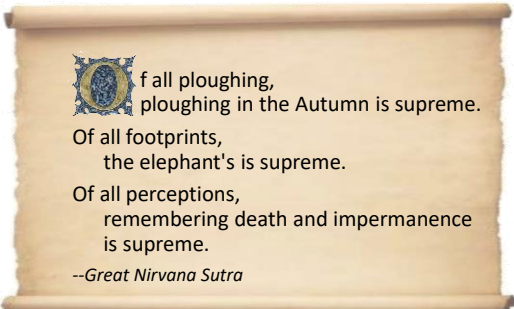


Today's Topics

- Stopping delusions
- Three roots, nine reasons and three resolutions
- What will convince a 16 year old?


7

The Buddha said ...



Of all ploughing,
ploughing in the Autumn is supreme.
Of all footprints,
the elephant's is supreme.
Of all perceptions,
remembering death and impermanence
is supreme.
--Great Nirvana Sutra

8

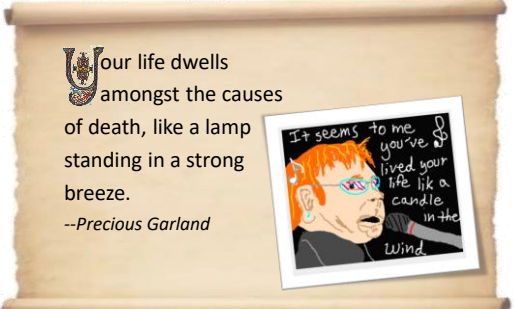


Death Recollection Stops Delusions

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.


9

Nagarjuna said ...



Our life dwells
amongst the causes
of death, like a lamp
standing in a strong
breeze.
--Precious Garland

10



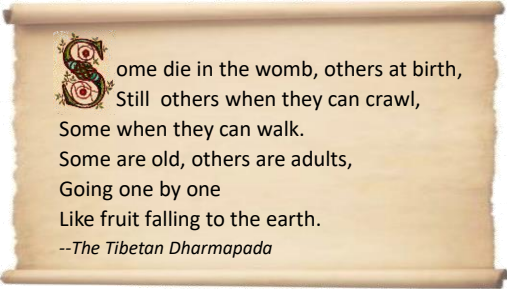
Death is Certain

1. The Lord of Death will definitely come
2. My lifetime cannot be extended and constantly diminishes
3. While I am alive, there is little time for practice

I definitely must practice the Dharma

11

The Buddha said...




Some die in the womb, others at birth,
Still others when they can crawl,
Some when they can walk.
Some are old, others are adults,
Going one by one
Like fruit falling to the earth.
--The Tibetan Dharmapada

12


The Time of Death is Uncertain

1. The life-span in this world is uncertain
2. The causes of death are very many and the causes of life few
3. This body is very fragile



I must practice the Dharma right now

13



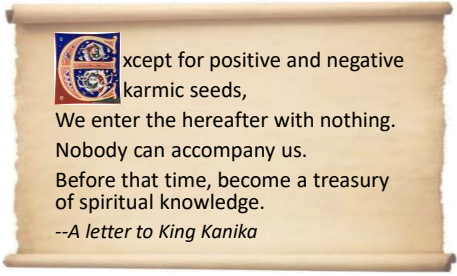
Only Dharma Practice Helps at the Time of Death

1. Friends will not help
2. Resources will not help
3. Your body will not help

The Dharma I practice must be pure

14

The Buddha said...




Except for positive and negative karmic seeds,
We enter the hereafter with nothing.
Nobody can accompany us.
Before that time, become a treasury of spiritual knowledge.
--A letter to King Kanika

15


What We Need to Remember

- I realize there is no time to waste
- The finality of birth is death
- The time of death indefinite
- What has gathered will separate
- What has been accumulated will be consumed
- At the end of rising comes descent
- To what shall I turn for refuge?



MEDITATION


16



I Am Sixteen: Convince Me

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.

17



What's My Take-Away?

- Knowledge to stop delusions.
- You know there are 3 roots, 9 reasons, and 3 decisions in the meditation.


18

Read

- FPMT Notes pages 80-86
- FPMT Notes pages 89-92
- FPMT Notes pages 110-113
- Meditations pages 1-7

Next Week

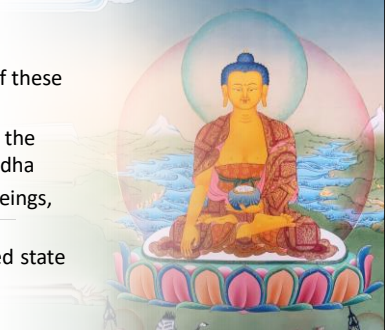
- Five Forces at the time of death



19

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



20

Bodhicitta Verse

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



21