

# Presenting the Path

CLASS 3 - 2022




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

1

## 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.



2


## 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

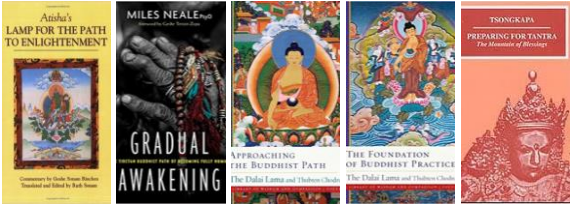
3



## We Have Covered

- Buddhist History
- Atisha’s lamp
- Twelve Deeds
- Listening

4



## Useful Books


5

## Today’s Topics

- The FAGQ
- Preliminaries
- Three scopes



6



### Lama Atisha's *Lamp*

<b>Preliminaries</b> 2	<b>Teaching</b> 65	<b>Conclusion</b> 1
<b>Homage and a brief summary</b>	<b>Three capacities</b>	<b>Request</b>
Verses 1 & 2	Small verse 3	Verse 68
	Middling verse 4	
	Great verses 5-67	

7

### Lama Tsong Khapa's *Foundation*

<b>Preliminaries</b> 2	<b>Teaching</b> 10	<b>Conclusion</b> 2
<b>Root and Urgency</b>	<b>Three capacities</b>	<b>Request and Prayer</b>
Verses 1 & 2	Small verses 3 & 4	Verses 13 & 14
	Middling verses 5 & 6	
	Great verses 7-12	

8

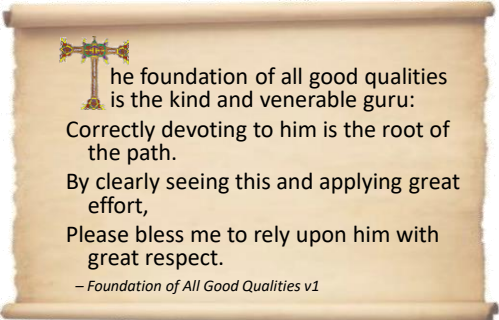


### Three Preliminary Contemplations

- Relying on a teacher
- How to meditate
- Leisure and opportunity

9

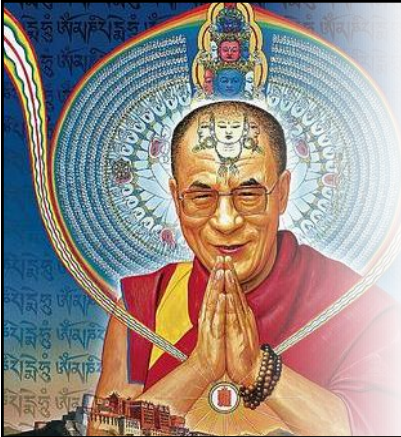
### Lama Tsong Khapa's Advice #1



he foundation of all good qualities is the kind and venerable guru: Correctly devoting 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.

— Foundation of All Good Qualities v1


10



### The Essence Of Guru Devotion

Adopt the view that your guru is a Buddha.

11



### The Essence Of Meditation

Familiarization with and/or cultivation of virtue.

12

Lama Tsong Khapa’s Advice #2

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

– Foundation of All Good Qualities v2

13

The Essence Of This Life

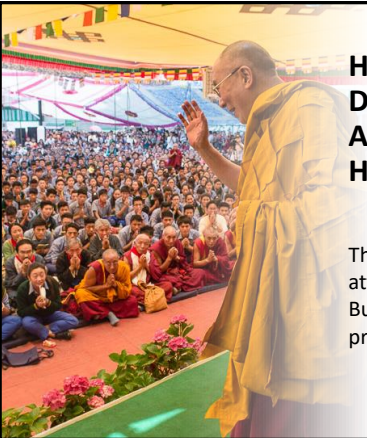
To have freedom to develop your mind through the study and practice of Dharma.



14

How To Differentiate A Precious Human Rebirth

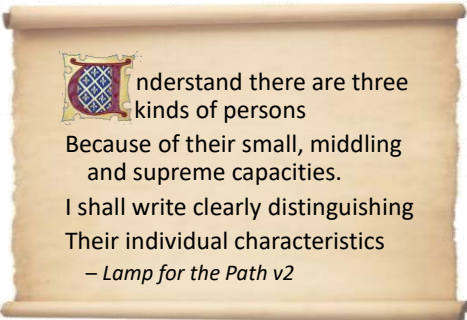
The conditions to attain one of the Buddhist goals are present.



15

Lama Atisha’s Advice

Understand there are three kinds of persons Because of their small, middling and supreme capacities. I shall write clearly distinguishing Their individual characteristics – Lamp for the Path v2



16

a) The Initial Level of Practitioner



DIRECT AIM  
Fortunate rebirth



WHAT THEY PRACTICE  
Pacifying coarse harmful thoughts, words, and deeds  
Ten virtues



WHAT THEY ELIMINATE  
Ten non-virtues

17

b) The Initial Level of Practitioner



MEDITATIONS THAT LEAD TO THE MOTIVATION OF THIS LEVEL  
Precious human life  
Death & impermanence  
Unfortunate rebirth



MOTIVATION  
To have a Fortunate rebirth



PRACTICES DONE TO ACTUALIZE THE RESULT OF THIS MOTIVATION  
Take refuge in the three jewels  
Observe the law of karma & its effects

18




a) The Middle Level of Practitioner

		
<b>DIRECT AIM</b> Liberation (Arhat) Nirvana	<b>WHAT THEY PRACTICE</b> The three higher trainings of ethics, concentration and wisdom	<b>WHAT THEY ELIMINATE</b> <i>Afflictive obscurations</i> afflictions their seeds polluted karma causing rebirth in samsara

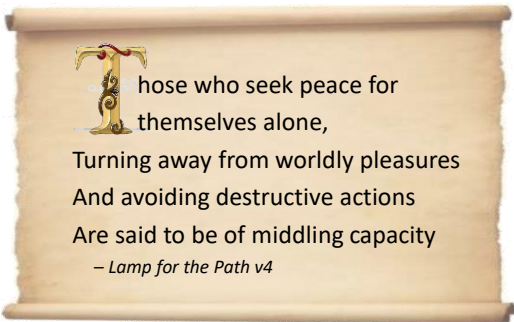
19

b) The Middle Level of Practitioner

		
<b>MEDITATIONS THAT LEAD TO THE MOTIVATION OF THIS LEVEL</b> <i>The first two truths:</i> - true duhkha - true origins	<b>MOTIVATION</b> To attain liberation True cessation Nirvana	<b>PRACTICES DONE TO ACTUALIZE THE RESULT OF THIS MOTIVATION</b> The three higher trainings of ethics, concentration and wisdom

20

Lama Atisha Said...

  
Those who seek peace for themselves alone,  
Turning away from worldly pleasures  
And avoiding destructive actions  
Are said to be of middling capacity  
– *Lamp for the Path v4*

21

a) The Advanced Level of Practitioner

		
<b>DIRECT AIM</b> Full awakening Buddhahood	<b>WHAT THEY PRACTICE</b> The six perfections The four ways of gathering disciples The Vajrayana	<b>WHAT THEY ELIMINATE</b> <i>Cognitive obscurations</i> Latencies of afflictions The appearance of inherent existence

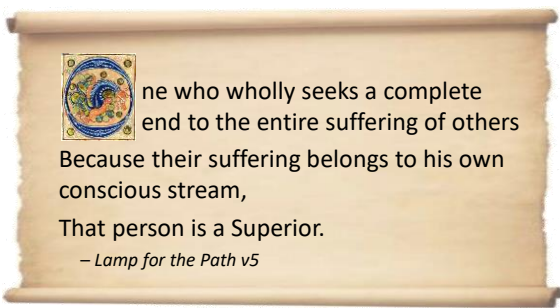
22

b) The Advanced Level of Practitioner

		
<b>MEDITATIONS THAT LEAD TO THE MOTIVATION OF THIS LEVEL</b> Equanimity Seven-point cause and effect Equalize/ exchange self and other	<b>MOTIVATION</b> Bodhicitta	<b>PRACTICES DONE TO ACTUALIZE THE RESULT OF THIS MOTIVATION</b> The six perfections The four ways of gathering disciples The Vajrayana

23

Lama Atisha Said...

  
One who wholly seeks a complete end to the entire suffering of others  
Because their suffering belongs to his own conscious stream,  
That person is a Superior.  
– *Lamp for the Path v5*

24

### A Summary Of the Practices

1. Turn away from obsessive concerns about this life.
2. Move toward concern for future lives.
3. Reflect deeply upon the nature of suffering in cyclic existence.
4. Turn away from attachment to and preoccupation with future lives as well.
5. Generate a genuine yearning to gain freedom.
6. Extend that same understanding to other living beings.
7. Become compassionate towards them.
8. Practice as a being of supreme capacity.



25

### What's My Take-Away?

- You have an outline for the text.
- You know of the preliminaries.
- You know the motives, aims and practices of each scope.

26

#### Read/listen/watch

- FAGQ and chart in members area
- Pages 19-20 FPMT notes
- Exam Questions 3,4,5



#### Memorise

- The outline of the *Foundation*

#### Coming up

- Verses 3 - 6

27

### 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



28

### 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



29