



Establishing a Daily Practice 2023

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

Class 7


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

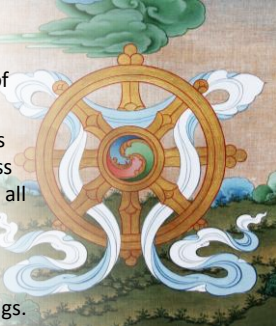
Reverently I prostrate with my body, speech, and mind;

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.



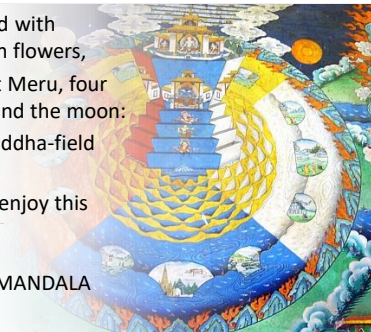
4

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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What We Have Covered

- Dharma and meditation
- Speech blessing
- Five Preparations
- Everyday Dharma



6



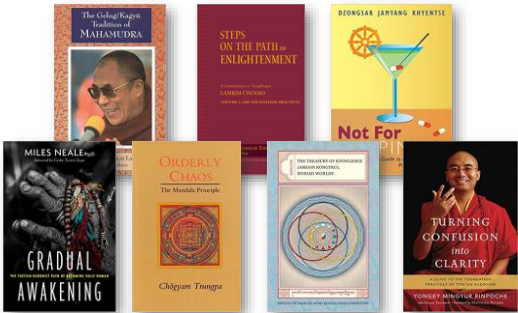
Today's Topics

Everyday Dharma
Preparatory Practices of the:

- Mandala offering
- Requests for inspiration

7


Useful Books



8


Eating

May we and those around us, in all future lives,
Never be separated from the Three Rare Sublime Ones,
Continuously make offerings to the Three Rare Sublime Ones,
And receive the inspiration of the Three Rare Sublime Ones.




9


Six Preparatory Practices



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What is a Mandala?





- That which circles about a centre
- Absorbing the essence

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Why Make Mandalas?


The merit of:

- Realisations of the path
- The six perfections




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Short Outer Mandala Offering

his 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 MANDALAKAM NIRYATAYAMI

Mandala Mudra



The diagram illustrates the Mandala Mudra and its symbolic representation. On the left, a line drawing shows two hands in the Mandala Mudra position, with the index fingers and thumbs touching to form a circle, while the other three fingers are extended. On the right, a circular diagram represents the mandala. At the center is a square structure with a flame on top, labeled 'Mt. Meru'. To the left of the square is a circle labeled 'Sun' and to the right is a circle labeled 'Moon'. The square is surrounded by a wavy line representing water, with labels 'South' at the top, 'East' at the bottom, and 'West' on the left. The entire circular diagram is enclosed in a double-lined circle.

Types of Mandala

- Square
- Round
- Semi-circle
- Triangle


- Outer
- Inner
- Secret
- Suchness

- Hearers
- Highest yoga tantra
- Kalachakra tantra
- Dzogchen

- Painted
- Precious stones
- Grains
- Sand

- 7
- 23 (Tara puja)
- 25
- 37 (Guru Puja)

The Inner Mandala Offering



he objects of my attachment, aversion
and ignorance –

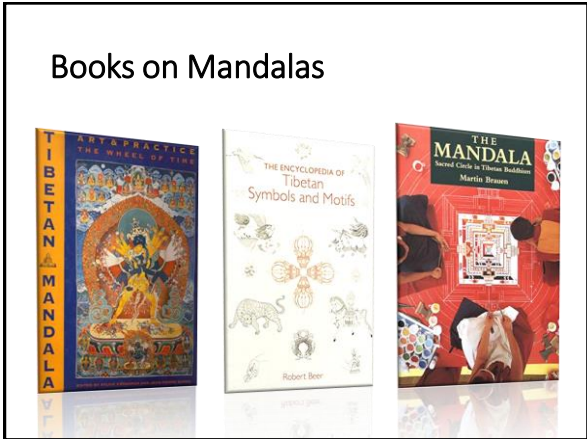
Friends, enemies, strangers – and my body,
wealth, and enjoyments;

Without any sense of loss, I offer this collection.

Please accept it with pleasure and bless me with
freedom from the three poisons.

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

A golden, tiered ceremonial object, possibly a Kalash, adorned with garlands and topped with a coconut.



3



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Prayer for Three Great Purposes

Please grant me blessings to cease immediately all wrong conceptions, from incorrect devotion to the guru up to the subtle dual view of the white appearance, red increase, and black near attainment.

Please grant me blessings to actualise immediately all the correct realisations, from guru devotion up to the unification of no more learning.

Please pacify immediately all outer and inner obstacles.

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

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What's My Take-Away?

- You know what a mandala is, and the purpose for making and offering them
- Eating can be a form of merit making

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Read


- Mind Map 2
- Meditations pages
- Shakyamuni Practice pages

Memorise

- The mandala offering

Coming up

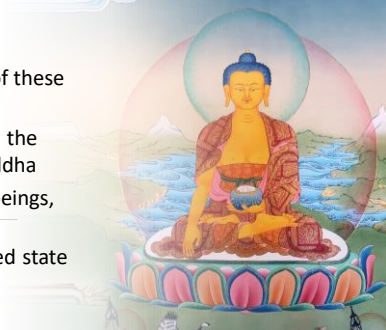
- Shakyamuni Buddha sadhana
- More everyday Dharma



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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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