



Transforming Problems into Happiness

Class 5 - 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

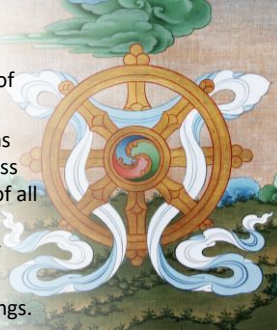
By the merits I create through
listening to the Dharma,
May I become a buddha to
benefit all sentient beings.



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.

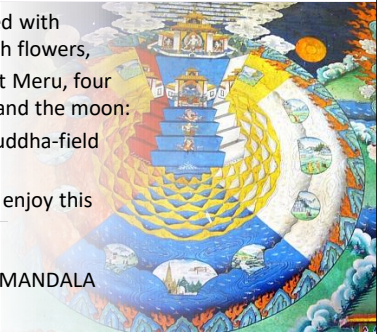


3


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



4



What We've Covered

- Preliminary practices
- 8 worldly concerns
- Equanimity
- Verse 1-4 of the eight verses


5

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



6

Summary of the 4th Verse

Extending and deepening compassion

- The benefits of cherishing others
- The disadvantages of anger

Related to the advantages of cherishing others

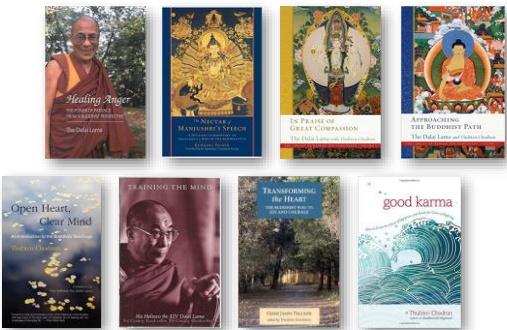
Related to the perfection of Joyous Effort

FOURTH

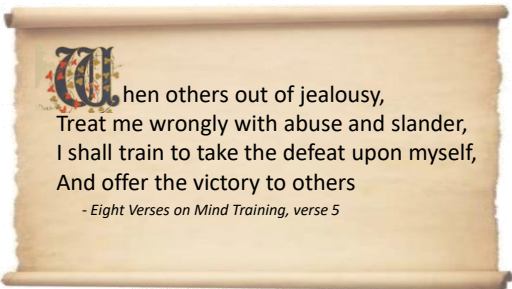
Today's Topics

- Transforming problems
- Verse 5, Extending and deepening love

Suggested Reading



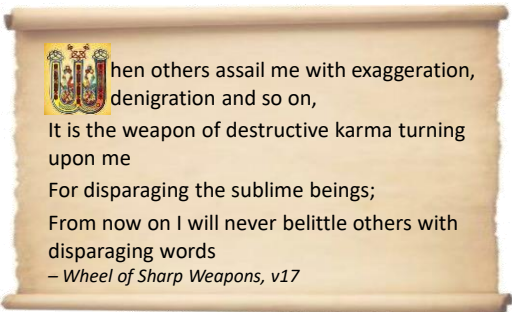
Geshe Langri Tangpa said ...



Great Sources of Kindness



Dharmarakshita said ...





Since I don't like what I'm feeling, I will avoid creating its cause

Transformation Through Acceptance

13

A Kadampa Attitude

If people despise me, I like it;
If they praise me, my pride will grow.
If they criticize me, I will clearly see my faults and can correct them.
Suffering is fine.
If I enjoy too much, I will exhaust my good karma.
If I suffer, I exhaust my bad karma, and that is good.

14


Summary of the 5th Verse

Extending and deepening love

- Cultivate unbiased courageous love
- Challenge selfishness

Related to the exchange of attitude

Related to the perfection of Generosity




15



What's My Take-Away?

- You know that jealousy has many faults.
- Antidotes to jealousy.
- Verse 4 is about deepening and extending love.

16



Read

- Page 9, Transforming Problems FPMT
- Pages 1-3, Transforming Problems, LZR

Coming up

- Experiencing problems for others
- Verse 6, Voluntarily enduring suffering

17

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



18

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

