

## Death & Rebirth 2022 - Class 8

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

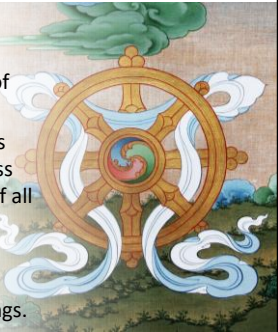
By the merits I create through  
listening to the Dharma,  
May I become a buddha to  
benefit all sentient beings.



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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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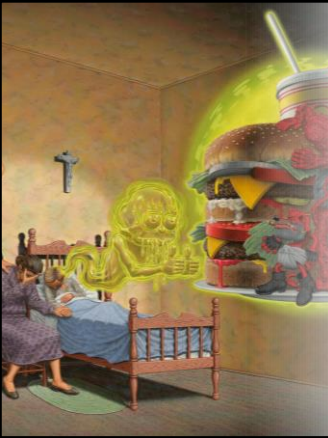
## Mandala Offering

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

- Two types of impermanence
- Eight worldly concerns
- Recollecting death
- Faults of forgetting death
- Nine reasons meditation
- Five forces at death
- Dying, death, rebirth


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## Today's Topics

- The meaning of life
- Five forces for life
- Life practices
- Helping others at the time of death

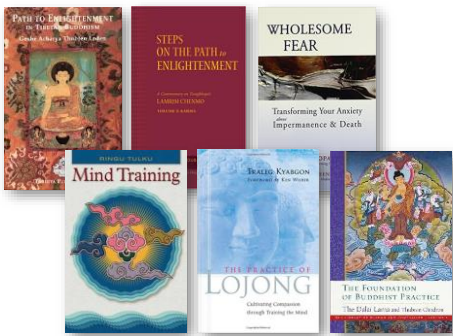


# HI FIVE



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Useful Books



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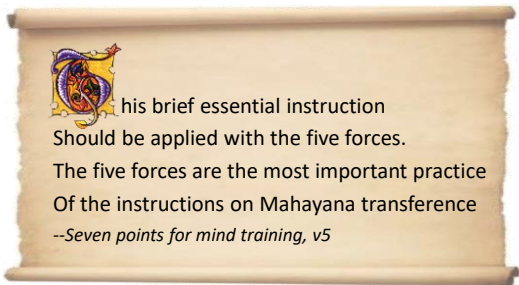
Purpose and meaning are **not** intrinsic with life

The Purpose of Life

Purpose and meaning are created by us

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Geshe Chekhawa said ...



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Five Forces During Life

- 1. Resolve
- 2. Familiarization
- 3. White seed
- 4. Revulsion
- 5. Prayer



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The Force of Resolve

This life and death will only benefit others



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The Force of Familiarisation

- Remind myself of my looming death
- Train myself in the two bodhicittas



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### The Force of the White Seed

Practice Dharma purely – recollect your impending death and bodhicitta



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### The Force of Revulsion


I will purge myself of self-grasping and self-centeredness



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### The Force of Prayer

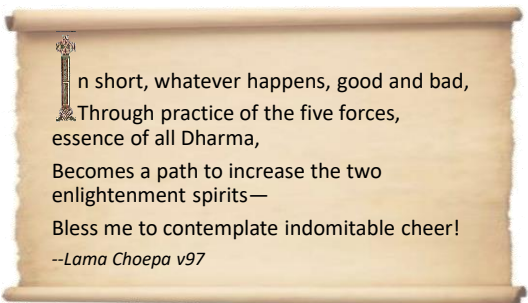
May I never be separated from genuine mentors, the Dharma and the two bodhicittas



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### The Panchen Lama said ...

In short, whatever happens, good and bad,  
Through practice of the five forces,  
essence of all Dharma,  
Becomes a path to increase the two enlightenment spirits—  
Bless me to contemplate indomitable cheer!  
--Lama Choepa v97



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### How Can I Help?

- Encourage rejoicing, kindness and forgiveness
- Recollect something virtuous
- Avoid emotional outpourings



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### What's My Take-Away?

- You know there are five forces you can apply during life which will help at death.
- You have the means to determine the meaning of your life which will help others during their lives and their dying.



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**Read:**

- The meditations

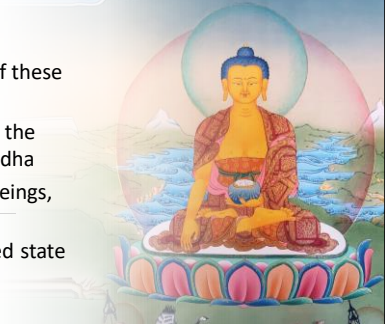
**Next Week:**

- Week of Ven. Robina's teachings
- 21st September the review class

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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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