

# Presenting the Path

REVIEW - 2022

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




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# Refuge & Bodhichitta

I go for refuge until I am enlightened

To the Buddha, the Dharma, and the Supreme Assembly

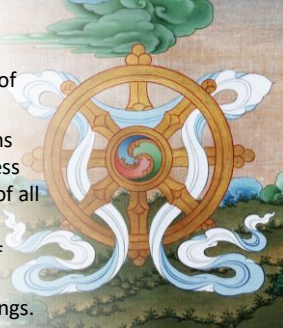
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



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.

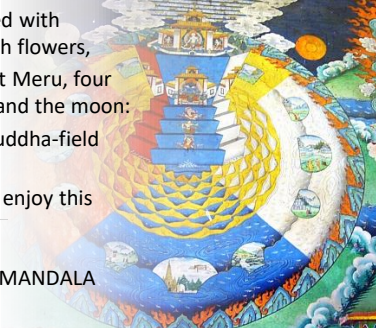


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# Mandala Offering

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



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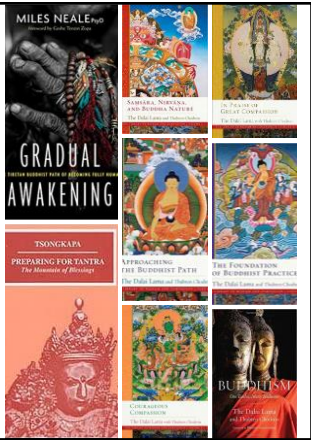
# Today's Topics

- 1. Answering the public exam questions
- 2. Answering the assessment questions



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# Useful Books



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Lama Atisha &  
The Lamp

68-verse folio  
Composed in Western Tibet  
Tholing Temple  
Mid 11th Century




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How To Listen

Three faults of a vessel  
Three antidotes:


1. Listen well
2. Listen carefully
3. Keep this in mind




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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



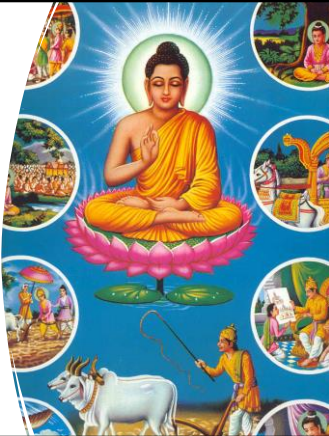
6. Producing the wish that the Dharma will endure for a long time



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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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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 Fully Enlightened

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



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### 12 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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### Three Preliminary Contemplations

- Relying on an authentic teacher
- How to meditate
- The leisure and opportunity of perfect human rebirth

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### The Essence Of This Life

To appreciate that you have everything you need to liberate yourself right now.



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### How To Differentiate A Precious Human Rebirth

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

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### a) The Initial Level of Practitioner

		
<b>DIRECT AIM</b> Fortunate rebirth	<b>WHAT THEY PRACTICE</b> Pacifying coarse harmful thoughts, words, and deeds Ten virtues	<b>WHAT THEY ELIMINATE</b> Ten non-virtues

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### 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

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### Why Meditate on the Lower Realms?

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



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### 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


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### Karma Means Action



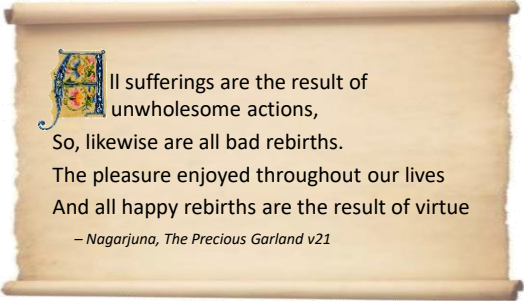
Actions – cause

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

The imprint made on the mind from actions motivated by delusion

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### The Law That Karma Refers To



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### Killing

1. Possessed – dangers

2. Environment – strife

3. Experience – short life

4. Behavior – repeat



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### Ignorance Of Karma & Its Impact



Happiness and security can never be achieved through aggression and war.

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### 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

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### 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

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### Three Types of Dukkha



The dukkha of misery



The dukkha of change



The dukkha of conditionality

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### The Dukkha of Change

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

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### Hunger and the Dukkha of Change

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



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### The Definition of Delusion

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


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### Three Root Delusions




**Attachment**

- Desire
- Craving
- Grasping
- Lust



**Anger**


- Aversion
- Intolerance
- Hostility
- Hatred



**Ignorance**

- Confusion
- Ego-grasping


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### Characteristics Of Delusions

- Inner mental events
- Caused by inappropriate attention
- Lead to mental disturbance
- Bring difficulty and further suffering

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### What is Pure Renunciation?

Having seen the faults and shortcomings of cyclic existence, you generate a very strong wish to abandon it and attain liberation

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### Renunciation Is Subsumed Within Bodhicitta

**OUR OWN FREEDOM**

Depends upon a deep and pure self-compassion imbued with wisdom

**ALL OTHERS' FREEDOM**

Depends upon us extending our compassion to every living being



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### The Opponents For Purification

**Opponents**


- Remorse
- Remedy
- Resolve
- Refuge

**Effects**

- Experiences like the cause
- Throwing karma
- Behavior like the cause
- Fruition and environment

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### 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

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a) The **Advanced** Level of Practitioner



**DIRECT AIM**  
Full awakening  
Buddhahood



**WHAT THEY PRACTICE**  
The six perfections  
The four ways of gathering disciples  
The Vajrayana



**WHAT THEY ELIMINATE**  
*Cognitive obscurations*  
Latencies of afflictions  
The appearance of inherent existence

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b) The **Advanced** Level of Practitioner



**MEDITATIONS THAT LEAD TO THE MOTIVATION OF THIS LEVEL**  
Equanimity  
Seven-point cause and effect  
Equalize/ exchange self and other



**MOTIVATION**  
Bodhicitta




**PRACTICES DONE TO ACTUALIZE THE RESULT OF THIS MOTIVATION**  
The six perfections  
The four ways of gathering disciples  
The Vajrayana

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Equanimity

It promotes the aspect of balance toward beings



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The Need For Equanimity



**Small Scope**  
We wish that all beings have overcome their afflictions towards one another




**Middle Scope**  
We overcome our attachment and anger towards friends enemies and strangers



**Great Scope**  
We overcome favouritism when directing love and compassion towards others

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tong-len – Taking

How to Meditate

Oneself

Future

Past & Present

Others

1. Sufferings (effects)

2. Origins (seeds)

3. Obscurations (imprints)

1. Friends

2. Strangers


3. Enemies

4. Everyone

Aryas

Animals etc

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tong-len – Giving

How to Meditate

Oneself

Future

Past & Present

Others

Contaminated Happiness

Uncontaminated Happiness

1. Friends

2. Strangers

3. Enemies

4. Everyone

Guru & Buddhas

Bodhisattvas


Samsaric beings

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### Developing Bodhicitta

#### Common

1. Atisha's seven cause and effect personal instruction




2. Shantideva's equalizing & exchanging



#### Uncommon


3. Lama Tsong-Khapa's eleven-point method



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### Defining Bodhicitta


A **special mental main mind** which is the **entry way** to the Mahayana path and is **concomitant** with its assistant aspiration that **focuses** on complete enlightenment for the benefit of others.



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### Defining Bodhicitta

For the sake of others, wishing to attain complete, perfect enlightenment




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### Three Types Of Self-Cherishing




**Self-interest**

- Ordinary persons



**Self-confidence**


- Two types of arhat



**Innate self-preoccupation**

- Bodhisattvas

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### What Is Self-cherishing?

An “inferior obscuration” which is a hindrance for bodhisattvas to abandon

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### The First Four Perfections

**Generosity**

The intention to give everything

Antidote to miserliness


Provides resources stopping poverty

**Ethics**

The intention to give up harming others

Antidote to lower realm rebirth

Provides higher realm rebirth


**Patience**

Being calm and undisturbed when suffering arises

Antidote to anger

Stops the destruction of the roots of virtue

Provides attractiveness and good companions

**Joyous Perseverance**

The delight in virtuous actions

Antidote to jealousy

Complete virtuous projects

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### The Last Two Perfections

#### Concentration

1. Mundane
2. Supramundane
3. Benefits others



#### Wisdom

1. Arising through meeting
2. Existing in reliance
3. Dependent existence



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### Meditating On Dependent-arising

Identify

The object negated in the view of selflessness


Ascertain

That selflessness follows from the reason

Establish

The presence of the reason in the subject


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### The Analogy Of The Thief – identifying the object of negation

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### Three Scopes, Three Principals



#### Small

Authentic renunciation


Mundane correct view



#### Medium

Authentic uncontrived renunciation

Supramundane correct view



#### Great

Uncontrived bodhicitta


Supramundane correct view

Initiation


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### Improving Understanding

It is not enough to have a mere scriptural understanding – keep listening, reflecting and meditating



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### What's My Take-Away?

- You reviewed the public exam and assessment questions and have their answers

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**Email in/meet in person**


- The public exam or
- The assessment questions

**Memorise**

- Any short Lam Rim prayer

**Coming up**

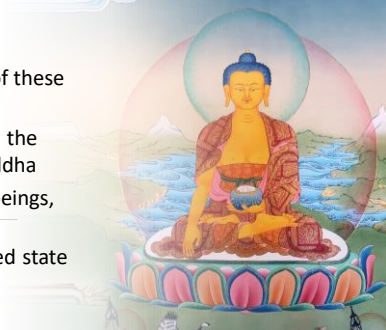
- Lam Rim Takeaway: Three Meditations To Go!



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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 Verse**

May the supreme jewel bodhicitta  
Not yet born, arise and grow  
May that born have no decline  
But increase forever more

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