

## Death & Rebirth 2022 - Class 5

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

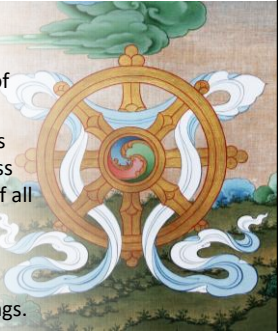
By the merits I create through  
listening to the Dharma,  
May I become a buddha to  
benefit all sentient beings.



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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

- Impermanence and worldly concern
- Recollecting and forgetting death
- The nine reasons meditation
- Five forces at death



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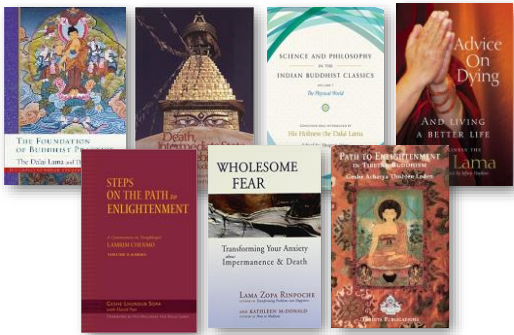


## Today's Topics

- Situations for Death
- The dying process
- The practice of recognition


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### Useful Books



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### Four Situations For Death



1. Exhaustion of the life-span
2. Exhaustion of merit
3. Exhaustion of both
4. Ripening of destructive karma

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### Collapse of the Four Elements



1. **Mirage vision** – very thin, eyes stop moving
2. **Smoke vision** – liquids dry up
3. **Fireflies vision** – body is cold, difficulty inhaling
4. **Flickering flame** – breathing stops, tongue contracts

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### Mirage

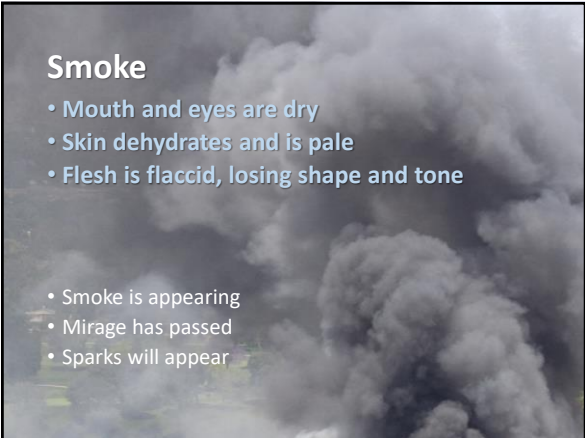


- No physical strength
- Body has no power

- A mirage is appearing
- Smoke will appear

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### Smoke



- Mouth and eyes are dry
- Skin dehydrates and is pale
- Flesh is flaccid, losing shape and tone

- Smoke is appearing
- Mirage has passed
- Sparks will appear

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### Sparks

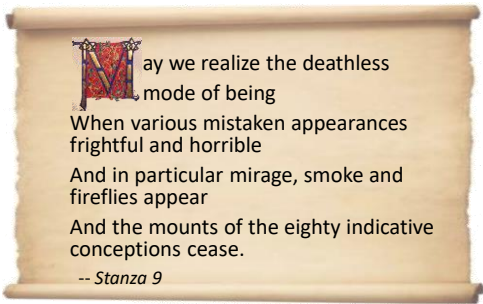


- Body heat disappears
- Stop eating
- Inhalation difficult and weak
- Exhalations long and strong

- Sparks are here
- Smoke just passed
- A flame will appear

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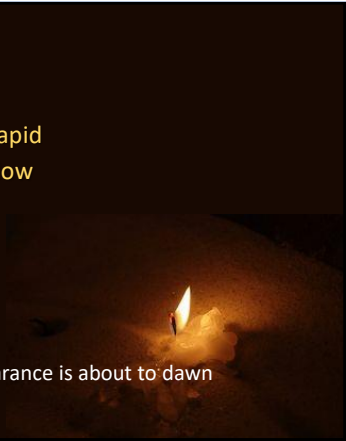
### The First Panchen Lama said ...



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### Flame

- Exhalations are rapid
  - Inhalations are slow
  - Breath stops
- 
- The flame is here
  - Sparks have passed
  - A vivid white appearance is about to dawn



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### The Collapse of Consciousness

5. Vivid white appearance  
(the empty)
6. **Vivid red increase**  
(the very empty)
7. **Vivid black near-attainment**  
(the great empty)
8. Clear light of death  
(all empty)



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### The White Appearance

The vivid white appearance is here  
The flame has passed  
A vivid reddish-orange is about to appear

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### The Red Increase

- The vivid reddish-orange increase is here
- The vivid white appearance has gone
- A vivid blackness is about to appear

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### The Black Near Attainment

- A vivid blackness is here
- The vivid reddish-orange increase has gone
- The mind of clear light is about to appear

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### The Clear Light

- The mind of clear light is here
- A vivid blackness just passed



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### Death

Consciousness leaves the heart –  
You die;  
The intermediate state begins


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### What's My Take-Away?

- Recognition of the inner and outer signs of dying.

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**Read:**

- FPMT notes; pages 99-102
- LTC notes; pages 3-5 and 16-18


**Next Week:**

- The conditions for death
- Karma and rebirth

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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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