



Transforming Problems into Happiness

Class 6 - 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.



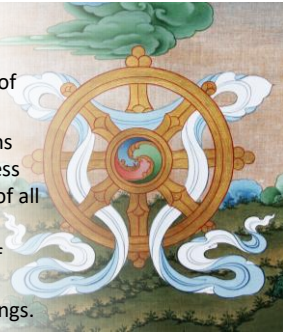
2

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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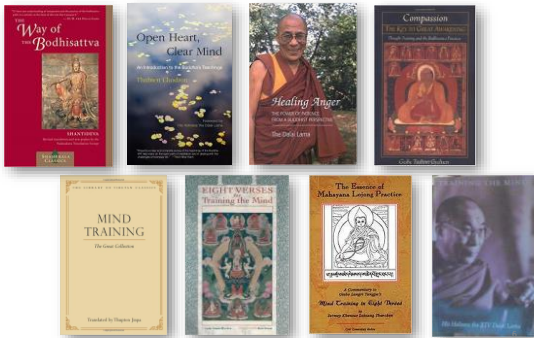


What We've Covered

- Preliminary practices
- 8 worldly concerns
- Equanimity
- Verse 1-5 of the eight verses

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Suggested Reading



6

Today's Outcomes


A brief review of the first five verses

The 6th Verse

Voluntarily enduring suffering

Challenging impatience and anger

Cultivating patience



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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



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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




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Geshe Langri Tangpa said . . .

hen someone whom I have helped,
Or in whom I have placed great hopes,
Mistreats me in extremely hurtful ways,
I will train myself to regard him as my precious teacher

- Eight Verses on Mind Training, verse 6

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By trust,
betrayed

11

Trust
and
Mistrust




12

A Forbearance Meditation

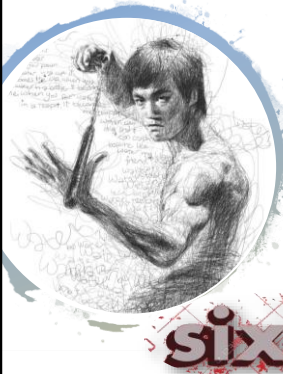
1. Acknowledge your pain in situations when a betrayal of trust has occurred.

2. Contemplate that in the past you have acted in ways that others saw as breaking a commitment.

3. Extend gratitude to those who betrayed your trust for the opportunity they gave you to practice fortitude and forgiveness.



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Summary of the 6th Verse

Voluntary endurance

- Challenge impatience
- Cultivate forbearance

Related to the exchange of attitude

Related to the perfection of patience


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What's My Take-Away?

- You know that you can voluntarily accept difficulties by depending on your knowledge of karma and its effects.
- Verse 6 is about patience.

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Read

- Page 10, Transforming Problems FPMT
- Page 17-28, Transforming Problems FPMT
- Pages 1-3, Transforming Problems LZR


Coming up

- Giving and taking
- Verse 7, changing your attitude – courage

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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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