



Establishing a Daily Practice 2023

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

Class 2


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

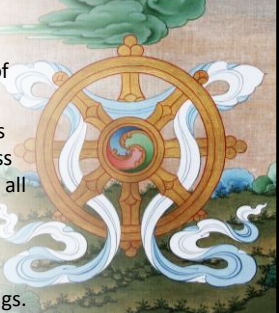
Reverently I prostrate with my body, speech, and mind;

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.



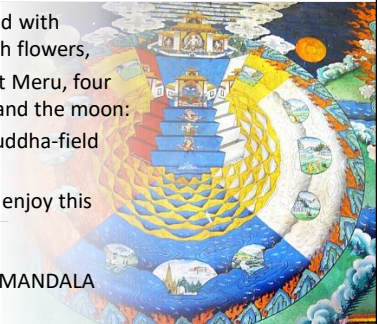
4

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!

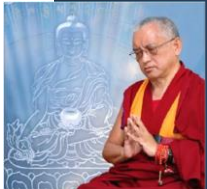
IDAM GURU RATNA MANDALA
KAM NIRYATA YAMI



5

We Have Covered

- Dharma and meditation
- Practices before sleep and upon waking
- Speech blessing intro




6



Today's Topics


- Everyday Dharma
- Speech blessing
- The Preparations:
 - cleaning the room

7



Useful Books


8



Sitting Up

“May I place all beings upon their throne of enlightenment”

9



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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Emptiness Meditation

1. Identify the object to be negated
2. Negate inherent existence
3. Maintain the meditation



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Speech Blessing



12



13



14



15



16



17




18




19

Speech Blessing Dedication



ay my tongue sense base have all the courage of the ones gone to bliss. By the magnificence and power of my words, May all sentient beings be subdued, May all the meanings of whatever words I say be accomplished.



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Practice From The Bed

THROWING OFF COVERS

“May I free all beings from the weight of suffering”



GETTING UP FROM BED

“I will help all beings attain the form bodies of a Buddha”



21

Practice On The Floor

FEET ON THE FLOOR

“May I place all beings onto the Ground of Enlightenment”



WALKING ON THE FLOOR

“May I lead all beings into paths of Enlightenment”



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The Three-Part Session

- 1. Preparation
- 2. Actual Practice
- 3. Concluding the Practice



23



Cleaning the Room

Cleaning the external environment
Cleansing your mind and making it more receptive


24



The Story Of
Lam Chung

"Cast away dust,
cast away stains"

25



What's My
Take-Away?

- You can apply Dharma to getting out of bed, placing your feet on the floor, walking, and cleaning.
- The process of blessing speech.

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Read:


- LTC Notes, page 15, 'Contemplation'
- LTC Notes, page 21 'Emptiness & Blessing speech'
- Booklet "Everyday Dharma"

Memorise:

- Refuge prayer in Shakyamuni Practice, page 9

Coming up:

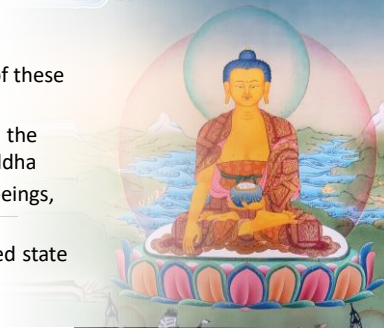
- The altar, offerings, and posture



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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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