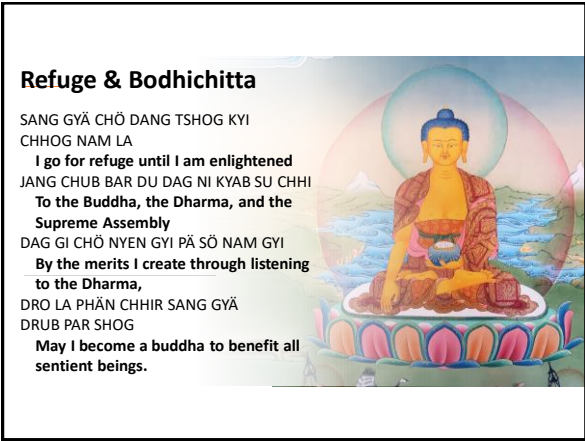




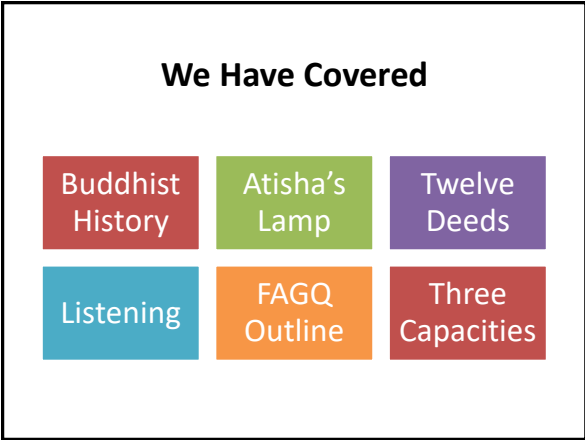
1



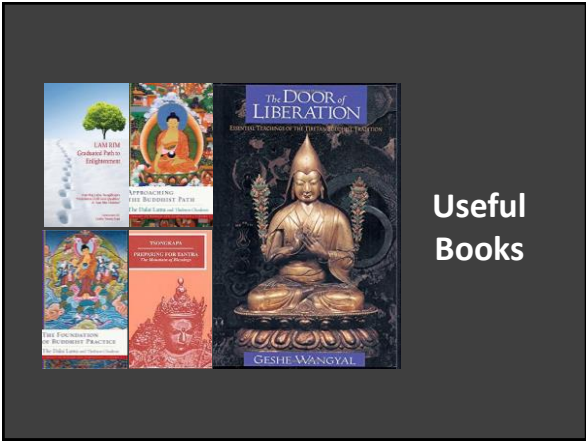
2



3




4




5




6



DIRECT AIM
Fortunate
rebirth



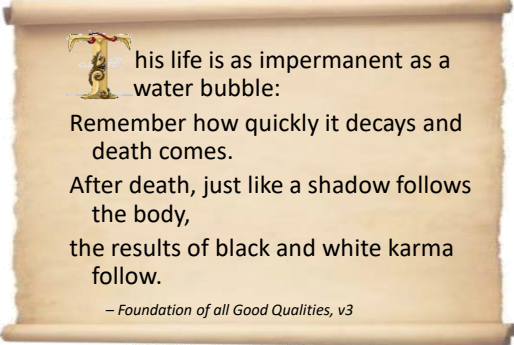
**WHAT THEY
PRACTICE**
Pacifying coarse
harmful thoughts,
words, and deeds
Ten virtues



**WHAT THEY
ELIMINATE**
Ten non-virtues

a) The Initial Level of Practitioner

7



his 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.
— Foundation of all Good Qualities, v3

Lama Tsong Khapa’s Advice #3

8



**Atisha’s
Three Points
About Death**

1. Death is certain
2. The time of death is uncertain
3. Only Dharma practice helps at the time of death

9



**Why Meditate
on the Lower
Realms?**

To know what to expect, thereby taking measures to avoid a lower rebirth

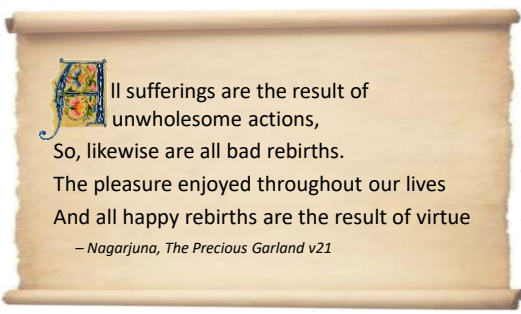
10



**The Lower
Realms and
Refuge**

A state of mind that is **terrified of the sufferings** of the lower realms is one of the two causes that **produce the effect** of going for refuge to the Three Jewels

11





All sufferings are the result of unwholesome actions,
So, likewise are all bad rebirths.
The pleasure enjoyed throughout our lives
And all happy rebirths are the result of virtue
— Nagarjuna, The Precious Garland v21


The Law That Karma Refers To


12

Karma Means Action



Actions – cause

Every action of body, speech, or mind produces a result

The imprint made on the mind from actions motivated by delusion

13

Killing

1. Possessed – dangers

2. Environment – strife

3. Experience – short life

4. Behavior – repeat



14

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

15


Lama Tsong Khapa’s Advice #4

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


— Foundation of all Good Qualities, v4

16


a) The Middle Level of Practitioner



DIRECT AIM
Liberation (Arhat)
Nirvana

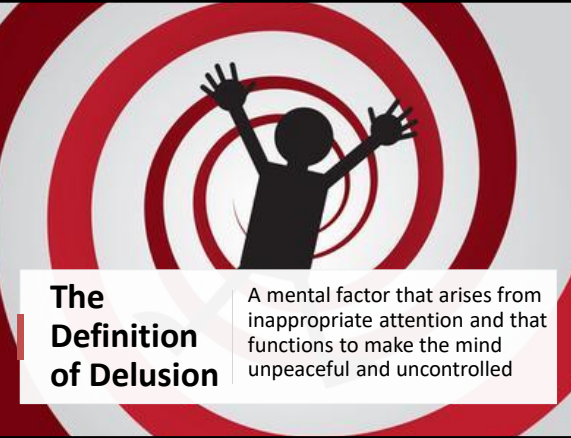


WHAT THEY PRACTICE
The three higher trainings of ethics, concentration and wisdom



WHAT THEY ELIMINATE
Afflictive obscurations
afflictions
their seeds
polluted karma causing rebirth in samsara

17



The Definition of Delusion

A mental factor that arises from inappropriate attention and that functions to make the mind unpeaceful and uncontrolled

18



19

The Opponents For Purification

Effects

Experiences like the cause

Throwing karma

Behavior like the cause

Fruition & Environment

Opponents

Remorse


Remedy

Resolve

Reliance

20

Lama Tsong Khapa’s Advice #5




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


— Foundation of all Good Qualities, v5

21


Three Types of Duhkha



The dukkha of misery




The dukkha of change



The dukkha of conditionality

22




The Duhkha of Change

Sense objects and hedonic happiness are not by nature true sources of happiness

23

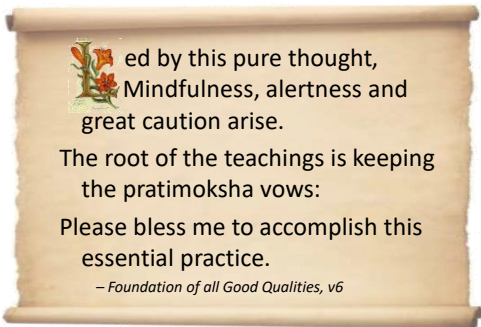
Hunger and the Duhkha of Change

- You suffer hunger
- You eat
- Relief called pleasure
- Hunger decreases
- Keep eating
- Dissatisfaction
- A new suffering




24

Lama Tsong Khapa’s Advice #6




25


b) The Middle Level of Practitioner



MEDITATIONS THAT LEAD TO THE MOTIVATION OF THIS LEVEL
The first two truths:
- true dukkha
- true origins



MOTIVATION
To attain liberation
True cessation
Nirvana



PRACTICES DONE TO ACTUALIZE THE RESULT OF THIS MOTIVATION
The three higher trainings of ethics, concentration and wisdom

26



What’s My Take-Away?

- You know of the motivations, aims, and practices for those of small and of middling capacity
- You know of the meditations for accomplishment and elimination

27

Read/listen/watch


- FAGQ and chart in members area
- Pages 21-22 FPMT notes
- Pages 15-26 LTC excerpts
- Exam Questions 5,6,8
- Assessment Questions 4-9

Memorise

- The six stages of the small and middle scope

Coming up


- Verses 7 – 14, the great scope



28

Dedication

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



29

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 NA GONG DU PEL WAR SHOG
But increase forever more



30