


How to Develop Bodhicitta

2020 – Class 1



An 8-week Discovering Buddhism course with registered FPMT teacher, Eddie Peet


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Refuge & Bodhicitta

I go for refuge until I am enlightened

To the Buddha, the Dharma, and the Supreme Assembly

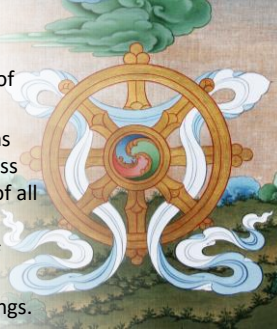
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



2

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.

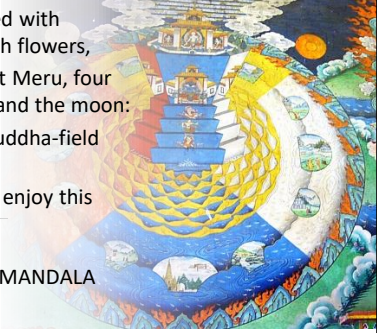


3

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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Course Topics

- Impartiality and compassion
- Developing bodhicitta
- The perfections and the vow



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Today’s Outcomes

Compassion


Bodhicitta

- Definition
- Types
- Benefits



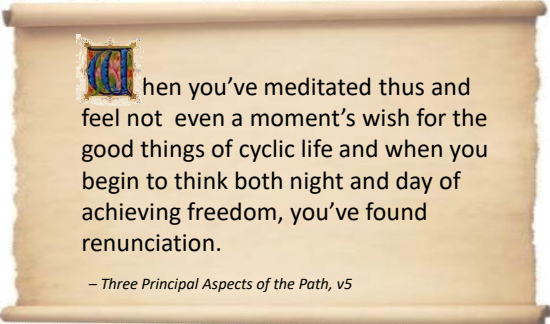
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Suggested Reading



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Jetsun Lama Tsong Khapa said...



When you’ve meditated thus and feel not even a moment’s wish for the good things of cyclic life and when you begin to think both night and day of achieving freedom, you’ve found renunciation.

– Three Principal Aspects of the Path, v5

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Extending Our Wish for Freedom

OUR OWN FREEDOM

Depends upon a deep and pure self-compassion imbued with wisdom

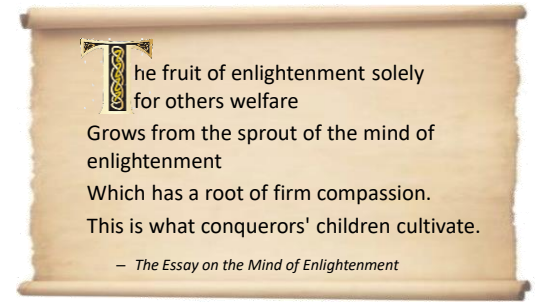
ALL OTHERS FREEDOM

Depends upon us extending our compassion to every living being



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The Arya Nagarjuna said . . .



The fruit of enlightenment solely for others welfare
Grows from the sprout of the mind of enlightenment
Which has a root of firm compassion.
This is what conquerors’ children cultivate.

– The Essay on the Mind of Enlightenment

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Compassion

A virtuous mind that wishes others to be free from suffering

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Beginning, Middle and End



- Start to practice
- Continue the practice
- Accomplish the practice

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Observing Mere Living Beings

Every sentient
being lacks control



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Mediating on Compassion

How wonderful it would be if
this person were free from
suffering and its causes.
May they be free from suffering and
its causes
I will free them from suffering and its
causes



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Meditating On Compassion


Please Guru, Buddha and
bodhisattvas, deities, dharma
protectors, and arhats,

Help me to free all sentient
beings from suffering and its
causes.

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Observing Phenomena

Every sentient
being is subject to
change



16

Observing the Unobservable

Every sentient
being is empty of
inherent existence



17

Great Compassion

A virtuous mind
that wishes to
protect all living
beings from
their suffering



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Defining Bodhicitta

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



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When is Bodhicitta Authentic?

When it arises
naturally without
effort and remains
constant



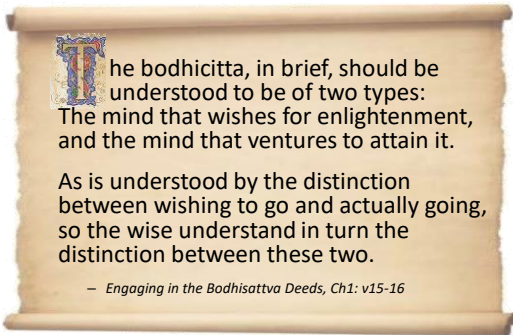
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The Arya Shantideva said . . .

The bodhicitta, in brief, should be understood to be of two types: The mind that wishes for enlightenment, and the mind that ventures to attain it.

As is understood by the distinction between wishing to go and actually going, so the wise understand in turn the distinction between these two.

— Engaging in the Bodhisattva Deeds, Ch1: v15-16



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Classifying Bodhicitta by Entity

1. Wishing Bodhicitta 2. Engaging Bodhicitta

- a) Mere wish
- b) Committed wish: “from this day forward I will not forsake this aspiration”

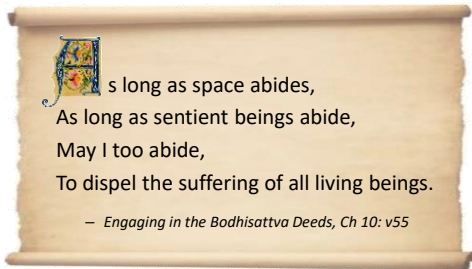


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The Arya Shantideva said . . .

As long as space abides,
As long as sentient beings abide,
May I too abide,
To dispel the suffering of all living beings.

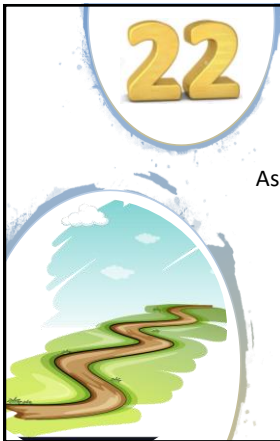
— Engaging in the Bodhisattva Deeds, Ch 10: v55



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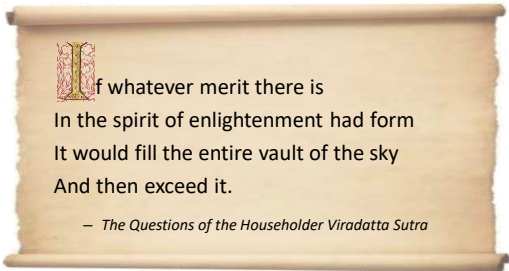
Bodhicitta of the Paths and Grounds

As for this: **earth, gold, moon, fire, treasure**, jewel mine, ocean, vajra, mountain, medicine, friend, **wish-fulfilling gem**, sun, **song**, king, treasure-vault, highway, seed, spring, **lute, river, and cloud**: These are the 22 aspects.



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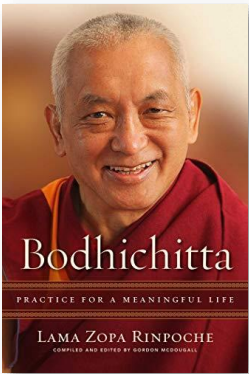
The Buddha said...



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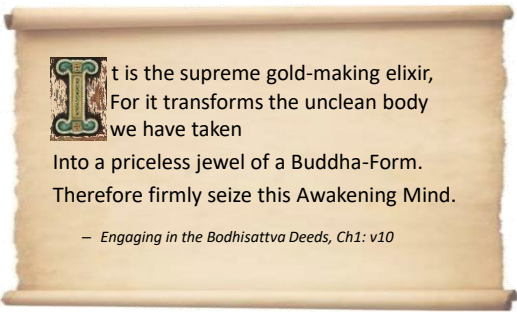
The Benefits of Bodhicitta

- 1. It reduces selfishness
- 2. There is less worry
- 3. We naturally become content and happier
- 4. Our joy attracts others
- 5. Life becomes truly meaningful



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Arya Shantideva said...



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What's My Take-Away?

- Knowledge of the different types of compassion.
- You know what bodhicitta is, its types, some of its benefits and how it's developed.

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Read:

- Pages 5-17
- Pages 43-45
- Page 1-2 LTC Supplementary reading

Coming up:

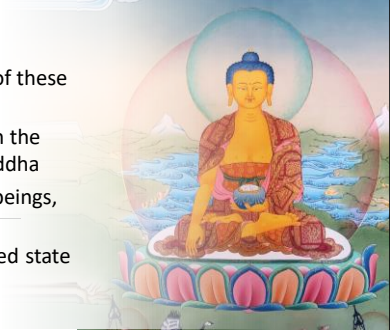
- Three forms of equanimity
- The equanimity of the Mahayana
- How to meditate on equanimity



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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 Verse

May the supreme jewel bodhicitta
Not yet born, arise and grow
May that born have no decline
But increase forever more

