

Death & Rebirth 2022 - Class 7

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

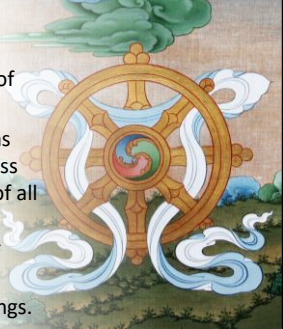
By the merits I create through
listening to the Dharma,
May I become a buddha to
benefit all sentient beings.



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.

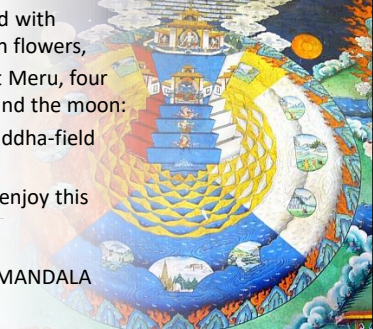


3

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



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What We've Covered

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

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Today's Topics

- Samsaric realms
- Rebirth in the
upper realms
- Rebirth in the
lower realms



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Useful Books



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The Realms of Samsaric Rebirth

- 1. Formless Realms
- 2. Form Realms
- 3. Desire Realm



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Rebirth in the Formless Realms

- The causes are to have:
- Turned away from attachment to sensual pleasure
 - Lost interest in mental happiness of meditative bliss
 - Act for the purpose of experiencing neutral feeling

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Rebirth in the Form Realms

The causes are to focus on a meditative object primarily for the sake of the blissful feelings that arise from concentration



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Birth States in the Desire Realm

- 1. Devas
- 2. Asuras
- 3. Humans
- 4. Animals
- 5. Pretas
- 6. Hell beings



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Rebirth Presentations

- Sutras
- Highest Yoga Tantras
- Medical Treatises




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Actualised Causes Actualised Effects

- 8. Craving
- 9. Clinging
- 10. Renewed Existence
- 11. Birth
- 12. Ageing and Death

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Intermediate State

- Rebirth into the Desire Realm
- The lower realms
- The upper realms

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Actualised Causes Actualised Effects

- Craving
- Clinging
- Renewed Existence
- Birth
- Ageing and Death


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Four Types Of Birth


1. Egg




3. Heat & Moisture



2. Womb



4. Spontaneous



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Six Causes Support Entry

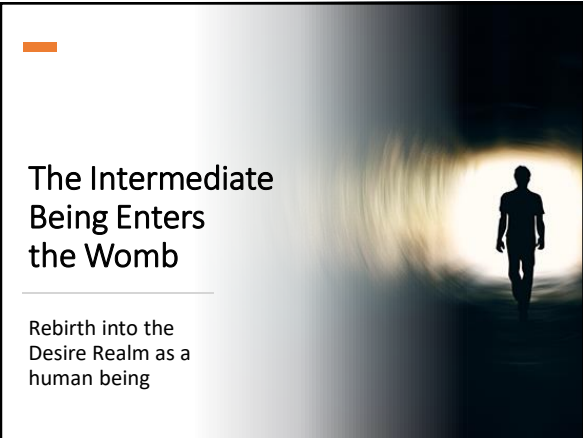
- 1. Desire & engagement
- 2. Fertility
- 3. Presence
- 4. Womb
- 5. Health
- 6. Karma



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The Intermediate Being Enters the Womb

Rebirth into the
Desire Realm as a
human being



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Doors of Entry

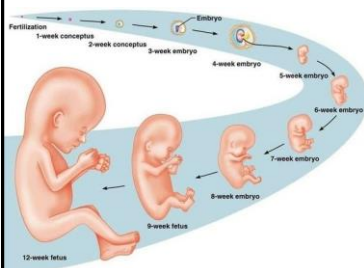
- 1. The crown
- 2. The mouth
- 3. The womb



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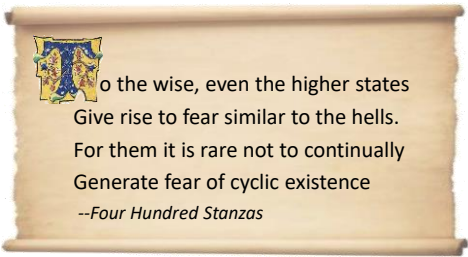
Foetal Development

- The Sutras
- Kalachakra Tantra
- Medical Texts



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The Superior Aryadeva said ...



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What's My Take-Away?

- You know that if you do not liberate yourself from cyclic existence, you will be reborn.
- You know the realms of rebirth.

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- Read:**
- Pages 5-8
 - Pages 102-106

- Next Week:**
- The Five Forces for Life

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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

