

Refuge in the Three Jewels

2023 – Class 8

A 9-week DISCOVERING BUDDHISM course
with FPMT registered 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

Four Boundless Thoughts

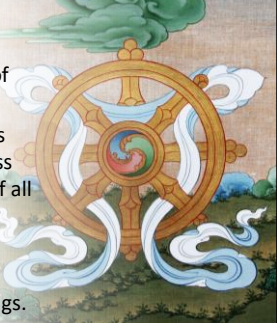
May all sentient beings have happiness and its causes.
May all sentient beings be free from suffering and its causes.
May all sentient beings never be separated from the happiness that is without suffering.
May all sentient beings abide in equanimity, free from the bias of attachment for friends and hatred for enemies.



3

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.



4


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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We Have Studied...

- Causes for refuge
- The sublime ones
- Benefits of refuge
- Refuge ceremony

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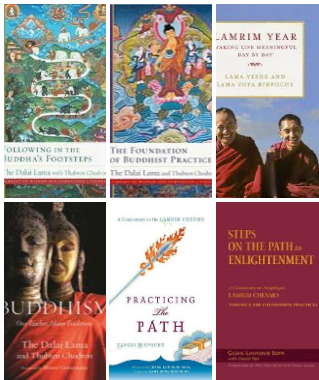
Today's Outcomes

- Refuge preliminaries
 - Buddha-nature
 - Precious rebirth
 - Authentic teacher
 - Recollection of death
- The measure of having gone for refuge



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Suggested Reading




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Lama Yeshe said ...

Westerners should understand that taking Refuge is a state of mind



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Defining the Mind

Clear and knowing.

Clear is the nature and entity of consciousness.

Knowing is the function.

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The Meanings of Clear

- Non-physical
- Non-obstructing
- Reflective
- Empty


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Liberation is Possible

1. The basis is pure
2. The afflictions are adventitious
3. It's possible to cultivate powerful antidotes

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Transformation


1. The stable basis
2. Habituation is possible
3. Wisdom enhances qualities

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Similes

- Buddha in a decaying lotus
- Honey amidst bees
- Grain in its husk
- Gold in filth
- Treasure underground
- A shoot sprouting
- A statue in a rag


- A ruler in a destitute woman's womb
- A statue covered in dust



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Buddha Nature and Tantra

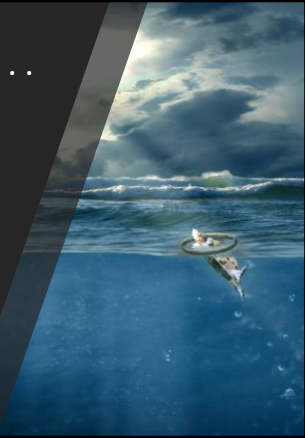
It is the subtlest mind-wind that is empty of inherent existence and whose continuity goes on to awakening



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Nagarjuna said . . .


For an animal to obtain birth as a human being
Is more difficult than for a blind turtle
To put its head through a hole in a yoke adrift in the great ocean
So, make your life meaningful, O king,
by practicing the holy teachings



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What's So Precious About This Rebirth?

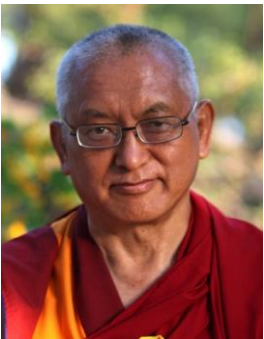
To have favorable conditions and the spare time to develop your mind through the study and practice of Dharma.



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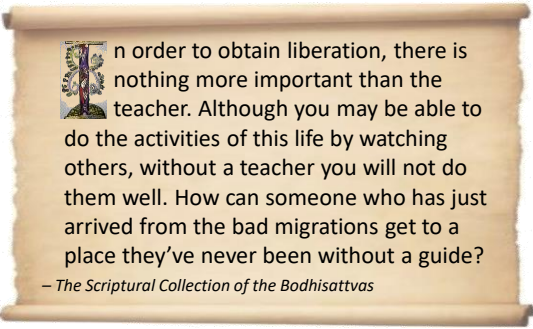
Cultivate Your Understanding

"You have this precious human body, qualified by the eight freedoms and ten richness's, in order to **serve other living beings.**"
—*Transforming Problems*, Lama Zopa Rinpoche



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Geshe Potowa said . . .




n order to obtain liberation, there is nothing more important than the teacher. Although you may be able to do the activities of this life by watching others, without a teacher you will not do them well. How can someone who has just arrived from the bad migrations get to a place they've never been without a guide?

– The Scriptural Collection of the Bodhisattvas


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The Meaning of Guru



“heavy with good qualities and spiritual presence”

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The necessity of seeing the teacher as a Buddha

We want a profit; not a loss. Having the thought that the guru is an ordinary person will cause us to lose realizations.

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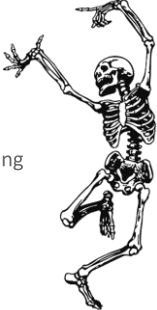


The Benefits

The recognition drives your inner development with a lot of energy and power


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Six Benefits of Recollecting Death



1. Your actions become very beneficial
2. Your Dharma practice becomes powerful
3. Important at the beginning
4. Important in the middle
5. Important at the end
6. You will die content

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Death is Certain

1. The Lord of Death will definitely come
2. My lifetime cannot be extended and constantly diminishes
3. While I am alive, there is little time for practice


I definitely must practice the Dharma

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The Time of Death is Uncertain

1. The life-span in this world is uncertain
2. The causes of death are very many and the causes of life few
3. This body is very fragile

I must practice the Dharma right now



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Only Dharma Practice Helps at the Time of Death


1. Friends will not help
2. Resources will not help
3. Your body will not help

The Dharma I practice must be pure

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The Mindfulness to Develop

Don't create causes for the sufferings of lower rebirth



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The Refuge Pledge


You accept the Buddha, Dharma, and Sangha as the safest direction to go to be freed from the sufferings and obscurations.



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The Measure Of Having Gone For Refuge

The reversal of ordinary concerns




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What's My Take-Away?

- You know the of the four preliminary reflections to consider before going for refuge to the three jewels
- You know the measure of refuge

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Read:

- Pages 1-7 (any of 3) Refuge meditations
- Excerpts from LRCM;

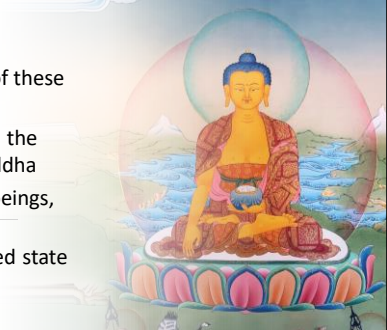
Coming up:

- A Review of the 11 questions

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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 Verses

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

And as long as space endures,
As long as sentient beings abide,
May I too remain
To dispel the sorrows of the world



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