



Transforming Problems into Happiness

Class 7 - 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


Four Immeasurables

May all sentient beings have
happiness and the causes of
happiness.

May all sentient beings be free
from suffering and the causes
of suffering.

May all sentient beings never
be separated from the happiness
that is free from suffering.

May all sentient beings abide
in equanimity, free from
attachment for friends and
hatred for enemies.



3

Seven Limb Prayer

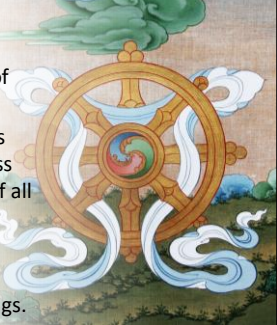
Reverently I prostrate with my
body, speech, and mind;

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.



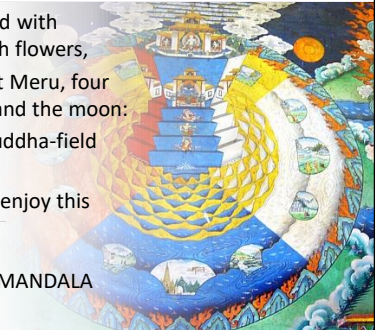
4

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 Already

- Preliminary practices
- 8 worldly concerns
- Equanimity
- Verse 1-6 of the eight verses

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Today's Topics

- Review
- A change of attitude
- Tong-len
- Courage

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Traversing the Eight Verses

Verse 1: Cherish Others

Verse 2: Enhance the cherishing love

Verse 3: Watch the mind and drive out afflictions

Verse 4: Extend and deepen compassion

Verse 5: Extend and deepen love

Verse 6: Voluntarily endure suffering

Verse 7: Change your attitude

Verse 8: Maintain a pure practice

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Suggested Reading

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Geshe Langri Tangpa said ...

I

n brief, I will train myself to offer benefit and joy to all my mothers, both directly and indirectly, And secretly take upon myself all the hurts and pains of my mothers.

10

Upon myself all the hurts and pains

11

Geshe Chekawa said . . .

D

practice in combination both giving and taking. Commence the taking from your side. Place these two astride the breath.

— Seven-point Mind Training, v2

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Taking Suffering

Inspiring great courageous compassion



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Benefits of Compassionate Taking

1. Your merit will increase
2. You will develop a very strong mind that can bear adversity with courage

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More Benefits When Taking

1. Your negative karma will be purified
2. Your compassion will become stronger
3. Your compassion will eventually transform into the universal compassion of a buddha

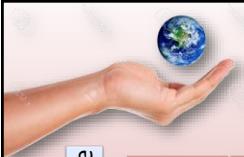
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Taking by Means of Compassion

These living beings are my mothers and have shown me great kindness

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tong-len – Taking

How to Meditate

Oneself

Others

Future

Past & Present

1. Friends

2. Strangers

3. Enemies

4. Everyone

1. Sufferings (effects)


2. Origins (seeds)

3. Obscurations (imprints)

Aryas

Animals etc

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Giving by Means of Love

In samsara there is no real happiness anywhere

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Giving Everything Lovely

Inspires selfless love



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tong-len – Giving

How to Meditate

Oneself

Future

Past & Present

Others

1. Friends

2. Strangers

3. Enemies

4. Everyone

Contaminated Happiness


Uncontaminated Happiness

Guru & Buddhas

Bodhisattvas

Insects, animals

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Summary of the 7th Verse

Changing your attitude

- Cultivating courage
- Challenging fear

Related to tonglen

Related to the perfection of concentration

Seventh

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What's My Take-Away?

- You know that it's possible to change your attitude with tonglen practice.
- Verse 7 is about courage

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Read

- Page 10, Transforming Problems FPMT
- Page 1-4, Tonglen LZR

Coming up


- Taking happiness as the path
- Shortcomings of attachment and selfish affection
- Verse 8, maintaining purity



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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

