


How to Develop Bodhicitta

2022 – Class 6



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

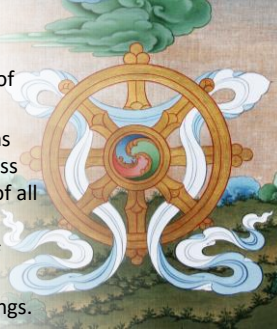
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



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.

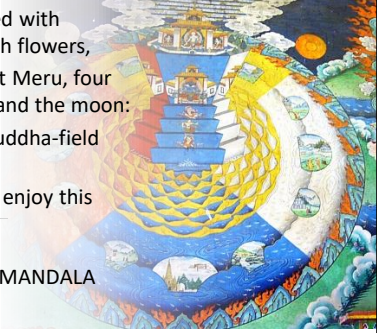


3

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. Compassion and Bodhicitta
2. Equanimity
3. Seven cause and effect method
4. The equalizing meditation
5. Exchanging self for others



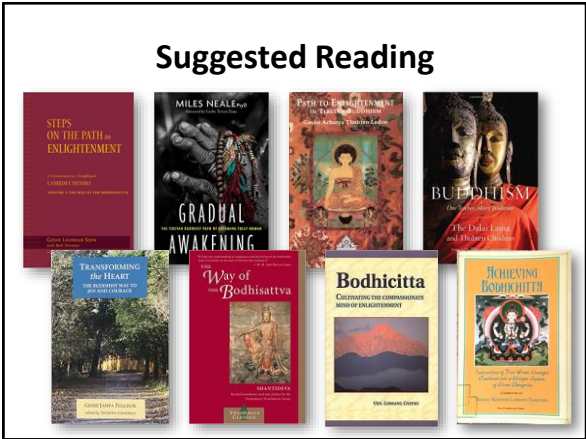
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Today's Outcomes

Lama Tsong Khapa's Uncommon Eleven Point meditation



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Meditation Sequence

1. Immeasurable equanimity
2. Recognise all beings as kin
3. Remember their kindness
4. Repay their kindness
5. Sameness of self and others
6. Disadvantages of egocentricity
7. Advantages of cherishing others
8. Exchange of self-preoccupation
9. Taking sufferings
 - Giving everything lovely
10. The whole-hearted resolve
11. Radical altruism

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11 Points to Inspire

1. Immeasurable equanimity
2. Recognise all beings as kin
3. Remember their kindness
4. Repay their kindness
5. Sameness of self and others
6. Disadvantages of egocentricity
7. Advantages of cherishing others
8. Exchanging self for others
9. Taking sufferings
 - Giving everything lovely
10. Whole-hearted resolve
11. Radical altruism

1. Remove bias and balance social reactivity
2. Commonality and solidarity
3. Gratitude
4. Reciprocity of affection
5. Empathy
6. Renunciation and compassion
7. Affectionate love
8. Courage
9. Courageous compassion
 - Selfless love
10. Responsibility and purpose
11. Action

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Geshe Chekawa said . . .

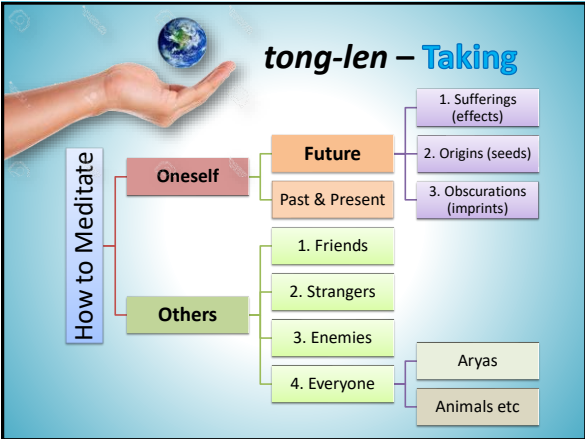
Practice in combination
Both giving and taking.
Commence the taking from your side.
Place these two astride the breath.
— Seven-point Mind Training, v2

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9. Taking Suffering

Inspiring great courageous compassion

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Giving Everything Lovely

Inspires selfless love



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tong-len – Giving

How to Meditate

Oneself

Others

Future

Past & Present

1. Friends

2. Strangers

3. Enemies

4. Everyone

Contaminated Happiness

Uncontaminated Happiness

Guru & Buddhas

Bodhisattvas

Insects, animals

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10. Wholehearted Resolve

Inspires responsibility and purpose

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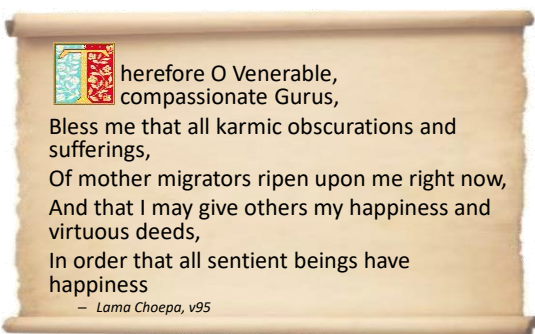
11. Radical Altruism



Inspires action

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Panchen Lama Choekyi Gyaltsen said..



herefore O Venerable, compassionate Gurus,
Bless me that all karmic obscurations and sufferings,
Of mother migrators ripen upon me right now,
And that I may give others my happiness and virtuous deeds,
In order that all sentient beings have happiness
— Lama Choepa, v95

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SUMMARY



- Introduced Lama Tsong Khapa’s Uncommon Eleven Point meditation
- Answered nine of the review questions

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Read:

- Meditations, pages 9 & 12

Coming up:

- The vows of bodhicitta

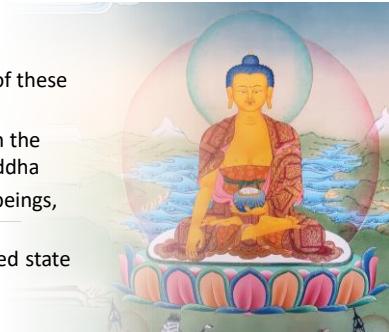
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Dedication

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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