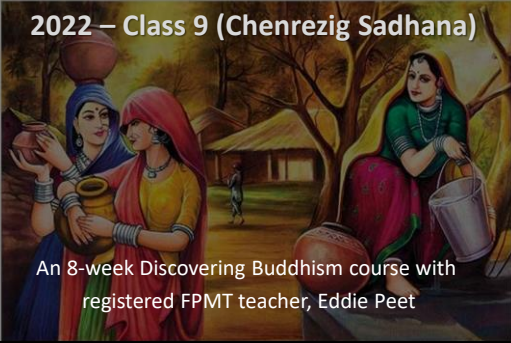


## How to Develop Bodhicitta

### 2022 – Class 9 (Chenrezig Sadhana)



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

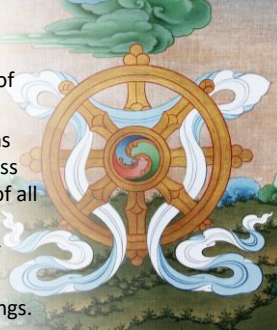
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



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.

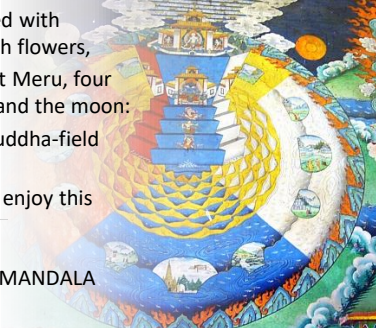


3


## 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



4




## What We've Covered

1. Compassion and Bodhicitta
2. Equanimity
3. Atisha’s method
4. Shantideva’s method
5. Lama Tsongkhapa’s method
6. The Bodhisattva Vow
7. The Perfections

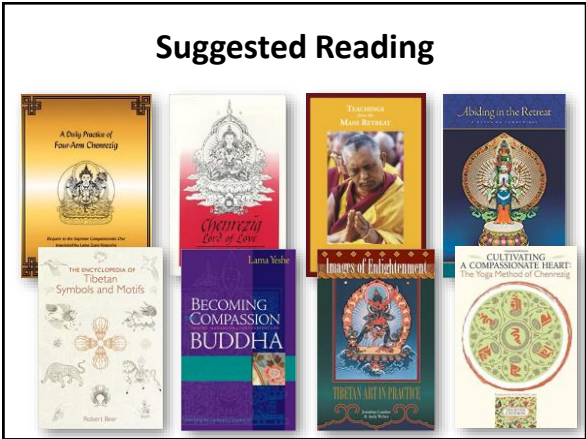
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## Today’s Outcomes

A Daily Practice of Four-Arm Chenrezig



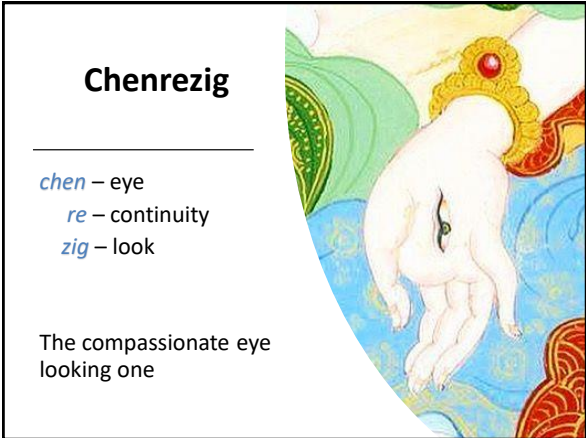
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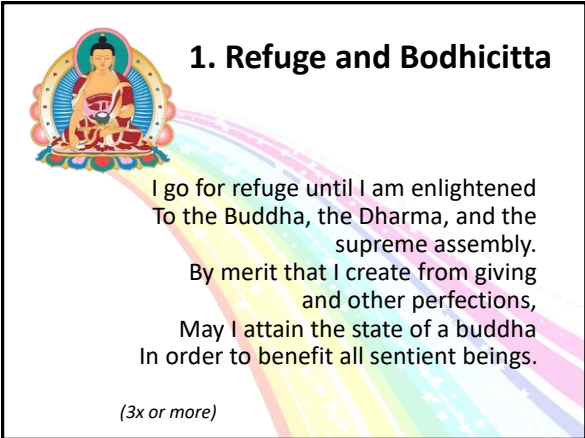
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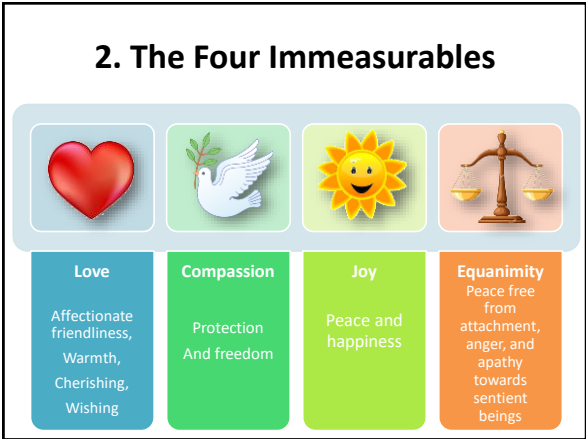
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11



12

### 4. Visualisation of Merit Field

Manifesting as conscious energy, in the nature of transcendent, blissful, clear light wisdom and universal compassion

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### Meaning of the Symbols

14

### 5. The Seven-Limb Prayer

- Homage – Admiring qualities
- Make offerings
- Revealing negativities
- Rejoice in virtues
- Requesting presence
- Requesting guidance
- Dedicate merits

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### 6. Mandala Offering

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### 7. Prostration and Praise

17

### 8. Visualisation for Mantra


18



### The Long Chenrezig Mantra

NAMO RATNA TRAYAYA / NAMA ARYA JNANA SAGARA /  
VAIROCHANA BU HARA JAYA / TATHAGATAYA //  
ARHATE SAMYAKSAM BUDDHAYA / NAMA SARVA  
TATHAGATA BHYA // ARHATE BHYA //  
SAMYAKSAM BUDDHE BHYA / NAMA ARYA  
AVALOKITESHVARA BODHISATTVAYA //  
MAHA SATTVAYA / MAHA KARUNI KAYA //  
TADYATHA OM / DHARA DHARA // DHIRI DHIRI //  
DHURU DHURU / ITE VATE // CHALE CHALE //  
PRACHALE PRACHALE / KUSUME KUSUME  
VARE ILI MILI / CHITI JVALA APANYE SOHA

19



### Meanings of the Chenrezig Mantra

OM - body of all buddhas  
MANI – jewel (method)  
PADME – lotus (wisdom)  
HUNG - mind of all buddhas

The one who holds the jewel and the lotus

20



21


### 9. Dedication



Contradict the negativity of selfishness and indifference

22

### SUMMARY



Daily Practice of Four-Arm Chenrezig

23



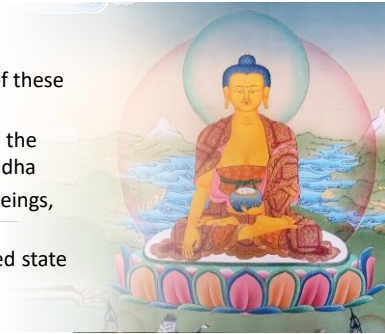
### Coming up:

- Ven Robina Courtin
  - Lunchtime meditations (Tues-Fri) 12pm
  - Public Talks (Tuesday & Thursday) 7pm
  - Weekend Course (10 am & 2 pm both days)
- Next DB unit: Transforming Problems Into Happiness

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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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