

# The Wisdom of Emptiness

## 2023 - Class 6



*Ceci n'est pas une pipe.*

A 9 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

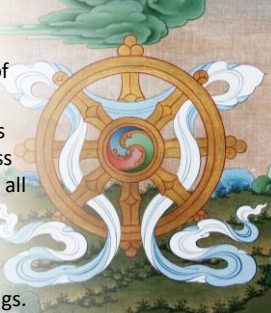
Reverently I prostrate with my body, speech, and mind;

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.



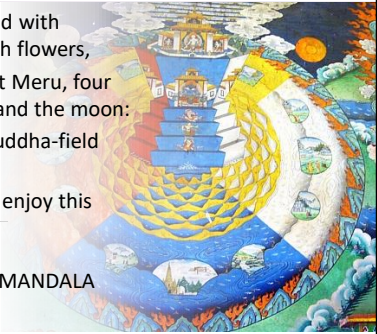
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# Mandala Offering

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




5

# What We've Covered So Far

1. What emptiness is and isn't
2. Merit and purification
3. Tenets and teachers
4. Emptiness in the lower systems



6




Today's Outcomes


1. Emptiness in the MW Consequence system

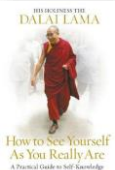
2. The person

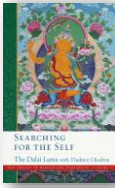
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Today's Useful Books

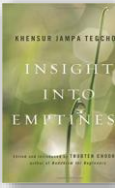
  
Emptiness  
THE FOUNDATION OF BUDDHIST PSYCHOLOGY  
GEORGE TANISHI THERING  
FOREWORD BY LAMA DOLPA ARIPELO

  
Relative Truth, Ultimate Truth  
THE FOUNDATION OF BUDDHIST PSYCHOLOGY  
GEORGE TANISHI THERING  
FOREWORD BY LAMA DOLPA ARIPELO


  
HOW TO SEE YOURSELF AS YOU REALLY ARE  
A PRACTICAL GUIDE TO SELF-KNOWLEDGE  
THE DALAI LAMA

  
SEARCHING FOR THE SELF  
THE DALAI LAMA with Thubten Chodro

  
LOSING OURSELVES  
THE DALAI LAMA with Thubten Chodro

  
INSIGHT INTO EMPTINESS  
KHECHUR JANGPA TEGCHO


8



Like a shepherd directing sheep

A Self-sufficient, Substantial entity

9



What does this mean to me?

• Objects of your use and enjoyment do not belong to you

• Your body, speech, and mind are not under your control

10



What Does This Mean To Me?

• My hurts are not coming from outside

• Pleasure and joy are not coming from external phenomena

• Help and harm are being created by the mind itself

11



What does this mean to me?

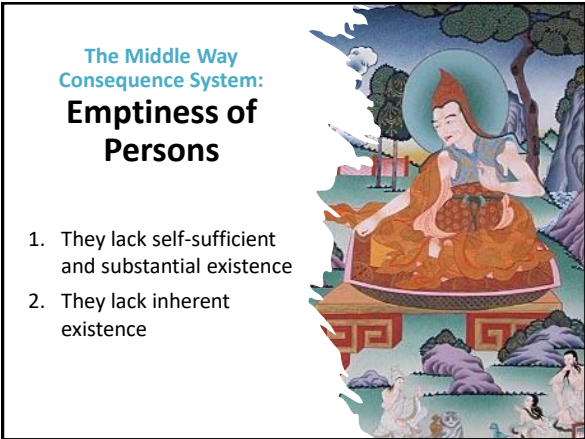
• Things are not coming completely from their own side.

• Decisions, not conditions, determine what you are.

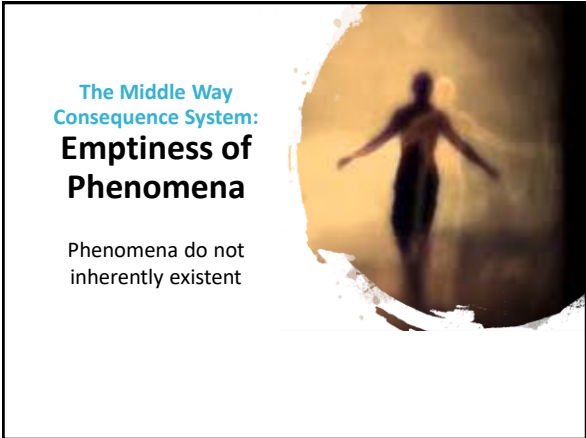
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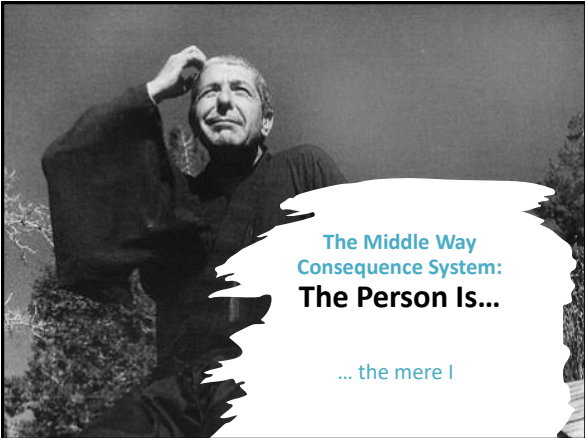
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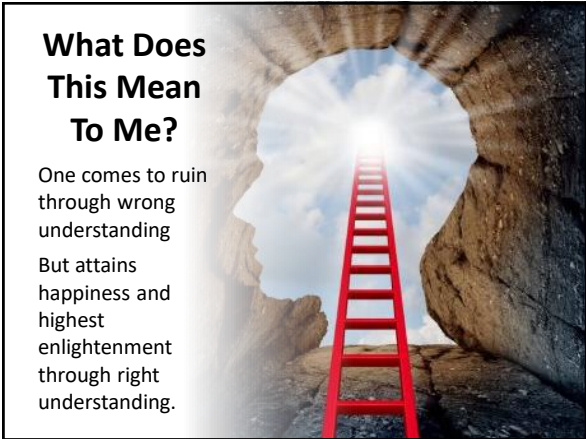
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15



16



17



18



Next Week

Read

- The mere person
- Wisdom of Emptiness Meditation.pdf pages 8-12
- Two emptiness meditations

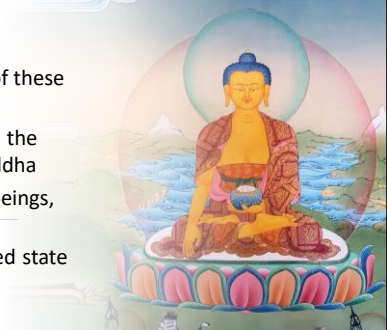
Coming up

- Nagarjuna’s Four keys
- Dependent and empty – their relationship
- The person and their dependencies

19

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



20

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 remains,  
As long as sentient beings remain,  
May I too remain  
To dispel the sorrows of the world



21