



Establishing a Daily Practice 2023

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

Class 5


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

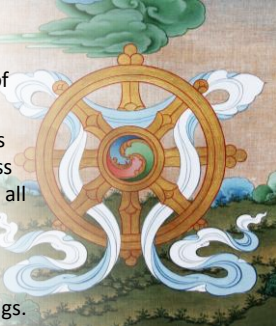
Reverently I prostrate with my body, speech, and mind;

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.



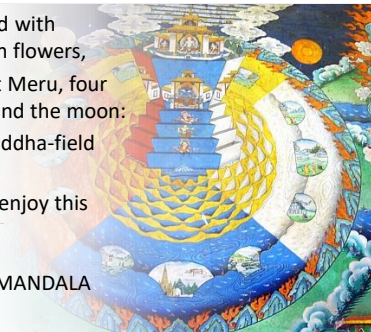
4

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



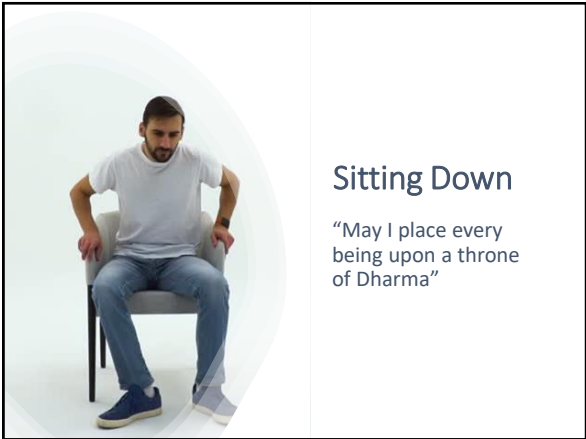
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Purifying Speech

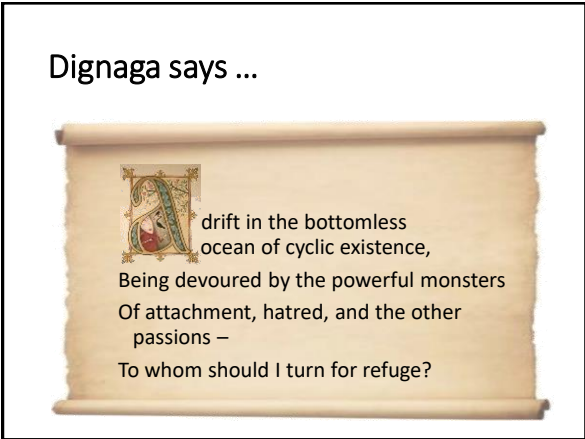
- Blissful emptiness meditation
- Arise as your deity *or* with a body of light
- **AH** on tongue turns into a white moon disc
- White **OM** sits on the moon disc, with:
 - **White** Sanskrit vowels standing clockwise
 - **Red** Sanskrit consonants standing counterclockwise
 - **Blue Heart Mantra of 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



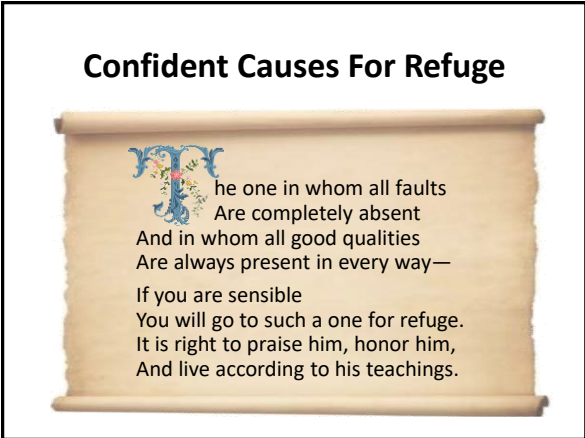
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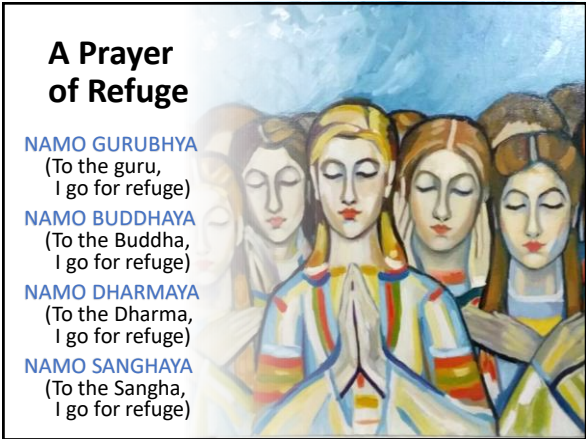
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Fearful Causes That Create Refuge			
EIGHT TYPES	SIX TYPES	THREE TYPES	SPECIFIC TYPES
Birth	Uncertainty	Change	Humans
Old age	Insatiability	Pain	Demigods
Illness	Casting off bodies repeatedly	Conditionality	Deities
Death	Repeated rebirth		
Encountering what is unpleasant	Repeatedly descending from high to low		MISERABLE REALMS
Separation from what is pleasant	Having no companions		Hell denizens
Not getting what you want			Animals
The five appropriated aggregates			Hungry ghosts

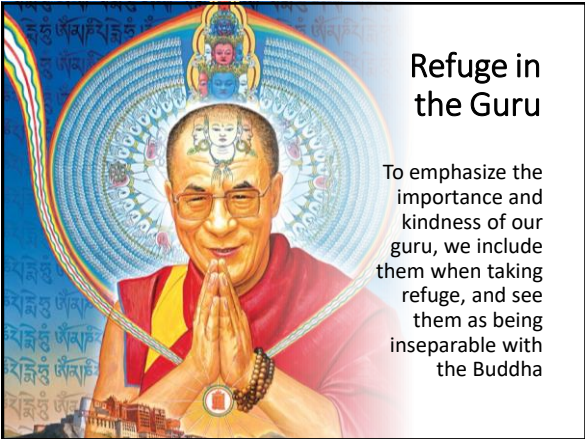
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Refuge Prayer in Tibetan

SANG-GYE

CHO.DANG TSOG.KYI CHOG.NAM LA
JANG.CHUB BAR.DU DAG.NI KYA.SU CHI
DAG.GI JIN.SOG GYI.PE TSOG.NAM GYI
DRO.LA PEN.CHIR SANG.GYE DRUB.PAR SHOG

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The Four Reasons

1. Fearless


2. Skilled

3. Great compassion

4. Pleased with practice, not offerings



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Defining the Buddha Jewel

An ultimate object of refuge which has 8 excellent qualities such as uncreated and so forth

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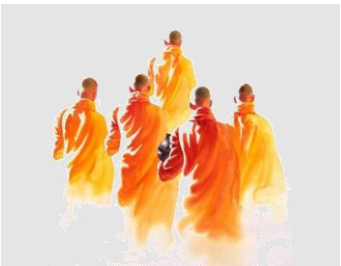
Defining the Dharma Jewel



A truth of complete purification in the continuum of an Arya that is endowed with any of the 8 qualities such as inconceivable

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Defining the Sangha Jewel



An Arya person possessing in their mindstream any of the eight qualities of freedom and knowledge

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The Mind of Enlightenment



For the sake of others, wishing to attain complete, perfect, enlightenment

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The Four Immeasurable Thoughts

1. Love
2. Compassion
3. Joy
4. Equanimity

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Immeasurable Love

Love has the aspect of friendliness toward sentient beings and wishes them to be well and happy

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Immeasurable Love

“How wonderful it would be if all sentient beings had happiness and its causes.
May they have these.
I shall cause them to have these.
Please Guru Buddha, inspire me to be able to do this”



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Immeasurable Compassion

Compassion has the aspect of relieving suffering

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Immeasurable Compassion

“How wonderful it would be if all sentient beings could be free from misery and the cause of misery.
May they be free of their misery.
May I be able to lead them to such freedom.
Please Guru Buddha, inspire me to be able to do this”



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Immeasurable Joy

Joy delights at the happiness and good fortune of others

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Immeasurable Joy

“How wonderful it would be if all sentient beings were never parted from upper rebirth and liberation’s excellent bliss
May they never be parted.
I shall cause them to never be parted.
Please Guru Buddha, inspire me to be able to do this”



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Immeasurable Equanimity

Equanimity is characterized by promoting the aspect of balance toward beings

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Immeasurable Equanimity

“How wonderful it would be if all sentient beings were to abide in equanimity, free of bias, attachment and anger.
May they abide in this way.
I shall cause them to abide in this way.
Please Guru Buddha, inspire me to be able to do this”



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What’s My Take-Away?

- You know sitting and dressing can be means for practicing Dharma
- You know about refuge and its causes
- You know four immeasurable thoughts

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Read

- Mind Map 2
- Meditations pages 1-5
- Shakyamuni Practice pages 8-11

Memorise

- The mandala offering (Shakyamuni Practice)

Coming up

- Seven Limbs and 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

