



Transforming Problems into Happiness

Class 4 - 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

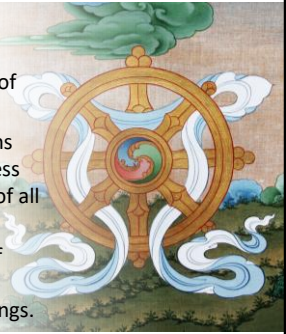
By the merits I create through
listening to the Dharma,
May I become a buddha to
benefit all sentient beings.



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.

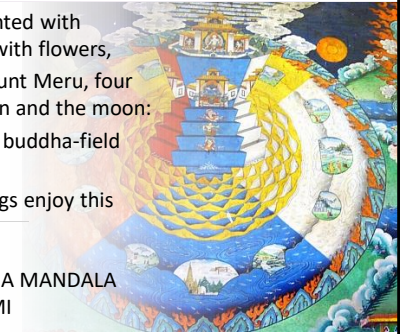


3


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
- 8 worldly concerns
- Equanimity
- Verse 1-3 of the Eight verses

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Summary of the 2nd Verse

Enhancing the cherishing love

- Cultivate respect for others
- Subdue pride

Related to equalizing self with others

Related to the perfection of Ethics

SECOND

6

Summary of the 3rd Verse

Watch the mind to drive out afflictions

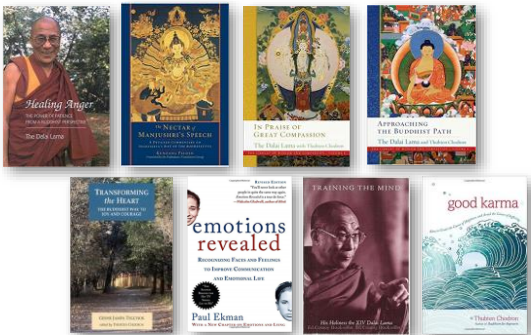
- Cultivate mindfulness and vigilance
- Disadvantages of the afflictions

Related to the faults of ego-centricity
Related to the perfection of Concentration

third

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Suggested Reading




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Today's Topics

- Anger and its faults
- Antidotes
- Verse 4, Extending and deepening compassion

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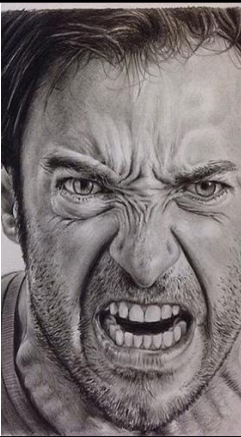
What is Aversion?

It is a **deluded** mental factor that referring to one of **three** objects, **agitates** the mind by being **unable** to bear or through wanting to **harm** the object or person.

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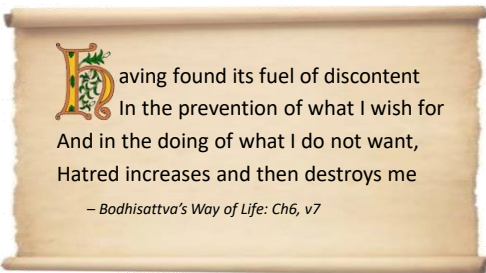
What is Anger?

A **deluded** mental factor that observes a **contaminated object**, **exaggerates** its negative characteristics, considers it to be **undesirable**, then wishes to **harm** it.



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Arya Shantideva said ...



Having found its fuel of discontent
In the prevention of what I wish for
And in the doing of what I do not want,
Hatred increases and then destroys me

— Bodhisattva's Way of Life: Ch6, v7

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The Faults of Anger

All appearances arise as enemies

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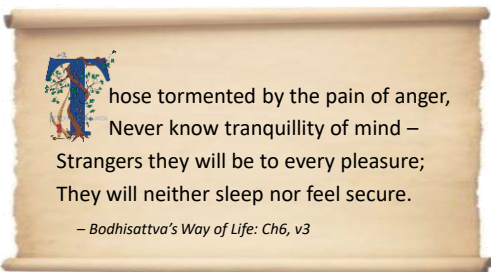
Recognising the **Faults** of Anger

- Poor health
- You lose your ability to reason
- You destroy your relationships
- Your friends fear you
- You harm yourself and others



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Arya Shantideva said ...




Those tormented by the pain of anger,
Never know tranquillity of mind –
Strangers they will be to every pleasure;
They will neither sleep nor feel secure.

– Bodhisattva’s Way of Life: Ch6, v3

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Benefits of Over-throwing Anger

1. Good health
2. Life is in accord with reality
3. Hurt from grudges ceases
4. Victim mentality ends
5. You are trusted
6. Acceptance of karma



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Opposing Anger

1. Develop the view of genuine happiness
2. Apply what you remember – mindfulness
3. Clearly understand the faults
4. Apply the antidotes



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Antidotes for Anger

1. R.A.I.N.
2. Seven steps

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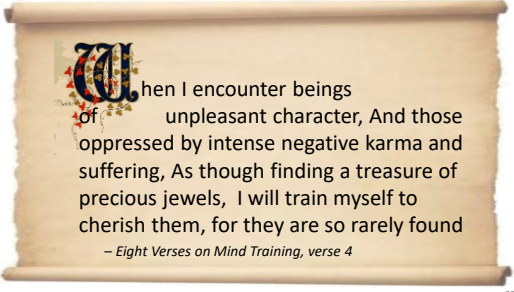
Antidotes for Anger & Hostility

- 1. Contemplate the faults of anger
- 2. Recollect karma
- 3. Meditate on the three types of patience
- 4. Meditate on love
- 5. Meditate on bodhicitta
- 6. Meditate on emptiness
- 7. Buddha-nature



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Geshe Langri Tangpa said . . .



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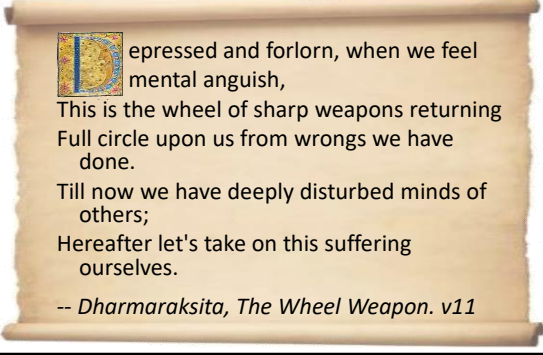
“those oppressed”



Stop seeing this as wrong. See it as something valuable.

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Advice from Dharmaraksita



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The Meditation

- This situation is the result of my negative karma.
- As the result has already ripened it is too late to purify it.
- I created the cause for this problem and so it is my responsibility to accept the result.
- If I do not experience the results of my negative actions, who else will?
- I can accept this patiently with a happy mind.




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Not Quite Right

While being ‘not quite right’, if we do not accept suffering and expect only happiness with our enjoyments, we will only heap more misery upon ourselves.



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Patience

1. Non-retaliation to those who harm

2. Towards the inanimate


3. Voluntary acceptance

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A Meditation

• “This person who is harming or disturbing me is encouraging me to practice patience.

• Since it is impossible to make progress on the spiritual path without developing the strong mind of patience, they are of great benefit to me.”



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Summary of the 4th Verse

Extending and deepening compassion by holding difficult people dearly

• The treasure trove of cherishing others


• The disadvantages of anger

Related to the advantages of cherishing others

Related to the perfection of Joyous Effort

FOURTH

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What’s My Take-Away?

• Knowledge that anger has many faults.

• Knowledge of many antidotes to anger.

• Verse 4 is about deepening compassion.

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Read

• Pages 8-9, verse 4, Transforming Problems FPMT

• Pages 1-3, Transforming Problems, LZR


• Pages 1-5, Transforming Problems Mind maps

• Transforming Problems Attachment Anger

Coming up

• Transforming problems

• Verse 5, Extending and deepening love



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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

