



Transforming Problems into Happiness

Class 8 - 2022

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


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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

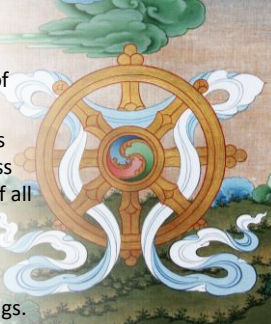
Reverently I prostrate with my
body, speech, and mind;

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.



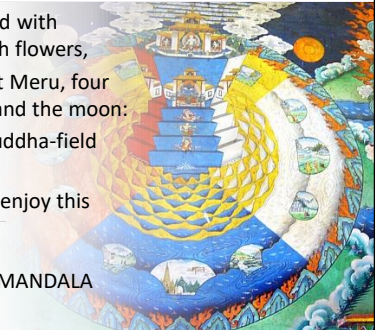
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Mandala Offering


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

- The lineage
- Preliminary practices
- 8 worldly concerns
- Equanimity
- Verse 1-7 of the eight verses

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Today's Topics

- Reviewing seven verses
- Verse eight
- Eight worldly concerns
- Eight extreme views
- Ultimate bodhicitta

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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 . . .

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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The Stains

WRONG CONCEPTION

1. Truly existent
2. Inherently established
3. From its own side
4. By way of its own character

THE APPEARANCE

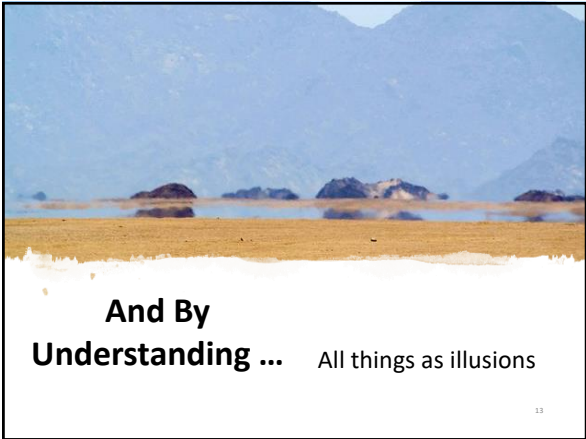
1. Existing in the way it appears
2. Not dependent
3. Found amongst the bases of designation
4. No need for imputation by conception or name

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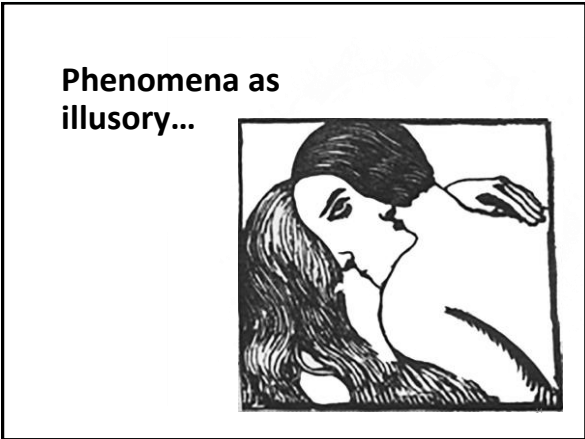
Eight Mundane Concerns

Seeking Delight	Avoiding Displeasure
PLEASURE Comfort, nice things	PAIN Discomfort, unpleasant
GAIN Profit, acquiring things	LOSS Loss, deterioration
PRAISE Admiration, approval	BLAME Criticism, abuse
SUCCESS Fame, status, reputation	FAILURE Insignificance, notoriety

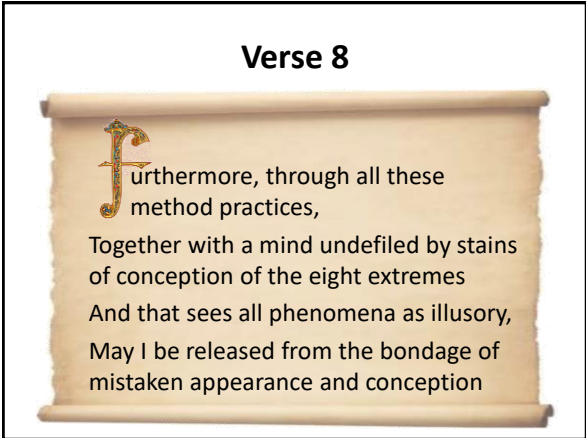
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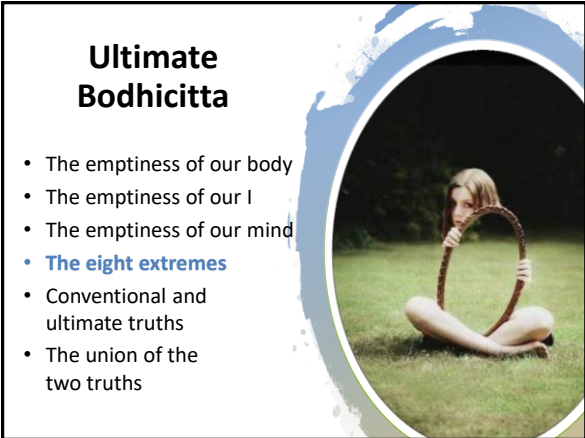
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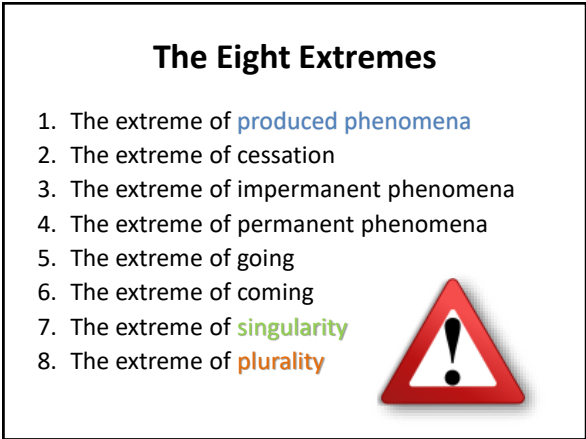
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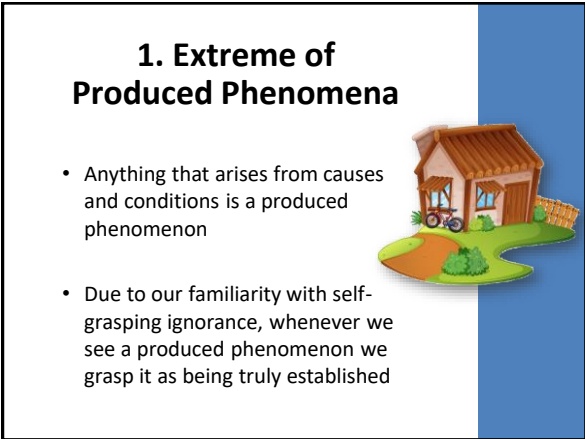
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And ... Remember This!

- There is an I or self that is reborn within samsara
- This I is a produced phenomenon because its existence depends upon causes and conditions, such as its previous continuum and karma
- If we search for an I within our body and mind or separate from them we can't find one
- Instead of a truly existent I appearing to our mind, a space-like emptiness appears

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7. Extreme of Singularity

- When we observe one object, we strongly feel that it is a single, indivisible entity
- Due to our familiarity with self-grasping ignorance, we grasp its singularity to be inherently established

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8. Extreme of Plurality

- When we observe more than one object, we regard the multiplicity of these objects to be inherently established
- Due to our familiarity with self-grasping ignorance, we grasp the plurality to be inherently established

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And ... Remember This!

- Singularity does not exist from its own side because it is just imputed upon a plurality, its parts
- Plurality does not exist from its own side because it is just imputed upon a singularity, the collection of its parts
- Singularity and plurality are free from the extreme of existence
- Any type of conceptual mind that grasps at singularity or plurality to truly exist is a wrong awareness

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Advice from Lama Tsong Khapa

Appearances clear away the extreme of existence;
Voidness clears away the extreme of non-existence.
When you understand the arising of cause and effect from the viewpoint of voidness, you are not captivated by either extreme view.
– *Three Principal Aspects*, v13

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Summary of the 8th Verse

Maintaining purity


- Abandoning attachment
- Cultivating insight

Related to bodhichitta

Related to the perfection of wisdom

eighth


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What's My Take-Away?

- You know that the practice can be kept pure with the integration of wisdom.
- Verse 8 is related to ultimate bodhicitta.

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Read

- Page 11, FPMT teachings

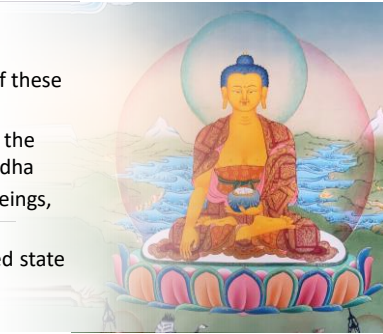
Coming up

- A review

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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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