

# Presenting the Path

CLASS 2 - 2022

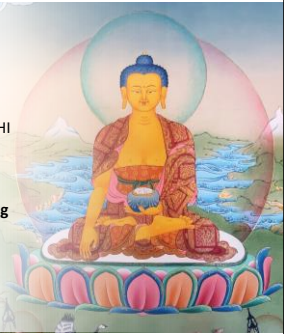


A 9-week Discovering Buddhism course with registered FPMT teacher, Eddie Peet

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## Refuge & Bodhichitta

SANG GYÄ CHÖ DANG TSHOG KYI  
CHHOG NAM LA  
I go for refuge until I am enlightened  
JANG CHUB BAR DU DAG NI KYAB SU CHHI  
To the Buddha, the Dharma, and the  
Supreme Assembly  
DAG GI CHÖ NYEN GYI PÄ SÖ NAM GYI  
By the merits I create through listening  
to the Dharma,  
DRO LA PHÄN CHHIR SANG GYÄ  
DRUB PAR SHOG  
May I become a buddha to benefit all  
sentient beings.



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## Mandala Offering

SA ZHI PÖ KYI JUG SHING ME TOG / TRAM  
This ground, anointed with perfume,  
strewn with flowers,  
RI RAB LING ZHI NYI DA GYÄN PA DI  
Adorned with Mount Meru, four  
continents, the sun and the moon:  
SANG GYÄ ZHING DU MIG TE ÜL WA / YI  
I imagine this as a buddha-field and  
offer it.  
DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG  
May all living beings enjoy this pure land!

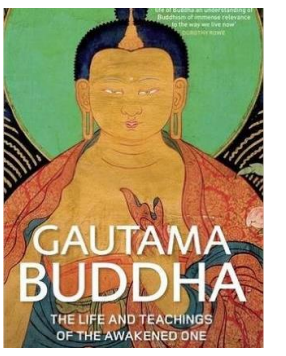


IDAM GURU RATNA MANDALA KAM  
NIRYATA YAMI

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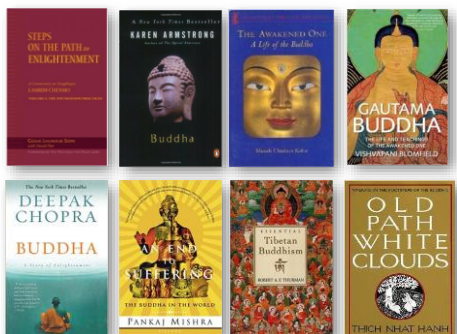
## Today's Topics

- How to listen
- Twelve deeds describing the life of the Buddha
- Atisha's "Lamp for the Path to Enlightenment"



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## Useful BooksBooks



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## The Benefits of Listening


1. Dharma is understood
2. Wrongdoing is turned away
3. The meaningless is turned away
4. Nirvana is attained



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### Listening: the Simile of the Three Cups

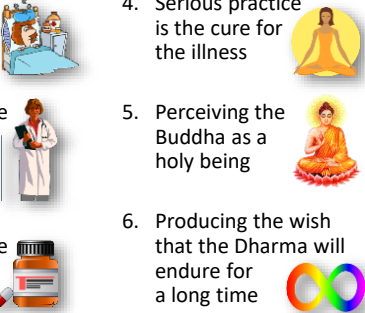
1. Upside down
2. Dirty
3. Cracked



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### The Correct Way to Listen


1. Perceiving yourself as patient
2. Perceiving the Dharma teacher as the doctor
3. Perceiving the teaching as medicine
4. Serious practice is the cure for the illness
5. Perceiving the Buddha as a holy being
6. Producing the wish that the Dharma will endure for a long time



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### Buddha and the 12 Deeds

They're not an historical story, but a hagiography, which is a spiritual or religious biography.



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### Descent From Tushita Pure Land




You long bound yourself to compassion in order to free all those in the world who were bound by defilements.

– Matraceta's Hymn, v58

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### Entry Into His Mother's Womb




You rose up for the welfare of all beings lost in the beginningless and fearful straits of becoming.

– Matraceta's Hymn, v134

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### Birth in Lumbini, Buddha Takes Seven steps – the Lion's Roar



This is my last birth; now there is no renewed existence for me


– Dhammapada

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Becoming Skilled in the Arts, Playing the Sports of Youth in Kapilavastu




...beloved for your gentleness and honored for your many virtues.  
— *Matraceta's Hymn*, v100

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Taking Charge of the Kingdom and Keeping a Harem

She that was ours henceforth is only yours; Be good to her, who has her life in you.  
— *Light of Asia*




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Four Sights, Becoming Disillusioned, Leaving the Householder's Life


Supreme sage, it is time for you to leave your home.  
— *Light of Asia*



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Engaging in Austerities




You ate poor food, sometimes you went hungry. You walked rough paths and slept on the ground trampled hard by the hooves of Cattle.  
— *Matraceta's Hymn*, v115

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Going to the Bodhi Tree in Bodhgaya


You yourself make the effort for your salvation, the Buddhas are only Teachers who can show you how to achieve it.  
— *Dhammapada* v276



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Overcoming the Hosts of Demons




You have declared the destruction of the defilements, you have exposed Māra's delusions, you have taught the evils of saṃsāra, you have revealed the place without fear.  
— *Matraceta's Hymn*, v138

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### Becoming Fully Enlightened

This dharma that I have attained is profound, hard to see and hard to understand – *Dhammapada*




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### Turning the Wheel of Dharma


Freedom, the joy of enlightenment, praiseworthy virtues and peace: these four benefits are all gained from your teaching. – *Matraceta's Hymn, v86*



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### Passing Away From Sorrow in the City of Kushinagar



All component things in the world are changeable. They are not lasting. Work hard to gain your own salvation. – *Dhammapada*


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### What's My Take-Away?

- You know how to listen.
- You know the twelve deeds to be hagiography and a teaching device.

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**Read/listen/watch**


- Anything on the twelve Deeds

**Memorise**

- The three cups
- The six ways to listen
- Verse 2 FAGQ

**Coming up**

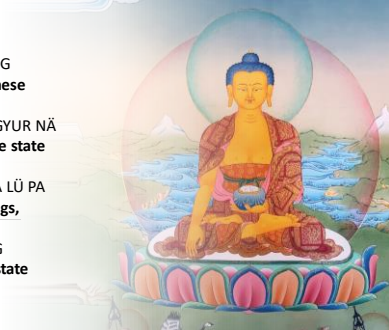
- Verses 1 & 2 of The FAGQ
- The three capacities for the path



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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



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**Bodhicitta Verse**

JANG CHHUB SEM CHHOG RIN PO CHHE  
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



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