

The Wisdom of Emptiness

2023 - Class 7



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

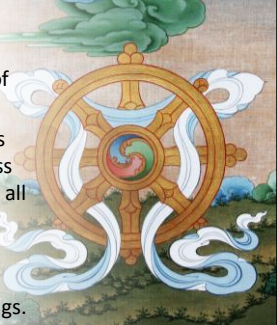
Reverently I prostrate with my body, speech, and mind;

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.



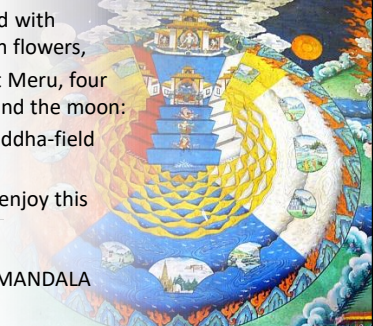
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Mandala Offering

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



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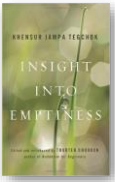
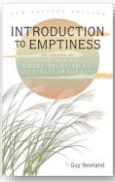
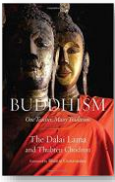

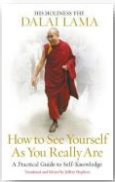

What We've Covered So Far

1. What emptiness is
2. Liberation and Enlightenment
3. Merit and purification
4. Tenets and teachers
5. Ignorance and the extremes
6. Selflessness and emptiness




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Today's Useful Books



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Today's Outcomes

1. Dependent arising

2. Dependencies of the person

3. Dependent and empty

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Synonyms of False Existence

1. Truly Existent

2. Existing from its own side

3. By way of its own character

4. Inherently existent



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Meditations Revealing Emptiness

1. Dependent Arising – the King

2. Reasoning establishing the lack of being one or many

3. Diamond Slivers

4. Five-fold reasoning

5. Seven-fold Reasoning



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Arya Nagarjuna said...

T

hrough what is emptiness known? It is known through seeing dependent-arising. Buddha, the supreme knower of reality, said What is dependently established is not inherently established.

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Levels of Dependent Establishment



1. Arising through meeting

2. Existing in reliance

3. Dependent existence

1. Causal dependence

2. Dependent designation

1. Mutual dependence

2. Mere dependent designation

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Body Dependencies

Causes	Egg, sperm, subtle wind
Conditions	Ignorance, grasping, karma
Parts	Gross & subtle elements, head, the heart, a nervous system
Designating consciousness	Being imputed in dependence on a consciousness that designates 'body'

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Mental Dependencies

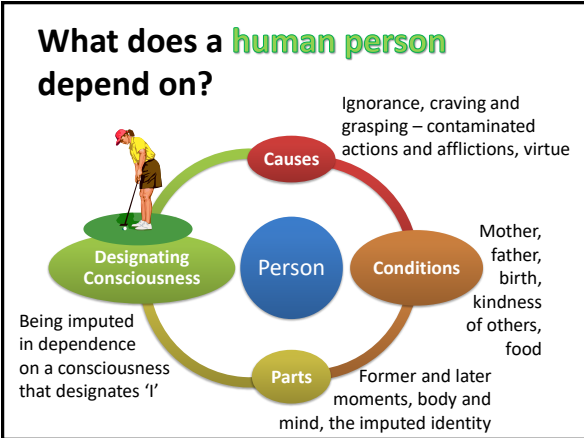
Causes	A previous moment; continuum
Conditions	A gross body, a subtle body, mental factors
Parts	Gross and subtle – conceptual and perceptual, an object, the five ever present mental factors
Designating consciousness	Being imputed in dependence on a consciousness that designates 'mind'

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Dependencies of Persons

Causes	A previous moment of the mental continuum
Conditions	Ignorance, craving, karma, the environment, prayer
Parts	Former and later moments, five aggregates, six elements
Designating consciousness	Being imputed in dependence on a consciousness that designates 'I' (i.e., person)

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Arya Nagarjuna said ...

Whatever is dependently originated
I call that to be empty.
And that too is dependently originated,
And this is the Middle Way.

— Fundamentals of the Middle Way

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The King of Reasons


Take the person (self, I)
It is empty of inherent existence

- **Why?**

Because it dependently exists.

- For *example*, like a *mirage*

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Dependent and Empty

This world completely lacks essence;
it trembles in all directions.


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The Person

The person exists in mere name,
by mere designation

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False Appearances

1. I **inherently exist** **because** my existence is not **dependent**
2. I **truly exist** **because** the way I exist and the way I appear to exist are **the same**.
3. I **exist from the side of the bases of designation** **because** that is where I am when searching for **amongst the bases for designation**.
4. I **exist by way of my own character** **because** I do not depend on imputation by **name and concept**.


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The Appearance and Reality of an Inherently Established Person

If the person did exist inherently, their appearance would not depend on awareness



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The Conclusion

The Buddha is not his mind-body complex.
He is not other than his mind-body complex.
The mind-body complex is not in him; he is not in it.
He does not possess it.
What Buddha is there?

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What does this mean for me?

- I must be very careful in how I act
- I am the creator of my own experience
- I am in control of my own future
- Enlightenment is possible




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What's My Take-Away?

- You know how dependent arising and emptiness are related
- You know Nagarjuna's King of Reasons

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Read

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

Coming up

- The Four Keys
- Analogies and examples of an empty person
- The four profundities of the Heart sutra

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



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