



Establishing a Daily Practice 2023

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

Class 6


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

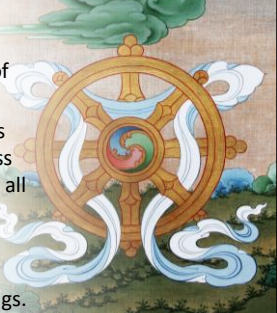
Reverently I prostrate with my body, speech, and mind;

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.



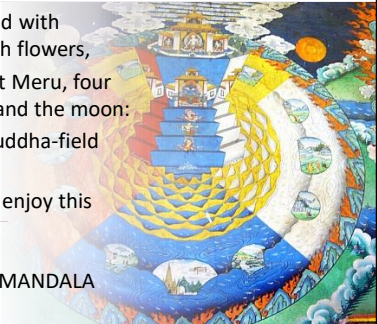
4

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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We Have Covered

- Dharma and meditation
- Speech blessing
- Four Preparations – cleaning, offering, seat, refuge
- Everyday dharma



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Today's Topics

- Everyday Dharma
- The Preparatory Practices of the Seven Limbs

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Useful Books

8

Six Preparatory Practices

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Drinking

“To the supreme teacher, the precious Buddha,
To the supreme refuge, the precious Dharma,
To the supreme guides, the precious Sangha –
To all objects of refuge, I make this offering”

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The Purpose of the Limbs

- Purify negative karma
- Accumulate merit
- Increase merit

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What is Merit?

- Ability
- Power
- Good fortune

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Karma, Virtue & Merit

1. Karma is action
2. Virtue is a phenomenon that functions as a main cause of happiness
3. Merit is the cause of happiness, high rebirth, liberation, and enlightenment

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How Can I Collect Merit?

- Engage in the 7 limb practice
- Recite sutras
- Do as much as you can with an altruistic attitude
- Rejoice often
- Dedicate with bodhicitta



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The Seven Limb Prayer

Reverently I **prostrate** with my body, speech and mind, and present clouds of **offerings**, actual and mentally transformed.

I **confess** all my destructive 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 sentient beings.

I **dedicate** the merits of myself and others to the great enlightenment.


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The Functions of Each Limb

Prostration	• Merit of devotion
Charity	• Merit of generosity
Declare negativities	• Purify three poisons
Rejoicing	• Accumulate and increase merit
Requesting	• Merit of guru devotion
Beseeching	• Merit of the teachings
Dedication	• Accumulate and preserve merit

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1. Prostrations



- Restrain, reduce, then abandon arrogance
- Replace with appreciation and humility

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2. Offerings



- Restrain, reduce, then abandon stinginess
- Replace with charity, and increase delight

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3. Purification



- Cleaning up your karma

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Laying Down the Burden



1. Regret
2. Resolve
3. Refuge
4. Remedy

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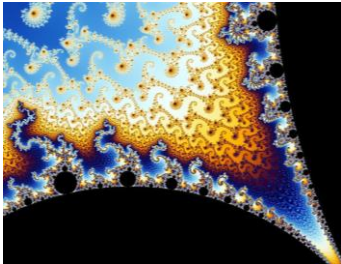
The Purifying Remedies



- Read
- Recite
- Create
- Offer
- Meditate

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4. Rejoicing



- Lay down your burdens
- Constructive actions of all


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5. Requests



Create the causes to receive future teachings

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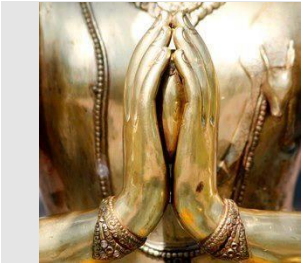


6. Beseeching Prayer

Stay and guide us
Purify abandoning the dharma and disrespecting the teacher

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7. Dedication



Direct merit so that it will ripen accordingly

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The Importance of Dedication

1. What is dedicated? *Your virtues*


2. Why dedicate them? *So they won't be lost*

3. To what aim do you dedicate them? *Supreme enlightenment*

4. For whose sake? *All sentient beings*

5. How do you dedicate them? *By uniting method and wisdom*

6. What's the nature of the dedication? *A wish that the merit never be lost and that it will be a complete cause for enlightenment*



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What's My Take-Away?

You know the importance of merit making and purification

You know that the seven-limbs are an easy way to do both

Drinking can be a form of merit making

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Read:

Mind Map 2

Meditations pages 7-9 and 11-12

Shakyamuni Practice pages 12-13

Memorise

The seven-limbs prayer

Coming up:

The mandala offering

Eating food becomes everyday Dharma

Next Week

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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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