



# Transforming Problems into Happiness

REVIEW - 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

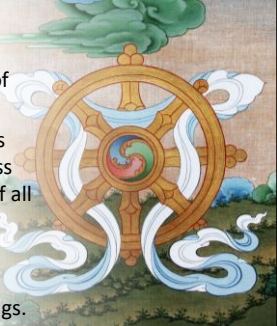
Reverently I prostrate with my  
body, speech, and mind;

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



5

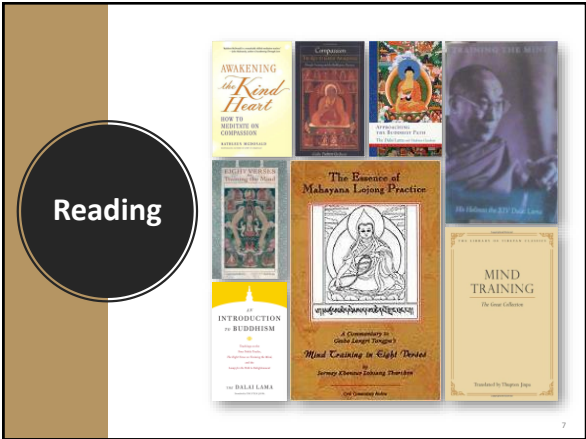


# What We've Done


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

6





7




### Today's Review

- The assessment questions
- Self-cherishing and cherishing others
- The benefits of cherishing others
- Eight attitudes to practice
- Application to life

8

### The Benefits of Transformation

“It is like a diamond, like the sun, and like a medicinal tree”




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### Transforming Five Degenerations

1. Time
2. Living Beings
3. View
4. Delusions
5. Life-span


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### What is Self-grasping Ignorance?

The belief in a nature or state that objects could have in which they rely on nothing else.

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### What is Self-cherishing?

It is called an “inferior obscurator” and is a hindrance for bodhisattvas to abandon

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# FIRST

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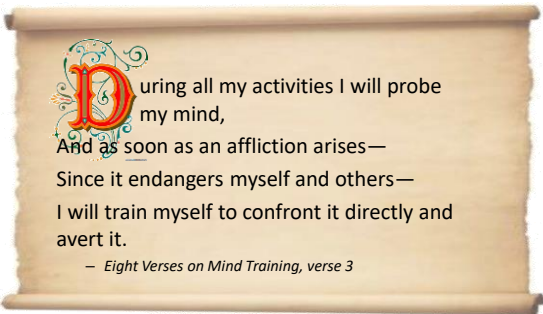
## 17

## SECOND

18



Geshe Langri Tangpa said . . .



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Summary of the 3<sup>rd</sup> Verse

Watch the mind to drive out afflictions

- Cultivate mindfulness and vigilance
- Disadvantages of the afflictions

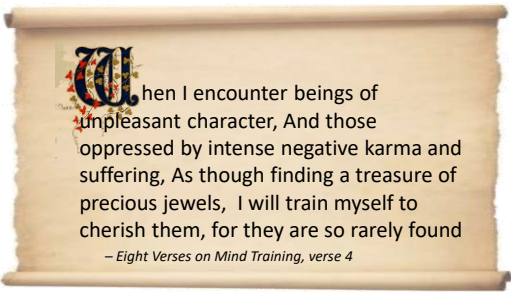
Related to the faults of ego-centricity

Related to the perfection of Concentration

third

20

Geshe Langri Tangpa said . . .



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Summary of the 4<sup>th</sup> Verse

Extending and deepening compassion by holding difficult people dearly

- The treasure trove of cherishing others
- The disadvantages of anger

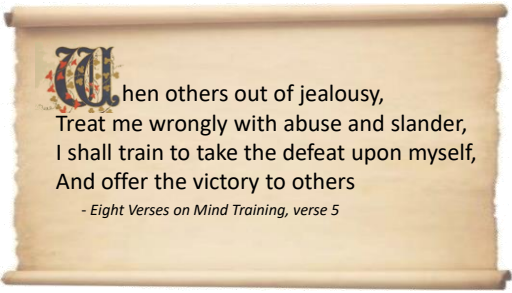
Related to the advantages of cherishing others

Related to the perfection of Joyous Effort

FOURTH

22

Geshe Langri Tangpa said ...



23

Summary of the 5<sup>th</sup> 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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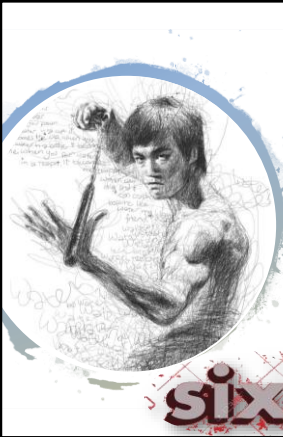


Geshe Langri Tangpa said . . .

When 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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Summary of the  
6<sup>th</sup> Verse

Voluntary endurance

- Cultivate forbearance
- Challenge impatience

Related to the exchange  
of attitude

Related to the  
perfection of patience


sixth

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Geshe Langri Tangpa said ...

In 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.

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Summary of the  
7<sup>th</sup> Verse

Changing your attitude

- Cultivating courage
- Challenging fear

Related to tonglen

Related to the perfection  
of concentration

Seventh

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Geshe Langri Tangpa said . . .

Furthermore, through all these  
method practices,  
Together with a mind undefiled by stains  
of conception of the eight extremes  
And that sees all phenomena as illusory,  
May I be released from the bondage of  
mistaken appearance and conception

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Summary of the  
8<sup>th</sup> Verse

Maintaining purity

- Abandoning attachment
- Cultivating insight

Related to bodhichitta

Related to the perfection  
of wisdom

eighth

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### Verse 1: Cherish Others

**Verse 2:** Enhance the cherishing love

**Verse 3:** Watch the mind to 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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1. Recollect often the kindness of others

## 2. Respect others as spiritual teachers

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### 3. Living beings have no faults

#### 4. How can I help?

## 5. Accept harm and defeat joyfully

6. Difficulties, loss and harm are my friends

7. Be courageously compassionate

## 8. Appearances are not true



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- You know Geshe Langri Tangpa's eight verses of thought transformation.
- Each of them contains something to abandon and to adopt.

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- Each of them contains something to abandon and to adopt.

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## Read

- Read the FPMT teachings of this module

## Coming up

- A brief break

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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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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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