



Establishing a Daily Practice 2023

8-week DISCOVERING BUDDHISM course with registered FPMT teacher, Eddie Peet

Class 1


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


Four Boundless Thoughts

May all sentient beings have happiness and its causes.

May all sentient beings be free from suffering and its causes.

May all sentient beings never be separated from the happiness that is without suffering.

May all sentient beings abide in equanimity, free from the bias of attachment for friends and hatred for enemies.



3

Seven Limb Prayer

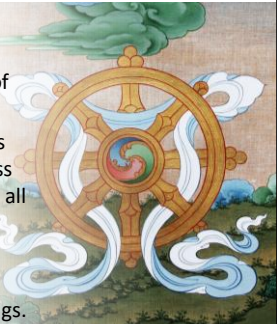
Reverently I prostrate with my body, speech, and mind;

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.



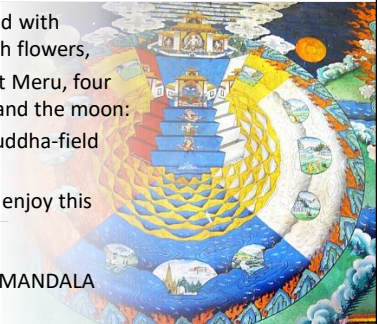
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Mandala Offering

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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Course Outline

- 8 weekly classes
- No review class this time



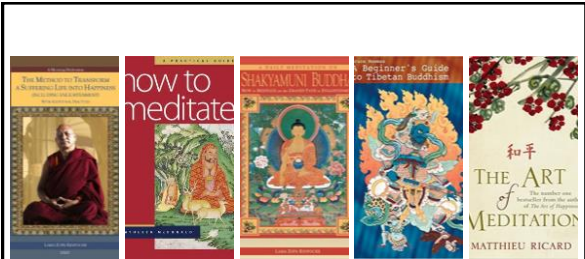
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Today's Topics

- Meditation and Dharma
- Everyday Dharma
- Purifying speech

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Useful Books

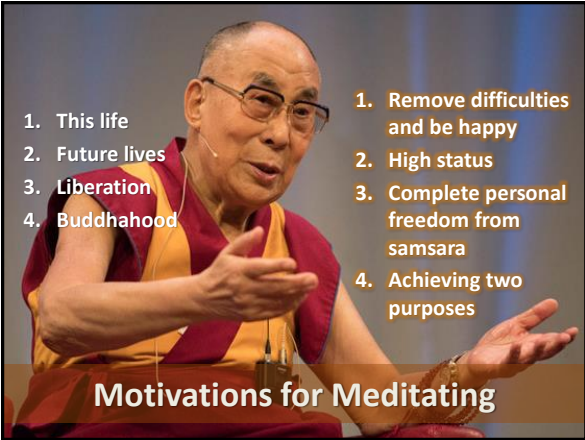
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What is Meditation?

It is the process of becoming familiar with a virtuous object

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1. This life

2. Future lives

3. Liberation

4. Buddhahood

1. Remove difficulties and be happy

2. High status

3. Complete personal freedom from samsara

4. Achieving two purposes

Motivations for Meditating

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The Function Of Meditation

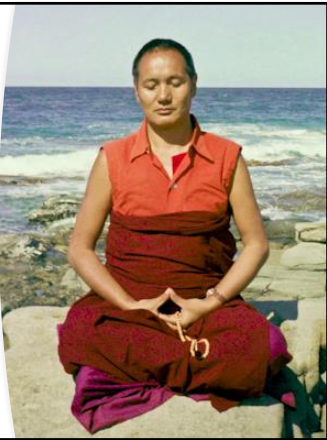
To bring the untamed mind under control and to make it serviceable



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Types of Meditation

- Stabilising and analytical
- Objective and subjective
- Review
- Wishing prayer
- Imaginative
- Sadhana
- Puja
- Dance



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Meditation Sessions

Within the session

- Purify your speech
- Daily sadhana

Outside the session

- Restrain negative speech patterns



T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?


N = Is it Necessary?

K = Is it Kind?

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What is Dharma?

That which holds us back from suffering



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Pabongkha Rinpoche said ...



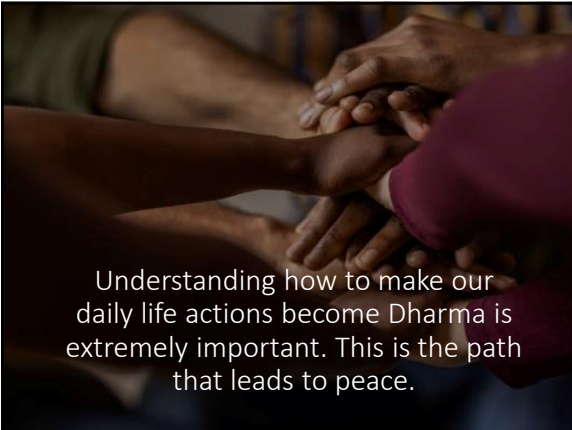
nce you are overcome by insensitivity to Dharma, your mind-stream becomes ruined and you are incapable of being tamed, Even by the Lam-rim, or the blessed words of your guru. So apply yourself to the profound method for avoiding insensitivity to Dharma.

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Being Insensitive To Dharma

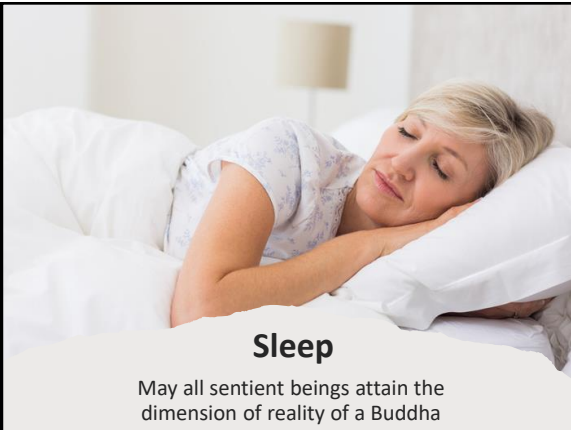


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Understanding how to make our daily life actions become Dharma is extremely important. This is the path that leads to peace.

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Sleep

May all sentient beings attain the dimension of reality of a Buddha

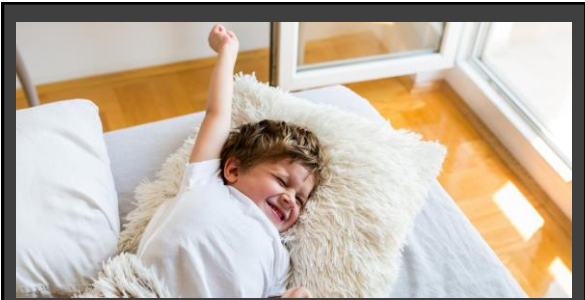
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Before
Dreaming

May all sentient beings realize the dreamlike nature of things

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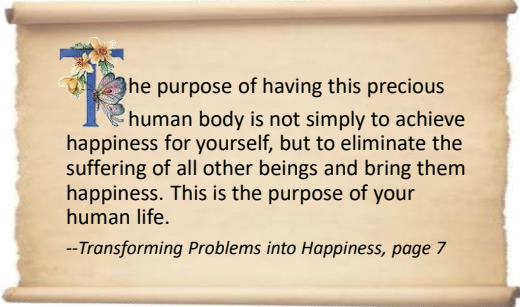


Waking Up

May all beings awake from the sleep of ignorance

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Lama Zopa Rinpoche says...



The purpose of having this precious human body is not simply to achieve happiness for yourself, but to eliminate the suffering of all other beings and bring them happiness. This is the purpose of your human life.

--Transforming Problems into Happiness, page 7

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Purifying Speech

- Blissful emptiness meditation
- Arise as your deity or with a body of light
- AH on tongue turns into a white moon disc
- White OM sits on the moon disc, with:
 - White Sanskrit vowels standing clockwise
 - Red Sanskrit consonants standing counterclockwise
 - Blue Heart Mantra of Dependent Relation arranged clockwise
- Light beams radiate from the OM and mantra garlands, hooking back blessings
- Recite mantras 3x with light purification
- Mantras absorb into OM, blessing verse

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What's My Take-Away?

- You know what meditation is.
- You know what Dharma is.
- You can apply Dharma to sleep, dreams, waking, and your speech.

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Read/watch:

- Pages 13-16 (blessing the speech)
- Pages 75-81

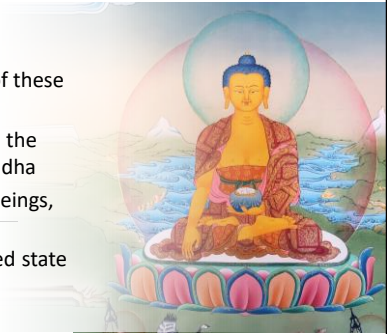
Coming up:

- Preparing your space

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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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