

# The Wisdom of Emptiness

## 2023 - Class 2



*Ceci n'est pas une pipe.*

A 9 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.



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# Seven Limb Prayer

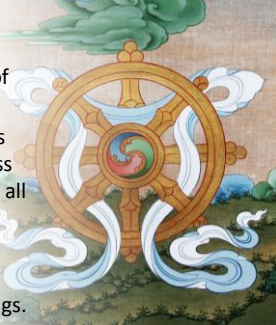
Reverently I prostrate with my  
body, speech, and mind;

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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# We Have Completed


- What emptiness is  
and what it is not
- Relating emptiness  
to Nirvana and  
Buddhahood
- Teachers of  
emptiness



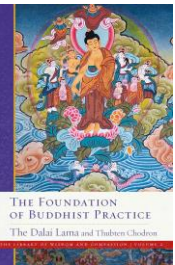
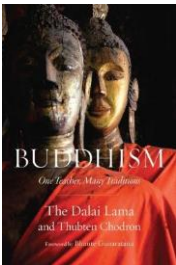
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### Today's Outcomes

- 1. The four seals of a Buddhist
- 2. The necessity of purification and accumulating merit
- 3. Developing serenity



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### Suggested Reading

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### What is a Tenet?

An established conclusion



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### The Four Seals

- 1. All products are impermanent
- 2. All contaminated things are miserable
- 3. All phenomena are empty and selfless
- 4. Nirvana is peace



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### All Products are Impermanent

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### Contaminated phenomena are miserable

All polluted phenomena are *duhkha* — unsatisfactory by nature

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**All Phenomena are empty and selfless**



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**Nirvana is Peace**




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**Four Seals and Four Truths**

1 <sup>st</sup> Seal – All products are impermanent	2 <sup>nd</sup> Seal – Contaminated phenomena are miserable	3 <sup>rd</sup> Seal – All phenomena are empty and selfless	4 <sup>th</sup> Seal – Nirvana is peace
Truth of Duhkha	Truth of Origin	Truth of Cessation	Truth of Path
			

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**The Buddha said...**

aitreya, when a bodhisattva, a great being, possesses these four teachings, non-virtuous actions that are performed and accumulated will be overcome.

What are these four?


They are the power of remorse, the power of the antidote, the power of turning away from faults, and the power of the basis.

– Sutra Showing the Four Dharmas

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**The Four Opponent Powers**

1. **Remorse** – Regret
2. **Remedy** – Applying remedies
3. **Restraint** – Turning away from faults
4. **Refuge** – The foundation



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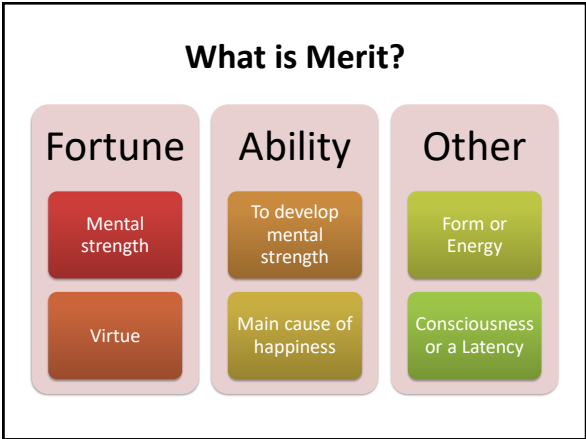
**Lama Zopa Rinpoche said ...**

ow much negative karma is purified is determined by how much faith we can generate. Our mind creates the negative karma, but our mind can also purify it.

– Teachings from the Vajrasattva Retreat, p30

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### Four Causes For Merit

1. Attitude
2. Object
3. Vows
4. Phenomena



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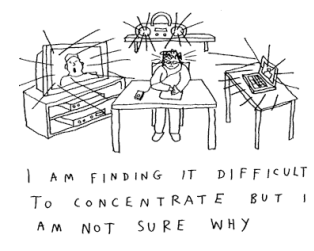
### Merit and Purification

Prostration	• Merit of devotion
Charity	• Merit of generosity
Declare negativities	• Purify three poisons
Rejoicing	• Accumulate and increase merit
Requesting	• Merit of guru devotion
Beseeching	• Merit of the teachings
Dedication	• Accumulate and preserve merit

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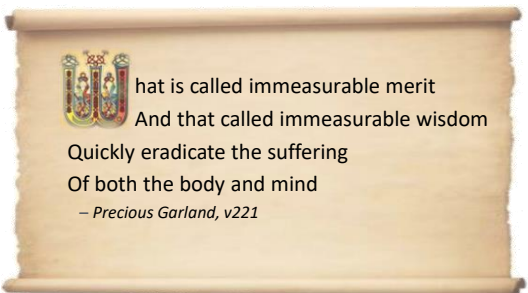
### Developing Serenity

Concentration balances an unbalanced mind



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### Arya Nagarjuna said ...



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### What's My Take-Away?



- You know what a tenet is and what the four seals are.
- You know why it's necessary to purify past misdeeds to accumulate merit, and why serenity is necessary.

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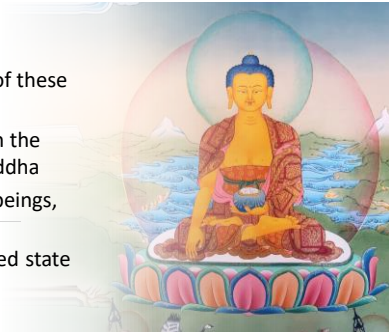


- **Read:**
  - The Four Seals
- **Coming up:**
  - Two truths and two extremes
  - The two forms of ignorance

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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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