

Death & Rebirth 2022 - Class 4

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

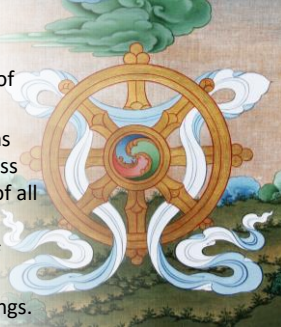
By the merits I create through
listening to the Dharma,
May I become a buddha to
benefit all sentient beings.



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

- Two types of
impermanence
- The eight worldly
concerns
- Advantages of
recollecting death
- Faults of
forgetting death
- Three roots, nine
reasons
meditation



5

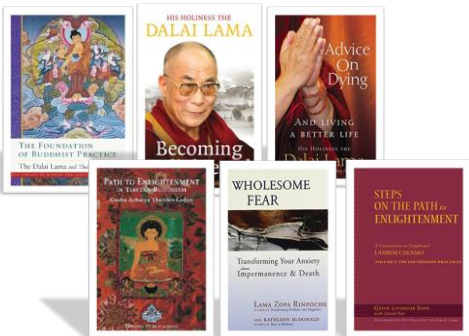


Today's Topics

- Training in the Five
Forces at death

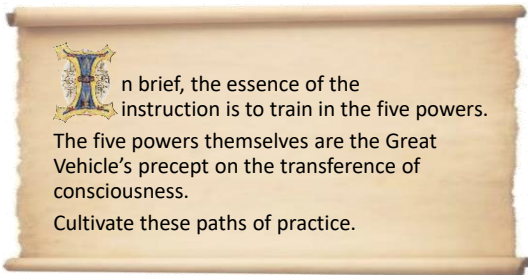
6

Useful Books



7

Geshe Chekawa said ...



8

Five Forces at the Time of Death

- 1. Intention
- 2. Familiarization
- 3. White seed
- 4. Revulsion
- 5. Aspiration



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The Force of Intention

This death will only benefit others

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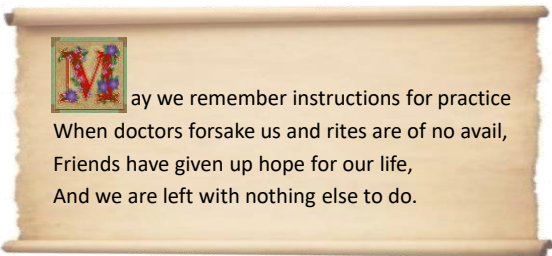


The Force of Familiarization

May every sentient being be spared from experiencing pain as a result of my own endurance of it


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The First Dalai Lama said ...



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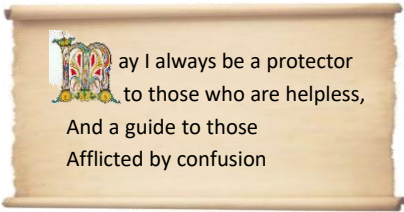
The Force of the White Seed



Give away anything you might be attached to

13

Geshe Potowa said...



May I always be a protector to those who are helpless, And a guide to those Afflicted by confusion

14




The Force of Revulsion

No more egoistic self-obsession

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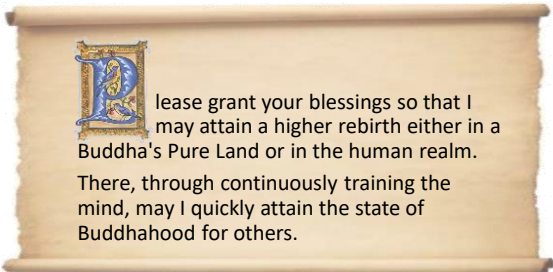
The Force of Prayer



May this death support all the sufferings, defilements, and negative karmas of every sentient being

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An Aspirational Prayer



Please grant your blessings so that I may attain a higher rebirth either in a Buddha's Pure Land or in the human realm. There, through continuously training the mind, may I quickly attain the state of Buddhahood for others.

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What's My Take-Away?

- You can train yourself in five forces which can easily be applied at the time of death


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Read

- LTC Notes pages 13-15
- Meditations pages 14-16

Next Week

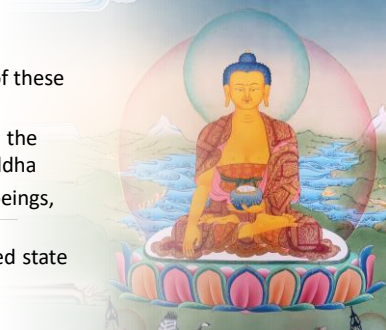
- Causes for death
- The stages of dying



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



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