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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.

3

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

4

- Acknowledging the need for a teacher
- The different types of teacher and training
- The qualities of a teacher and student
- Benefits of devotion and faults of wrong devotion
- Devotion in thought and action

What We've Covered So Far


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Useful Books

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Today's Topics

- 1. Respecting other lineages and teachers
- 2. Crises with devotion
- 3. When the teacher passes away



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Respecting Other Lineages



- 1. God or Dharmakaya
- 2. One Saviour or many
- 3. A soul or rebirth
- 4. One life or karma

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Dorje Shugden (Dolgyal)

- Spirit worship
- Divisive
- Hostile

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Unusual Behavior



- What lesson could my mentor be teaching?
- What can I learn from this?


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Rogues in Red

They will use your naivety to take advantage of you

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Sex With Your Mentor?

I am so sorry, but my realizations do not equal your own, so I must decline


12



When the Mentors Pass Away

Seek your teacher within the three baskets of scriptures

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No Resolving of Problems?

1. Keep your distance
2. Avoid anger
3. Keep a neutral attitude
4. Acknowledge benefit
5. Cultivate a new relationship


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What's the Take-Away?

- Respect other lineages.
- When the lama passes away or some other crises arises, be cool.

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Read

- Meditations online


Coming up

- Mid-year break
- Medicine Buddha puja 12th July
- DB Death and Rebirth July 20

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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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