

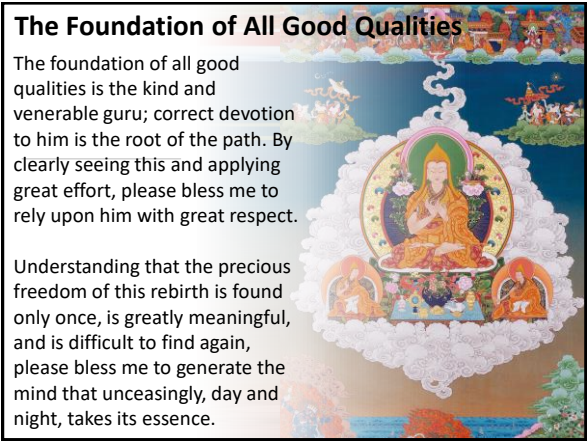


Presenting the Path

CLASS 1 - 2022

A 9-week Discovering Buddhism course with registered FPMT teacher, Eddie Peet

1

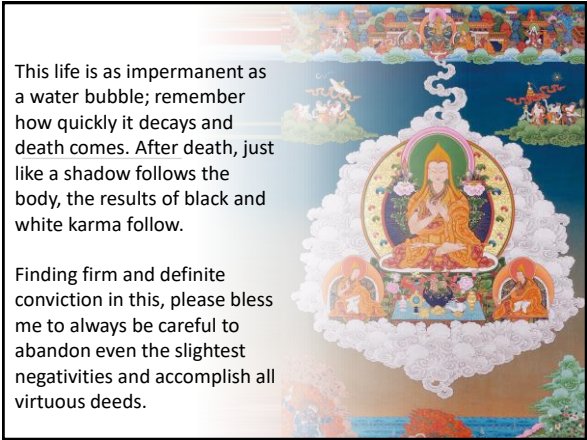


The Foundation of All Good Qualities

The foundation of all good qualities is the kind and venerable guru; correct devotion to him is the root of the path. By clearly seeing this and applying great effort, please bless me to rely upon him with great respect.

Understanding that the precious freedom of this rebirth is found only once, is greatly meaningful, and is difficult to find again, please bless me to generate the mind that unceasingly, day and night, takes its essence.

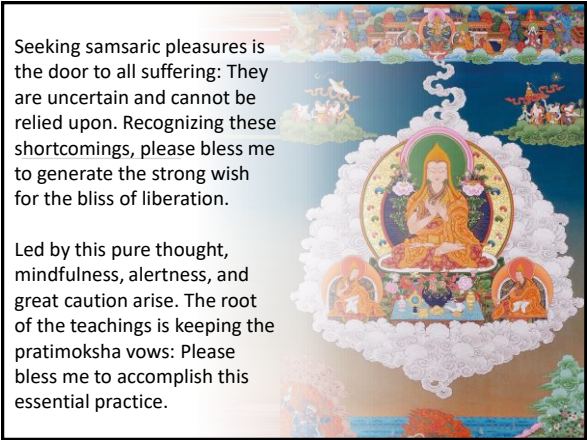
2



This life is as impermanent as a water bubble; remember how quickly it decays and death comes. After death, just like a shadow follows the body, the results of black and white karma follow.

Finding firm and definite conviction in this, please bless me to always be careful to abandon even the slightest negativities and accomplish all virtuous deeds.

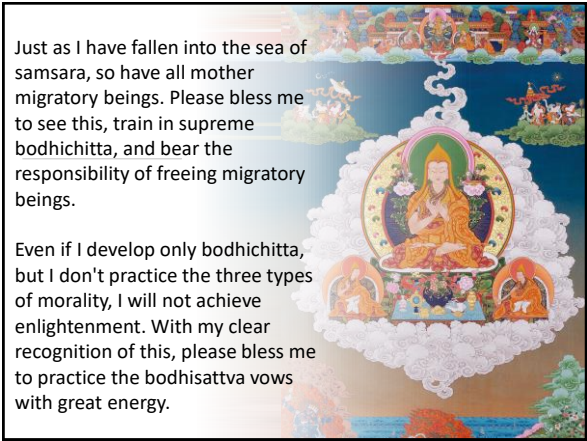
3



Seeking samsaric pleasures is the door to all suffering: They are uncertain and cannot be relied upon. Recognizing these shortcomings, please bless me to generate the strong wish for the bliss of liberation.

Led by this pure thought, mindfulness, alertness, and great caution arise. The root of the teachings is keeping the pratimoksha vows: Please bless me to accomplish this essential practice.

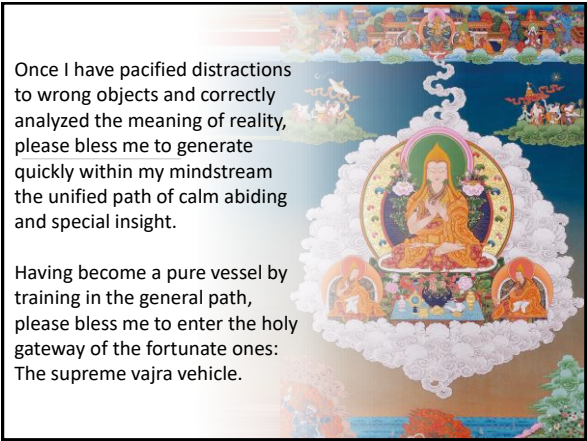
4



Just as I have fallen into the sea of samsara, so have all mother migratory beings. Please bless me to see this, train in supreme bodhichitta, and bear the responsibility of freeing migratory beings.

Even if I develop only bodhichitta, but I don't practice the three types of morality, I will not achieve enlightenment. With my clear recognition of this, please bless me to practice the bodhisattva vows with great energy.

5



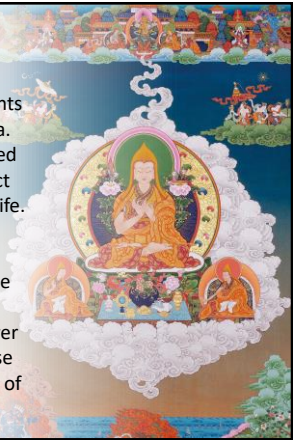
Once I have pacified distractions to wrong objects and correctly analyzed the meaning of reality, please bless me to generate quickly within my mindstream the unified path of calm abiding and special insight.

Having become a pure vessel by training in the general path, please bless me to enter the holy gateway of the fortunate ones: The supreme vajra vehicle.

6

At that time, the basis of accomplishing the two attainments is keeping pure vows and samaya. As I have become firmly convinced of this, please bless me to protect these vows and pledges like my life.


Then, having realized the importance of the two stages, the essence of the Vajrayana, by practicing with great energy, never giving up the four sessions, please bless me to realize the teachings of the holy guru.



7

Like that, may the gurus who show the noble path and the spiritual friends who practice it have long lives. Please bless me to pacify completely all outer and inner hindrances.


In all my lives, never separated from perfect gurus, may I enjoy the magnificent Dharma. By completing the qualities of the stages and path, may I quickly attain the state of Vajradhara.



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The Course Outline

- 9 weeks in total
 - 8 classes
 - A review class
- Topics include
 - A brief history of Buddhism
 - The life story of the Buddha in twelve deeds
 - The stages of the path
 - A short lam-rim meditation for memorization “Foundation of All Good Qualities”

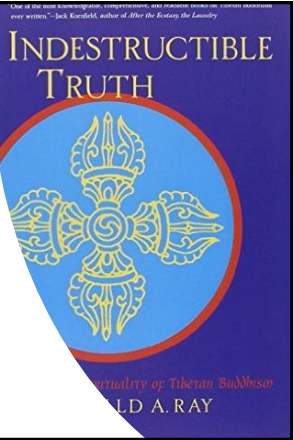


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Today's Topics

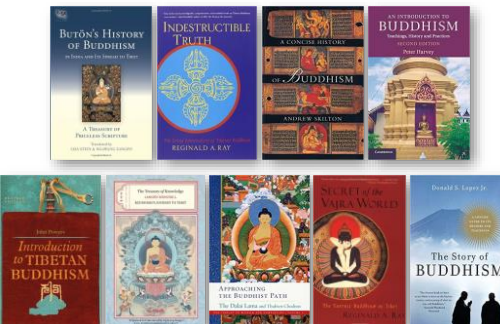
A Short history of Buddhism

1. Dharma in India
2. The spread of the Dharma
3. Dharma in Tibet
4. Dharma in Australia
5. Our Center




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Useful Books



11

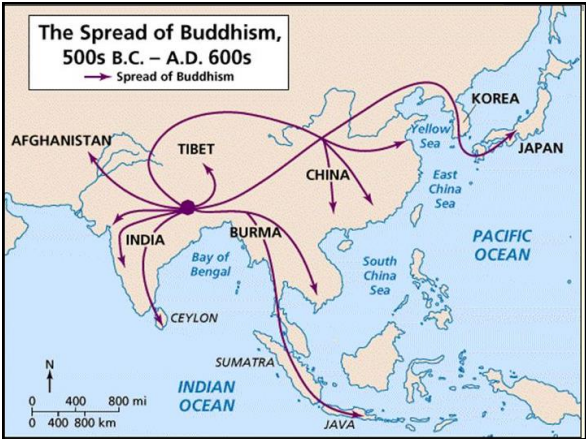
The Early Buddhist Councils



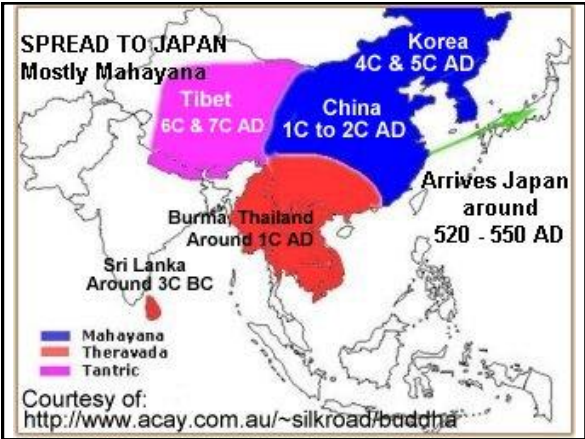
- 400 BCE
- 300 BCE
- 251 BCE
- 78 AD

- 1871 Myanmar
- 1954 Myanmar

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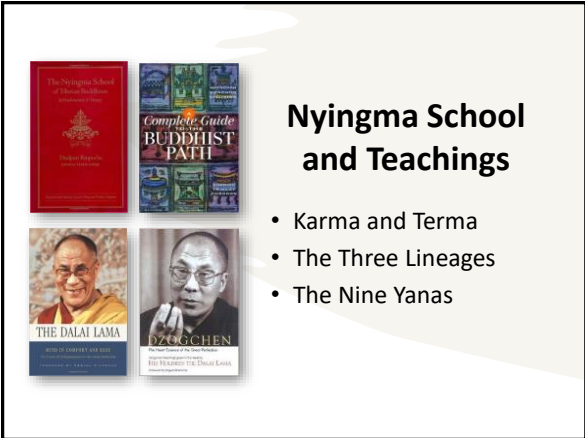
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17




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The Kadam School

ATISHA 982-1054

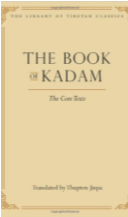
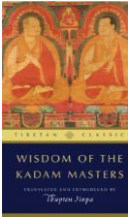
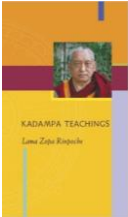


DROMTONPA 1008-1064



19

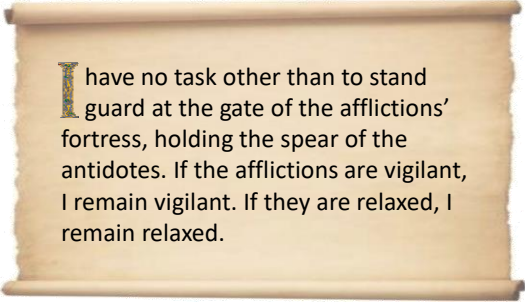
Kadam Teachings



- Meditation and scholarly study
- Guru Devotion
- Seven Limbs
- Thought Transformation

20

Kadam Master Ben Gungyal ...



I have no task other than to stand guard at the gate of the afflictions' fortress, holding the spear of the antidotes. If the afflictions are vigilant, I remain vigilant. If they are relaxed, I remain relaxed.

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The Sakya Lineage

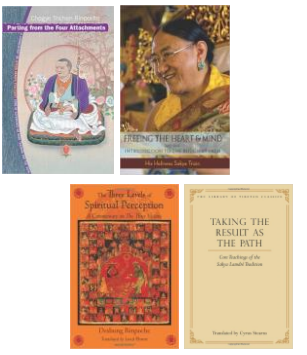
PAST

- Virupa
- Drogmi
- Konchog Gyalpo
- Kunga Nyingpo
- Sakya Pandita

TODAY



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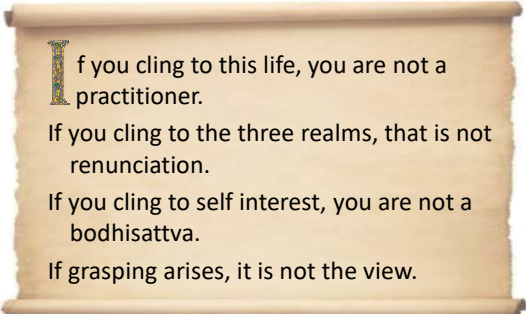
Sakya Teachings

Lamdré

- three visions
- three tantras

23

Sachen Kunga Nyingpo said ...



If you cling to this life, you are not a practitioner.
If you cling to the three realms, that is not renunciation.
If you cling to self interest, you are not a bodhisattva.
If grasping arises, it is not the view.


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The Kagyu Lineage

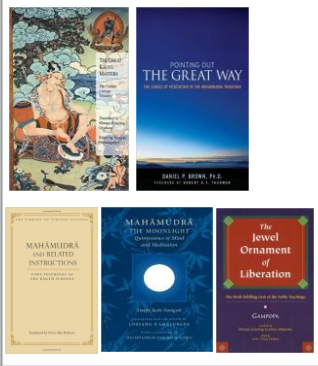
PAST

- Tilopa
- Naropa
- Maitripa
- Marpa
- Milarepa
- Gampopa

TODAY



25



Kagyu Teachings

- The Jewel Ornament
- Six Yogas of Naropa
- Mahamudra

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Tilopa's Six Nails

1. Don't recall.
2. Don't imagine.
3. Don't think.
4. Don't examine.
5. Don't control.
6. Rest.

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PAST

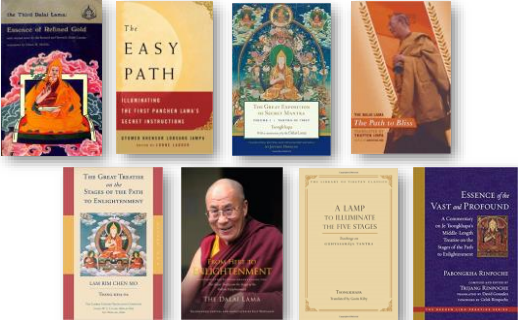


TODAY



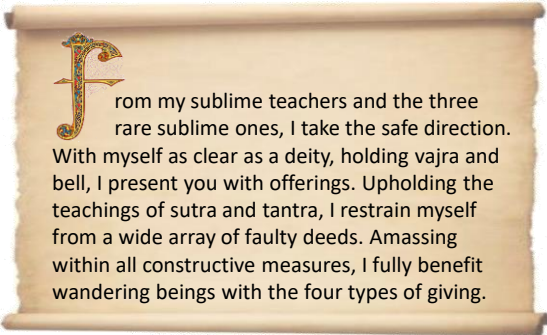
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Gelugpa Texts and Teachings



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Ngulchu Dharmabhadra said ...

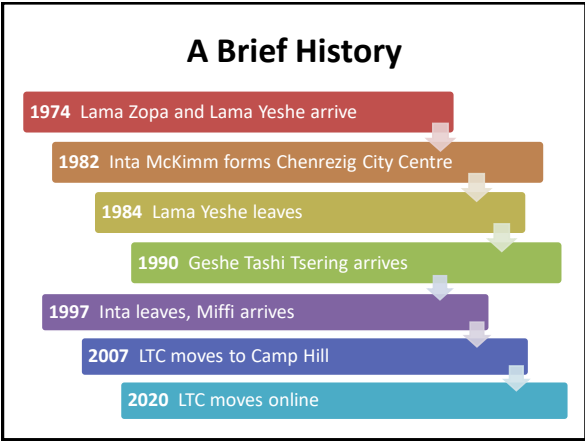


From my sublime teachers and the three rare sublime ones, I take the safe direction. With myself as clear as a deity, holding vajra and bell, I present you with offerings. Upholding the teachings of sutra and tantra, I restrain myself from a wide array of faulty deeds. Amassing within all constructive measures, I fully benefit wandering beings with the four types of giving.

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32



33



34

Read/listen/watch

- Origin and spread of Buddha's doctrine
- Division of the Vehicles

Memorise

- Verse 1 of FAGQ

Coming up

- How to listen
- The twelve deeds, the life story of Lord Buddha

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Dedication

GE WA DI YI NYUR DU DAG
 Due to the merits of these virtuous actions
 LA MA SANG GYÄ DRUB GYUR NÄ
 May I quickly attain the state of a Guru-Buddha
 DRO WA CHIG KYANG MA LÜ PA
 And lead all living beings, without exception,
 DE YI SA LA GÖ PAR SHOG
 Into that enlightened state

36

**Bodhichitta
Verse**

JANG CHHUB SEM CHHOG RINPOCHE
May the supreme jewel bodhicitta
MA KYE PA NAM KYE GYUR CHIG
Not yet born, arise and grow
KYE WA NYAM PA ME PA YANG
May that born have no decline
GONG NÄ GONG DU PEL WAR SHOG
But increase forever more

