



Establishing a Daily Practice 2023

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

Class 3


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

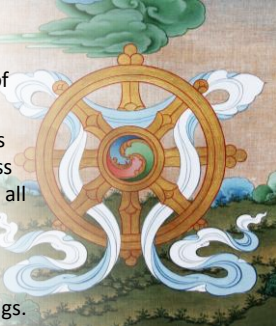
Reverently I prostrate with my body, speech, and mind;

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.



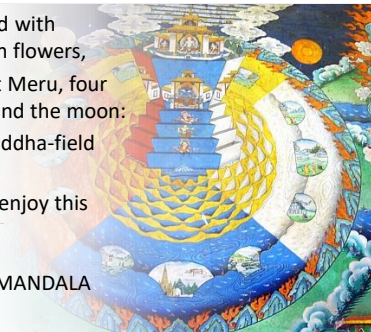
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Mandala Offering

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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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



6

Speech Blessing Dedication

May 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.



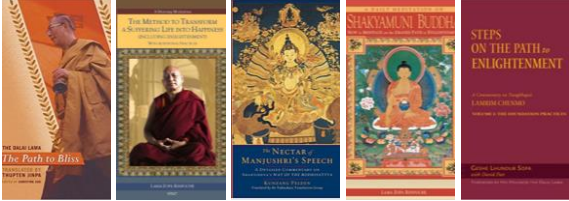
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Today's Topics

- Everyday Dharma
- The Preparations
 - The altar
 - Offerings

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Useful Books

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Practice With Doors


OPENING A DOOR

“May I open the doors of the lower realms providing breath for the breathless”




WALKING THROUGH

“May I lead all beings through the doors of signlessness, emptiness, and wishlessness”



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Cleaning the Room

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

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Six Preparatory Practices



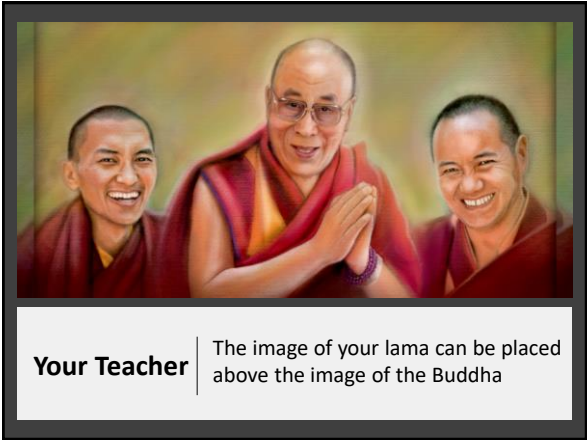
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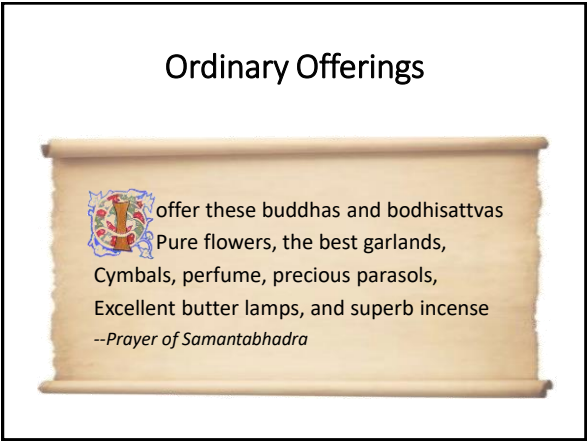
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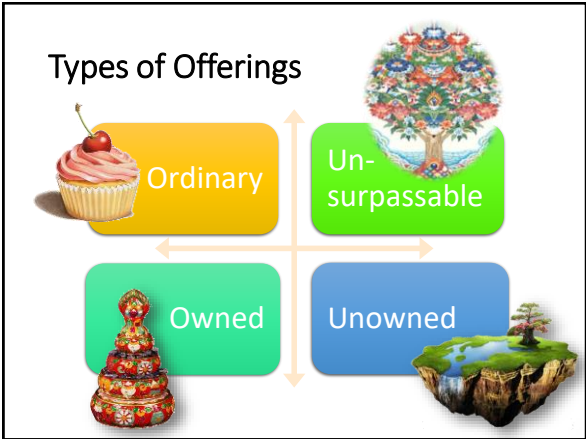
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The Benefits of Offering Water

1. Pure morality
2. Having a gentle and peaceful mind
3. Having a clear mind
4. Free from illness

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Unowned Offerings

Lakes and pools adorned with lotuses,
And the beautiful cry of wild geese,
Everything unowned
Within the limitless spheres of space.

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Offerings Have Four Features

1. Infinite in quantity
2. Untainted by negativity
3. Offered in the imagination
4. To Buddha with mind of enlightenment

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Four Supreme Offerings

1. Upholding Dharma
2. Wishing bodhicitta
3. Studies go into practice
4. Virtues transformed into objects


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What's My Take-Away?

- You know about an altar
- You know why you make offerings
- You know what and how to offer
- You can apply Dharma to doors

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Read

- LTC Notes p1-9
- LTC Notes p23-24 and p29-30
- Read Booklet 'Blessing the speech'

Memorise

- The Four Immeasurable Thoughts prayer
- Shakyamuni Practice, p11

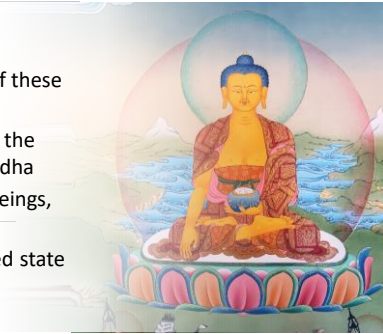
Coming up

- The seat and posture
- More everyday Dharma

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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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