


How to Develop Bodhicitta

2022 – Class 5



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

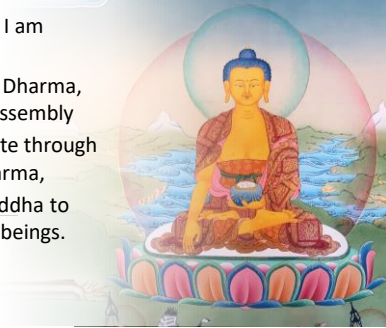
1

Refuge & Bodhicitta

I go for refuge until I am enlightened

To the Buddha, the Dharma, and the Supreme Assembly

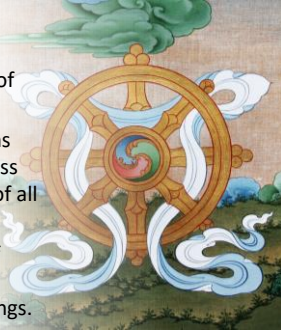
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



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.

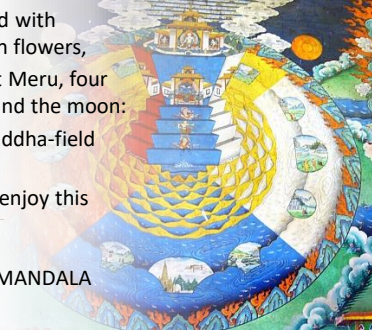


3

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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What We've Covered

1. Three types of compassion
2. Bodhicitta – radical altruism
3. Impartiality and its types
4. Seven cause and effect method
5. The equalizing meditation



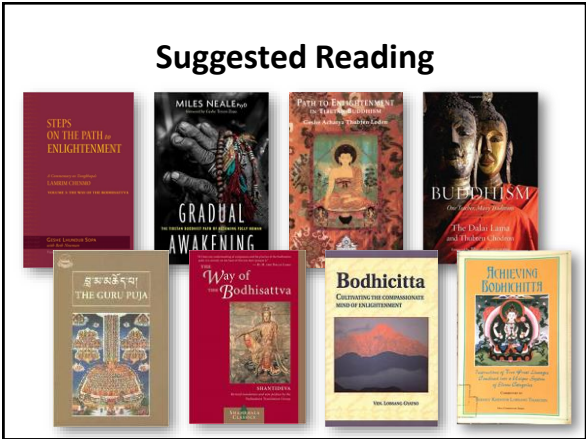
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Today’s Outcomes

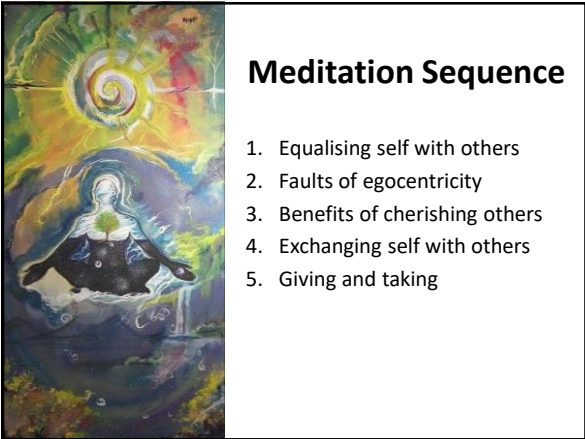


The five points of Shantideva’s ‘Equalising and Exchanging self for other’ meditation

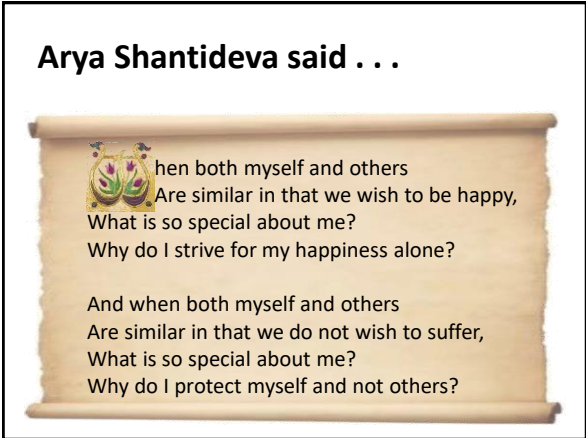
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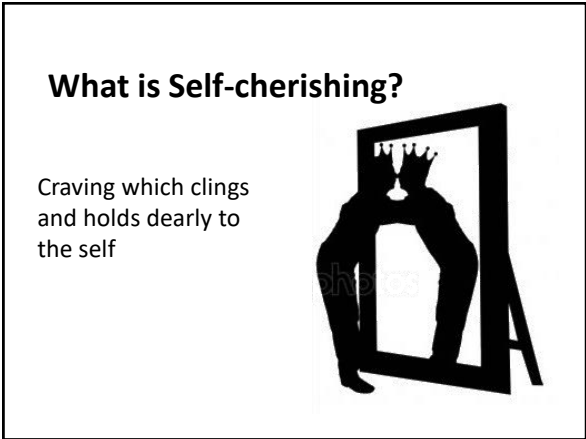
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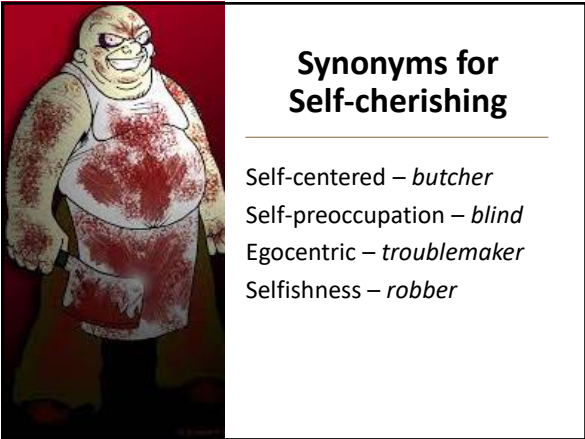
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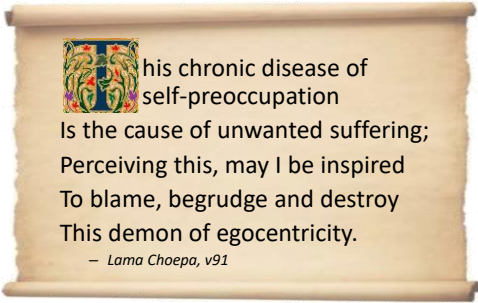


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Panchen Lama Choekyi Gyaltsen said



his chronic disease of self-preoccupation
Is the cause of unwanted suffering;
Perceiving this, may I be inspired
To blame, begrudge and destroy
This demon of egocentricity.
— Lama Choepa, v91

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2. Disadvantages of Self-Preoccupation

To inspire within us renunciation and compassion

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Geshe Chekawa said . . .



anish the one object of all blame.
Meditate on the great kindness of all.
— Seven-point Mind Training, v2

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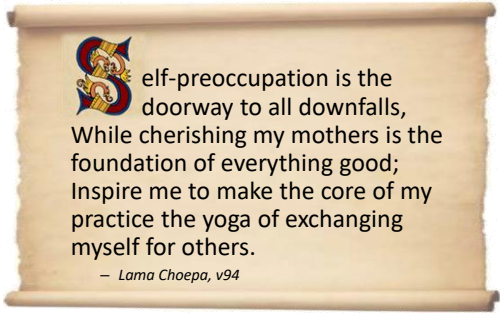
3. Benefits of Cherishing Others

Inspire your own cherishing love



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Panchen Lama Choekyi Gyaltsen said



Self-preoccupation is the doorway to all downfalls,
While cherishing my mothers is the foundation of everything good;
Inspire me to make the core of my practice the yoga of exchanging myself for others.
— Lama Choepa, v94

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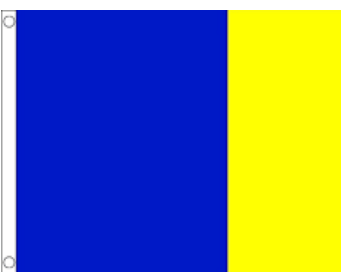


4. Exchanging Self For Others

Inspiring courage

Cherish others as you presently do yourself and
Neglect yourself as you presently do others

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Self and other are different in the same way that blue and yellow are different


First Problem

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Arya Shantideva said . . .

elf and others are dependently established;
They are false, like this shore and the other shore.
That shore is not in itself the *other* shore;
In relation to someone else it is *this* shore.
The self is not established in and of itself;
In relation to someone else it is other.

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Your suffering does not harm me, it's not my problem

Second Problem


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What's My Take-Away?

- Knowledge of the first four points of the Equalizing and exchanging self for others meditation

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Read:

- FPMT Notes pages 74-82
- Meditations pages 3-4

Coming up:

Tsongkhapa's Uncommon method

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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

