


How to Develop Bodhicitta

2022 – Class 8



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

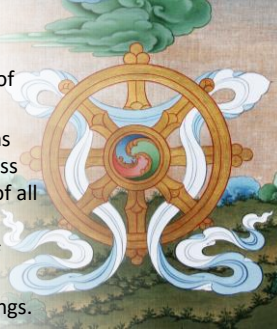
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



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.

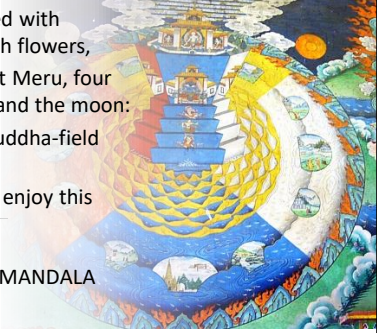


3

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 11-point method
7. The Bodhisattva Vow

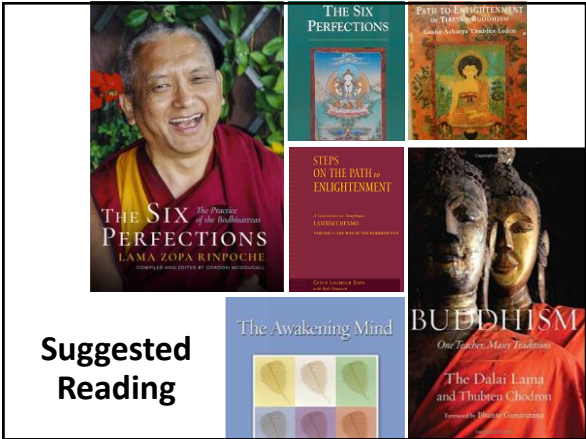
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Today’s Outcomes

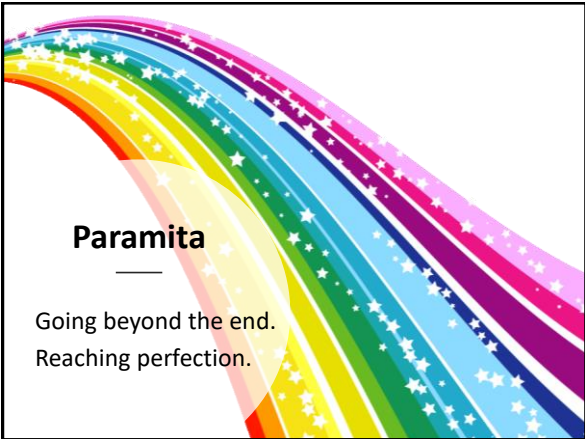
The Perfections



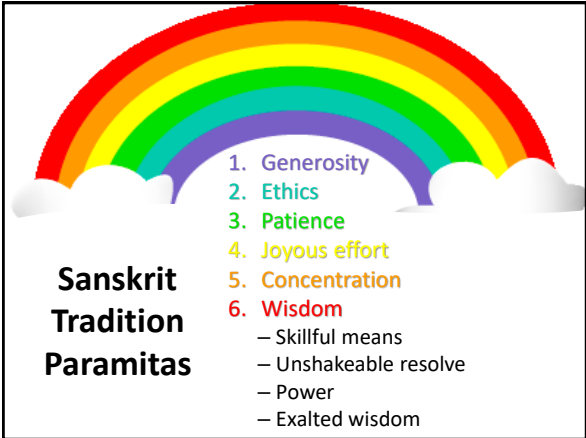
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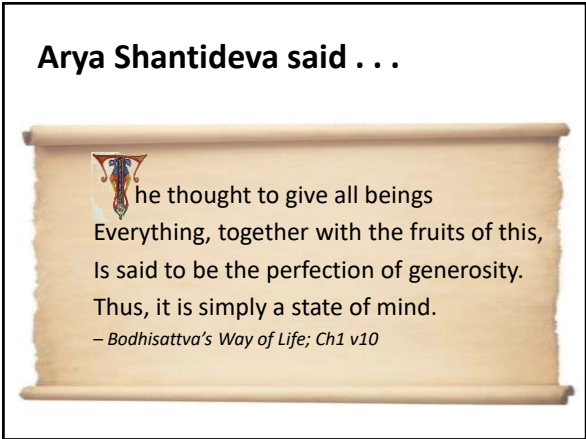
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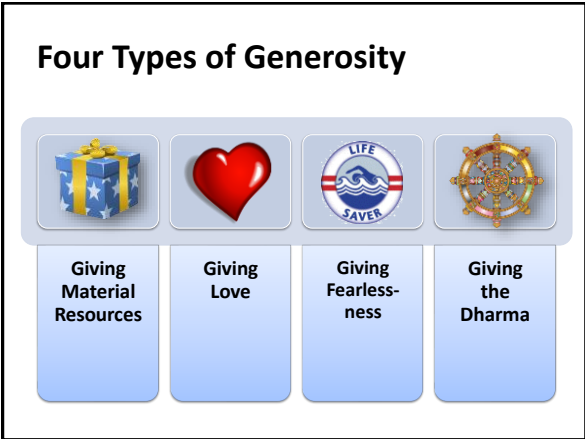
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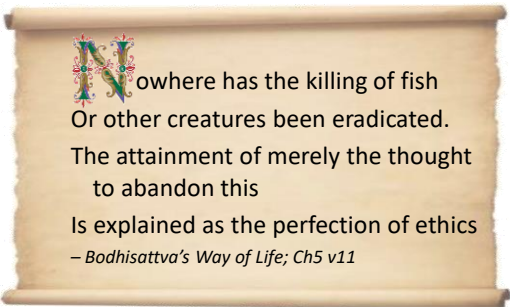
Perfection of Ethical Conduct



The attitude of abandoning all thoughts of harming others by relinquishing the egocentric attitude

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Arya Shantideva said . . .




Nowhere has the killing of fish
Or other creatures been eradicated.
The attainment of merely the thought
to abandon this
Is explained as the perfection of ethics
— Bodhisattva's Way of Life; Ch5 v11

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Three Types of Ethical Conduct



Ethics of restraint from wrongdoing
avoid the natural negativities and the negativities by decree




Ethics of accumulating merit
the ten virtues, six perfections, shame and embarrassment



Ethics of benefiting living beings
eleven ways: help those who suffer, those in danger, those homeless etc.

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Perfection of Fortitude




The ability to remain resolute and calm in the face of hardship or suffering

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Three Types of Fortitude



Patience of learning to disregard harm inflicted by others



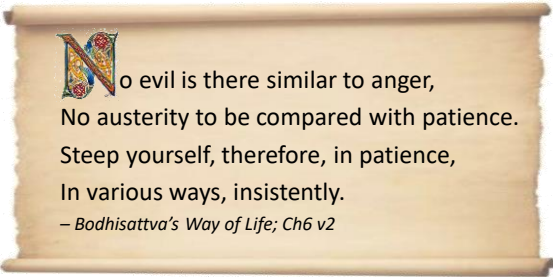
Patience of learning to accept the different levels of suffering



Patience of learning to overcome all adverse feelings through understanding the Dharma

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Arya Shantideva said . . .



No evil is there similar to anger,
No austerity to be compared with patience.
Steep yourself, therefore, in patience,
In various ways, insistently.
— Bodhisattva's Way of Life; Ch6 v2

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Wisdom Supports Fortitude

Since all phenomena are selfless, who can harm whom?

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Joyous effort is an attitude that takes delight in virtue




Perfection of Joyous Effort

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Three Types of Joyous Effort



Armour-like joyous effort




The joyous effort of gathering virtuous dharmas



The joyous effort of benefiting living beings


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A mental factor that is capable of abiding one-pointedly on an object of virtue without distraction



Perfection of Meditative Stability

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Perfection of Wisdom

A mental factor able to correctly discern the object of analysis

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Six Paramitas & One Cup of Tea



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Six in One Cup of Tea

1. **Generosity** – offering tea with bodhicitta
2. **Ethical conduct** – not harming physically or verbally
3. **Fortitude** – the mind is calm
4. **Joyous effort** – delight in giving
5. **Meditative stability** – keeping bodhicitta
6. **Wisdom** – emptiness of giver, gift, recipient and act of giving



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SUMMARY



- The Perfections of Generosity, Ethics, Patience and Joyous Effort, Concentration and Wisdom

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The Future



- Watch the video of Discovering Buddhism **Unit 10: How to Develop Bodhicitta** on youtube
- Complete the meditations
- Do the Chenrezig Sadhana with mantra
- A short retreat on the Chenrezig Guru Yoga inseparable with HH the Dalai Lama
- Animal liberation practice
- Plan when to do a Nyung-Ne

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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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