



## Transforming Problems into Happiness


Class 1 - 2022

An 8-week DISCOVERING BUDDHISM course with  
registered FPMT teacher, Eddie Peet

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## Refuge & Bodhichitta

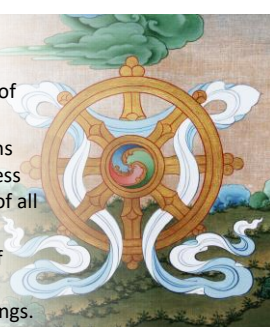
I go for refuge until I am  
enlightened  
To the Buddha, the Dharma,  
and the Supreme Assembly  
By the merits I create through  
listening to the Dharma,  
May I become a buddha to  
benefit all sentient beings.



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## 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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## The Course Outline

9 weeks in total

- 8 classes
- Plus a review class

Topics include

- Primary sources
- 8 Worldly Concerns
- 8 Verses of Thought Transformation



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## Today's Topics

- Preliminary practices
- Teachers and texts
- Self-grasping, self-cherishing and cherishing others
- Verse 1 of the Eight verses



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## The Preliminary Practices

1. Leisure and Opportunity
2. Death and Impermanence
3. Karmic Cause and Effect
4. The Faults of Cyclic Existence



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## The Lineages of Transformation

THE FIELD OF REFUGE



KADAMPA LINEAGES



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## What is Thought Transformation?

**Lo** = Mind / Attitude

**Jong** = Training

- Habituation
- Cultivation
- Cleansing

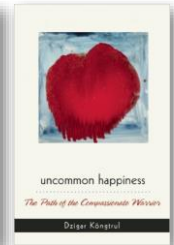
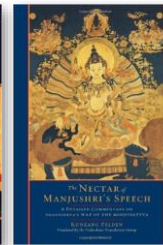
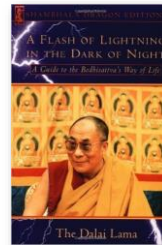


Out of all the boundless bodhisattva behaviours that have been spoken of; I shall definitely put them to practice at least to the extent of the conduct for cleansing my mind.

--Shantideva, TWB Ch5 v97

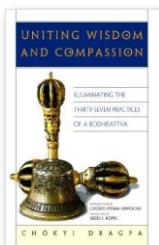
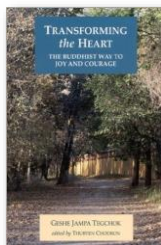
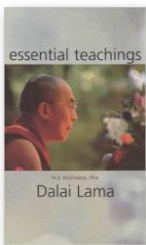
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## A Guide to the Bodhisattva's Way of Life



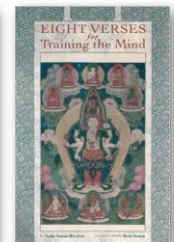
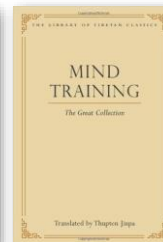
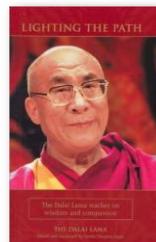
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## Thirty-Seven Practices of Bodhisattvas



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## Eight Verses of Thought Transformation



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## Seven-Point Mind Training



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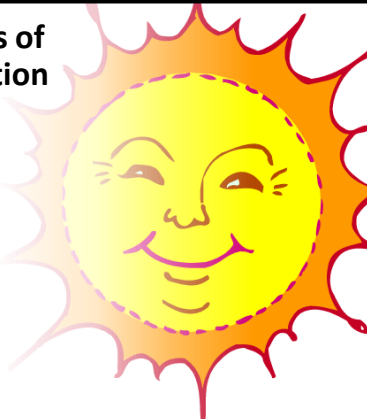
## Parting From the Four Attachments, Kadam Teachings, Wheel of Sharp Weapons & more...



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## The Benefits of Transformation

"It is like a diamond, like the sun, and like a medicinal tree"



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## Transforming Five Degenerations

1. Time
2. Living Beings
3. View
4. Delusions
5. Life-span

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## The Person

### SEMS-CAN

- MIND – perception and conception are limited

The sentient being (or person) is the I imputed (outwardly) to any of the five aggregates

### LUS-CAN

- BODY – spectrum of pain and pleasure are limited



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## What is Self-grasping Ignorance?

The belief in a nature or state that objects could have in which they rely on nothing else.

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**Read:**

- Pages 15-19

**Coming up:**

- Eight faults of worldly existence
- A commentary on verse two

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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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