

Death & Rebirth

2022 - Class 6

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

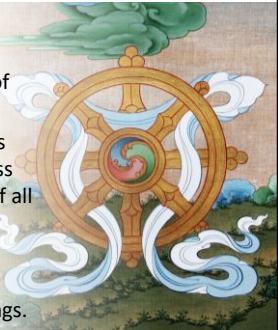
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



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

Useful Books



5



What We've Covered

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

6

Today's Topics

- The karma which determines the realm of rebirth
- How rebirth takes place



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Twelve Links of Dependent Origination



8

The Symbolism

1. Afflictive emotions
2. Actions produce suffering
3. Lives within cyclic existence
4. Twelve links of dependency
5. Impermanence
6. Freedom and its path



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The Superior Nagarjuna said ...

Unhappiness and agitation.
All these arise because of birth.
Thus, what comes into being
Is only a mass of suffering

— The Fundamental Wisdom of the Middle Way, Ch26; v9

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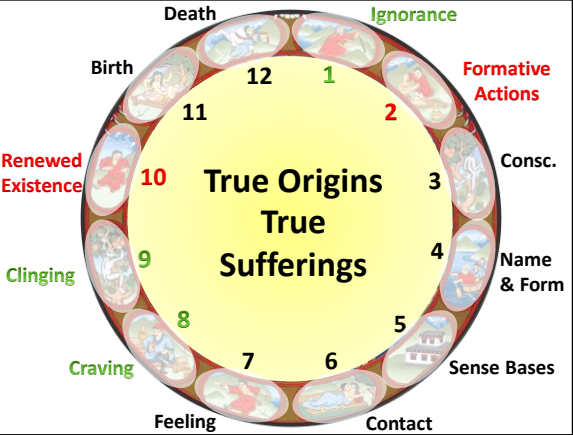
The Superior Nagarjuna said ...

With these three phases mutually causing each other, cyclic existence whirls around like the circle formed by a whirling torch, without beginning, middle, or end.

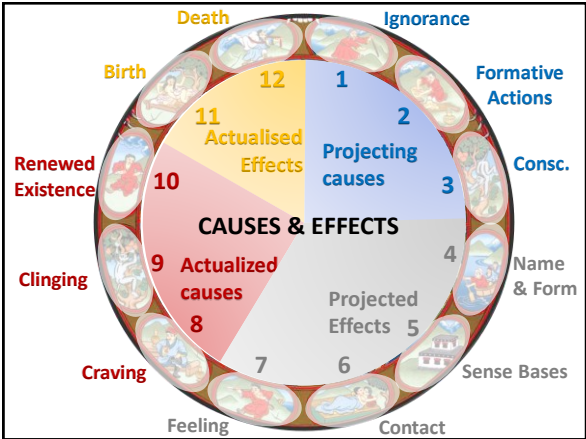
— The Precious Garland, v36

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True Origins
True Sufferings

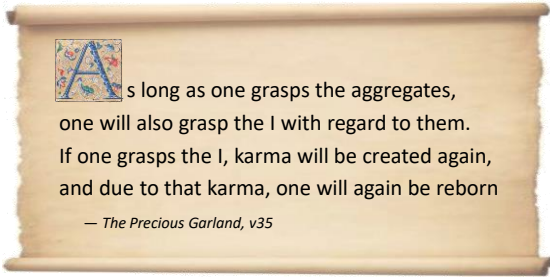


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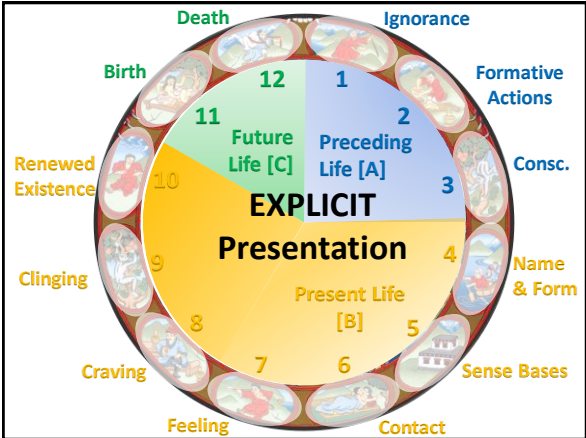


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The Superior Nagarjuna said ...

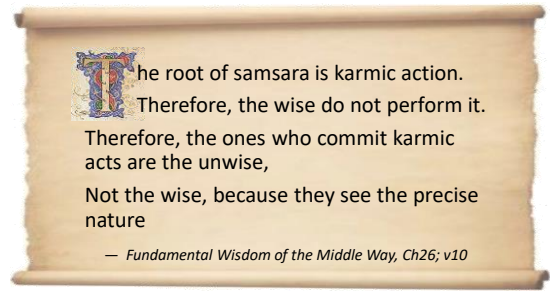


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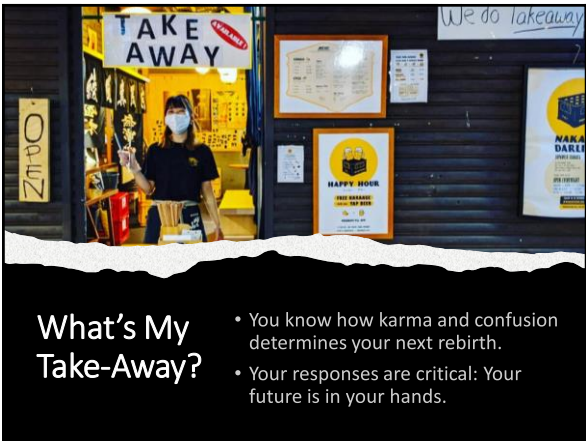


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The Superior Nagarjuna said ...



16



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Read:

- The advantages and disadvantages of recollection
- The nine points on how to recollect death

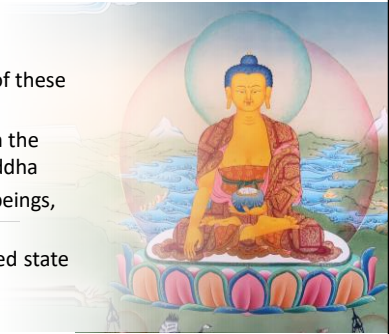
Next Week:

- More on the role of karma in rebirth
- Rebirth within the three realms

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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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