


How to Develop Bodhicitta

2022 – Class 7



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

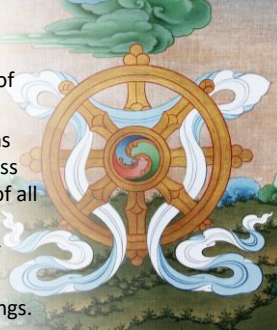
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



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.

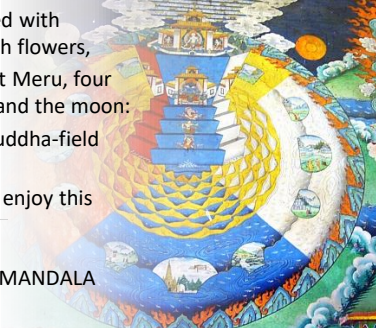


3

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
6. The eleven-point method



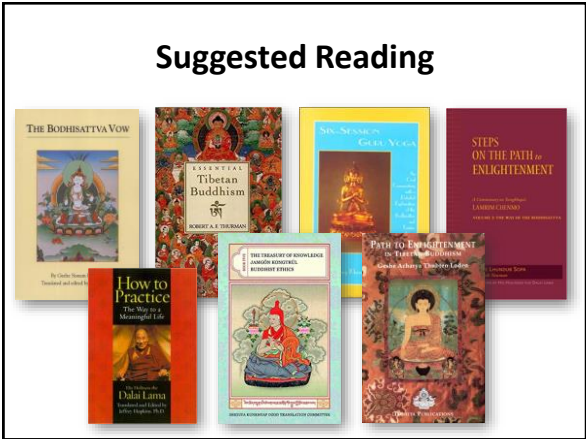
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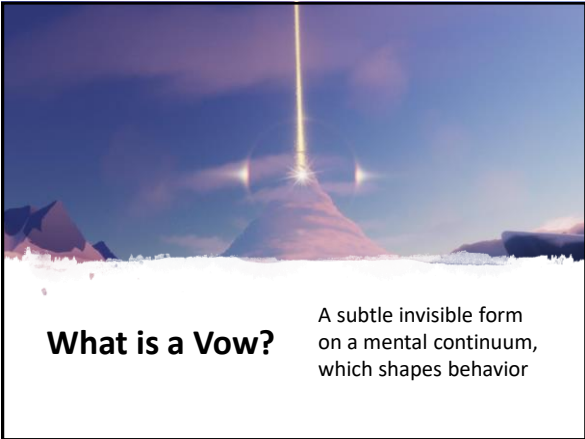
Today’s Outcomes

- The Bodhisattva Vow
- 6 of its 18 root downfalls

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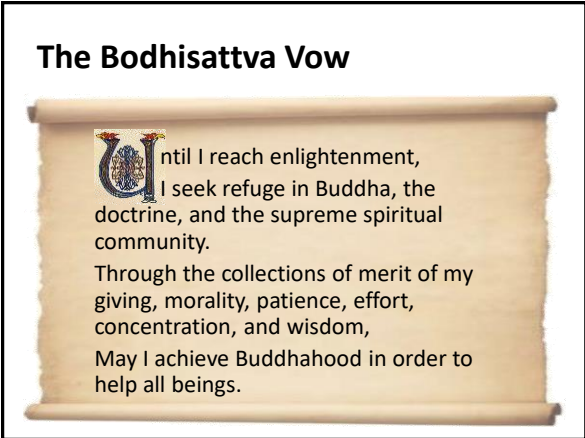
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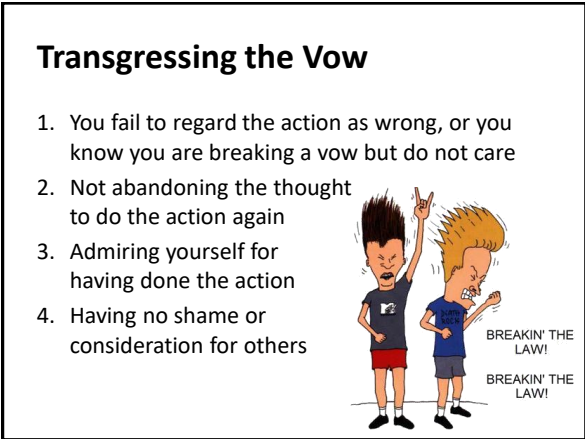
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The 1st Binding Factor

You fail to regard the action as wrong, or you know you are breaking a vow but do not care




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The 2nd Binding Factor

Not abandoning the thought to do the action again

14



The 3rd Binding Factor

Admiring yourself for having done the action

15




The 4th Binding Factor

Having no shame or consideration for others

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The Root Downfalls


“I cannot attain enlightenment”



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Root Downfalls 1 - 6

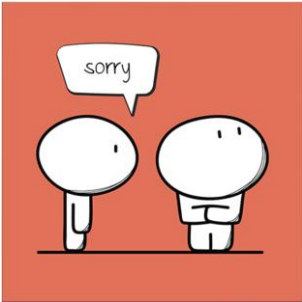
1. Praising ourselves and/or belittling others
2. Not sharing Dharma teachings or wealth
3. **Not listening to others' apologies or striking others**
4. Discarding the Mahayana teachings and propounding made-up ones
5. Taking offerings intended for the Triple Gem
6. **Forsaking the holy Dharma**



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Root
Downfall
#3


Not listening to others' apologies, or striking others



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Root
Downfall
#6

Angrily refuting the holy Dharma



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Root Downfalls 7 - 12

7. Disrobing monastics or committing such acts as stealing their robes


8. Committing any of the five heinous crimes

9. Holding a distorted, antagonistic outlook

10. Destroying places such as towns

11. Teaching voidness to those whose minds are untrained


12. Turning others away from full enlightenment



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Root Downfall #9

Holding a distorted, antagonistic outlook



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Root
Downfall
#12

Turning others away from full enlightenment



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Root Downfalls 13 - 18

13. Turning others away from pratimoksha vows


14. Belittling the shravaka vehicle

15. Proclaiming a false realization of emptiness

16. Accepting what has been stolen from the Triple Gem

17. Establishing unfair policies

18. Giving up bodhicitta



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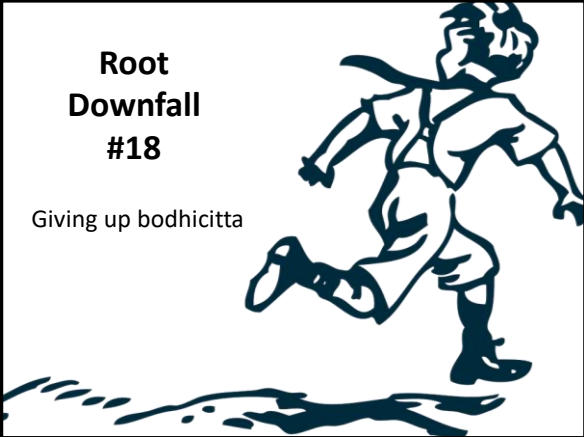
**Root Downfall
#15**

Proclaiming a false realization of voidness

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**Root Downfall
#18**

Giving up bodhicitta



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Repairing the Vow

1. **Remorse** – Eradication

2. **Restraint** – Turning away from faults


3. **Refuge** – The foundation

4. **Remedy** – Applying remedies




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SUMMARY



- Introduction to the Bodhisattva vow
- Six of the eighteen root downfalls

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Read:

- Continue with any of the meditations that you find suitable for yourself

Coming up:

- The Perfections

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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

