



Transforming Problems into Happiness

Class 2 - 2022

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


1

Refuge & Bodhichitta

I go for refuge until I am
enlightened

To the Buddha, the Dharma,
and the Supreme Assembly

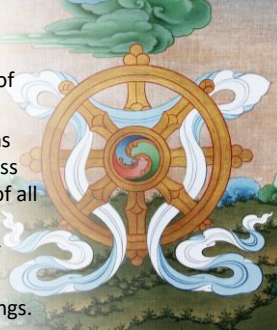
By the merits I create through
listening to the Dharma,
May I become a buddha to
benefit all sentient beings.



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.

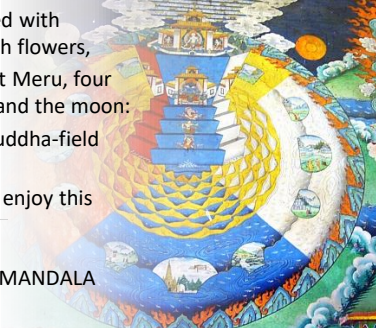


3


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




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What We've Covered

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

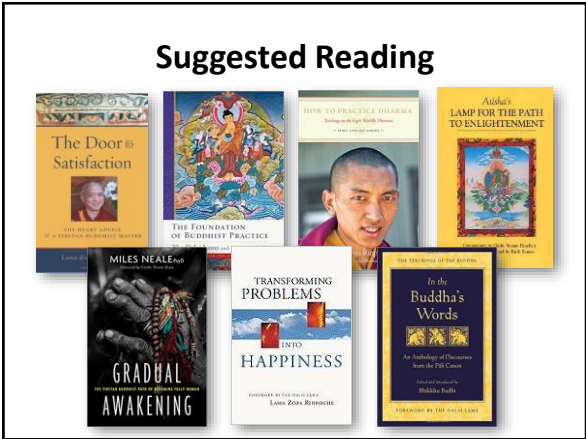
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Today's Topics

- The Eight Worldly Concerns
- Verse 2, Enhancing cherishing love


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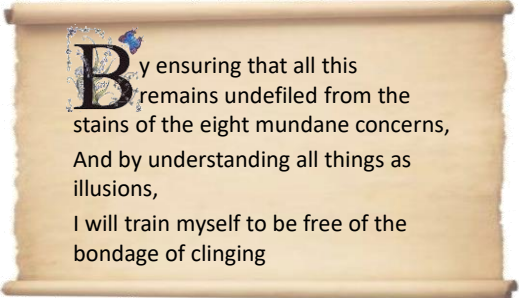
Common Refuges

- Your parents, family, spouse, pet
- Your home, country, society
- Entertainment, culture
- Doctors, exercise, health professionals
- Food, alcohol, sex, drugs
- Religion, philosophy
- Your job, hobbies
- Politics, power
- Wealth



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Geshe Langri Tangpa said . . .




By ensuring that all this
remains undefiled from the
stains of the eight mundane concerns,
And by understanding all things as
illusions,
I will train myself to be free of the
bondage of clinging

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Mundane Concern & Worldly Dharma

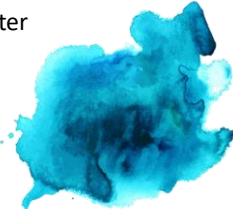
- Mundane – ordinary & exhaustible
- Worldly – unstable
- Dharma – truly existent



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Stains

- Truly exist
- Inherently established
- Existing from its own side
- By way of its own character



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Eight Worldly Concerns

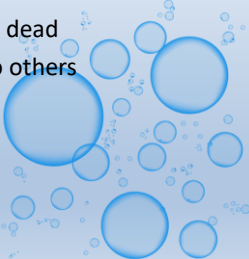
Seeking Delight	Avoiding Displeasure

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Stop Overestimating **Pleasure** With
Three Antidotes

I will recollect that

- Pleasure is no use to the dead
- May all that's good go to others
- Bubbles burst

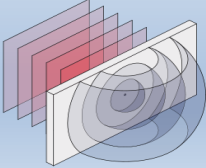


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Stop Overestimating **Pain** With
Three Antidotes

I will recollect

- What is called pain is changing now
- Every pain is the pain of self-cherishing
- Visual aberrations




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Stop Overestimating **Gain** With
Three Antidotes

I will recollect

- I can't keep it
- Everything I possess, and merit too is theirs
- Clouds have no essence



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Stop Overestimating **Loss** With
Three Antidotes


I will recollect

- Collections disperse
- Every loss belongs to self-cherishing
- Drops of dew dissolve



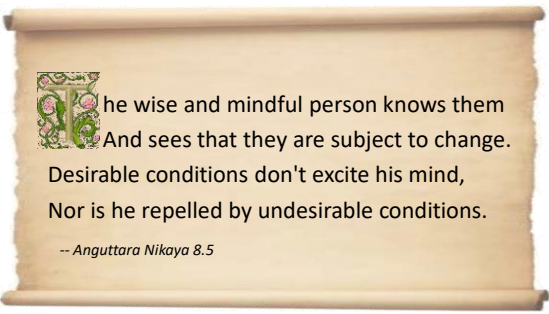
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The Buddha said . . .



he wise and mindful person knows them
And sees that they are subject to change.
Desirable conditions don't excite his mind,
Nor is he repelled by undesirable conditions.

— Anguttara Nikaya 8.5




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Stop Overestimating **Praise** With
Three Antidotes

I will recollect

- Whatever rises, falls
- Everything I possess, and merit too be theirs
- Echoes in a gorge




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Stop Overestimating **Blame** With Three Antidotes

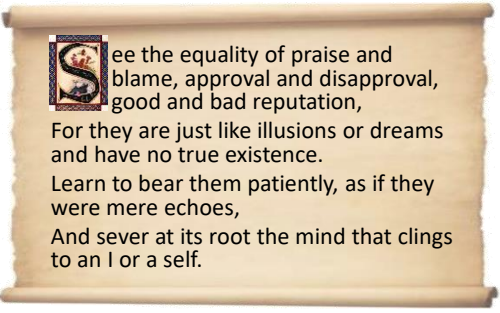
I will recollect

- The pain of blame changes
- Defeat is mine, victory to others
- Thunder in the sky



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Longchen Rabjam said . . .



See the equality of praise and blame, approval and disapproval, good and bad reputation, For they are just like illusions or dreams and have no true existence. Learn to bear them patiently, as if they were mere echoes, And sever at its root the mind that clings to an I or a self.

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Stop Overestimating **Success** With Three Antidotes

I will recollect

- Success is soon forgotten
- All my successes and merit belong to others
- Reflections




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Stop Overestimating **Failure** With Three Antidotes

I will recollect

- That failure is a learning opportunity
- Defeats and failures belong to self-cherishing
- Lightning




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What Else Can We do?

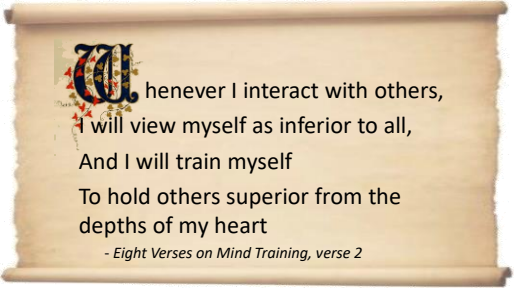
Practice Dharma for

1. The happiness of future lives
2. Liberation
3. Enlightenment




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Geshe Langri Tangpa said . . .



Whenever I interact with others, I will view myself as inferior to all, And I will train myself To hold others superior from the depths of my heart
- Eight Verses on Mind Training, verse 2

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Advantages of Being Humble

1. We don't use up our merit on worldly attainments
2. We accumulate a vast amount of merit
3. Our self-cherishing will become weaker
4. Our love for others will increase
5. We can learn from everybody

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Summary of the 2nd Verse

Enhance the Cherishing Love

- Subdue pride
- Cultivate respect for others

Related to the perfection of Ethics

Related to equalizing self with others

SECOND


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What's My Take-Away?

- The knowledge of 8 worldly concerns.
- Enhance love that cherishes others
- Verse 2 is about respecting others and the subjugation of afflictive pride.

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Read:

- FPMT notes, page 5
- Eight worldly dharmas


Coming up:

- Equanimity
- Verse 3, Preventing afflictions

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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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