



Establishing a Daily Practice 2023

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

Class 4


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

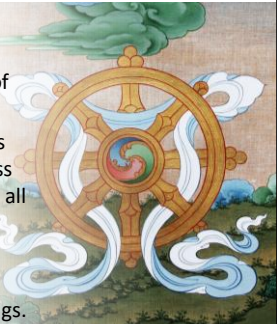
Reverently I prostrate with my body, speech, and mind;

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.



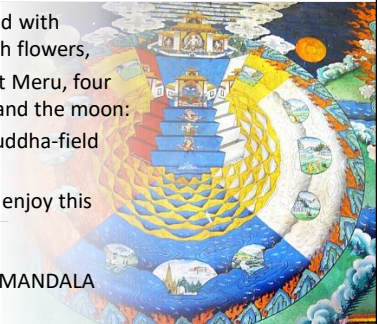
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Mandala Offering

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



5

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.



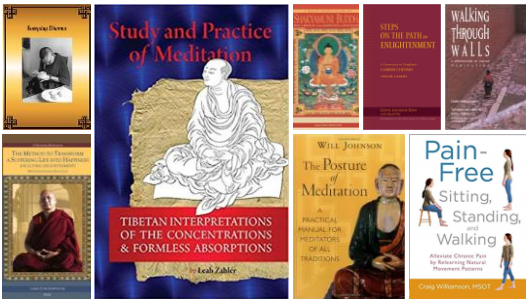
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Today's Topics

- Everyday Dharma – bathrooms
- Seats and posture
- Motivations and visualization

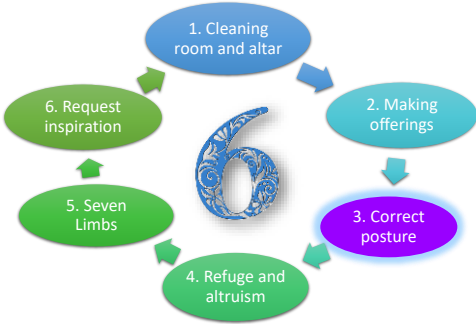
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Useful Books

9

Six Preparatory Practices




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graph TD; 1((1. Cleaning room and altar)) --> 2((2. Making offerings)); 2 --> 3((3. Correct posture)); 3 --> 4((4. Refuge and altruism)); 4 --> 5((5. Seven Limbs)); 5 --> 6((6. Request inspiration)); 6 --> 1;
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10

Closing The Bathroom Door

“I am closing the door to the lower realms”



11



Being On The Toilet

“May I liberate all beings from the rivers of birth, sickness, ageing and death”

12



Washing
Hands
And Face

“May I remove the two
obscurations from each and every
sentient being and bring them all
to perfect enlightenment”

13

What to Sit On

Cushion


- Vajra
- Half lotus
- Burmese


Kneeling


- Stool
- Cushion


Chair


- Raised back legs



Full Lotus


Half Lotus


Burmese


On a stool


Seiza


On a Chair

14

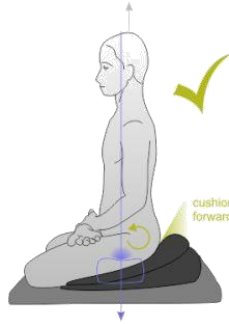
Seats

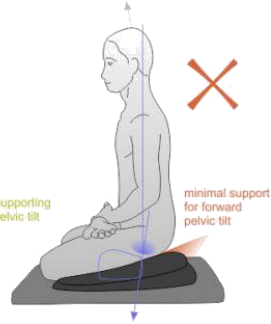




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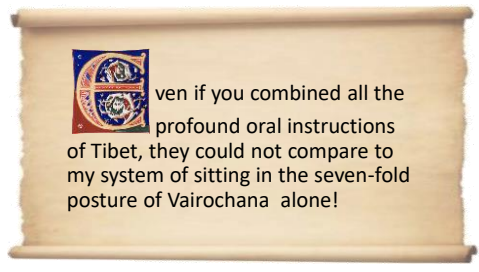
Sitting Correctly





16

Marpa said ...

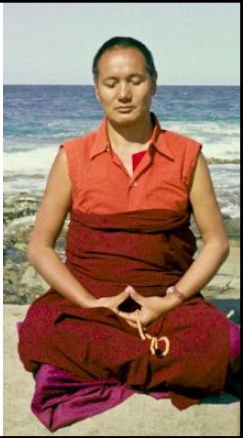


Even if you combined all the
profound oral instructions
of Tibet, they could not compare to
my system of sitting in the seven-fold
posture of Vairochana alone!

17

7-Point
Vairochana
Posture

- 1. Legs in the vajra posture
- 2. Hands, right hand in left
- 3. Spine straight but relaxed
- 4. Head and neck slightly bent forward, shoulders level
- 5. Jaw relaxed (smile), lips and teeth natural
- 6. Tongue on upper palate
- 7. Eyes half closed, gaze downwards (light comes in)




18

Other Ways to Meditate

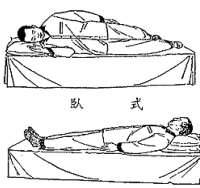
Walking

- Walking
- Standing (Mountain)



Lying down

- Lion pose
- Corpse pose



19



Preparing The Mind With Breath Work

Cleansing impure motivations with imagination

20




- Remove
- Generate
- Support
- Achieve

- The two obscurations
- Compassion and wisdom
- Bodhichitta
- Buddhahood

Why Are You Meditating?


21



Visualization

The easy method to bring you closer to your desired positive end state.

22



Benefits of the Visualisation

- Qualities remembered
- Feelings of closeness
- Stronger confidence
- Enthusiasm

23



What's My Take-Away?

- You know about seats and posture
- You know why relaxation and a straight spine are important
- The benefits of imagination

24

Read


- LTC Notes pages 5-6
- LTC Notes pages 18-19
- Read the Booklet 'Blessing the Speech'

Memorise

- The Seven Limbs of Practice (Shakyamuni Practice)

Coming up

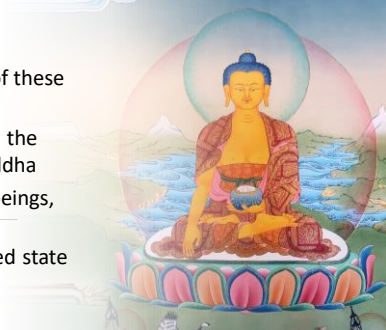
- Refuge and the Four Immeasurable Thoughts



25

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



26

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



27