

Eight Verses To Turn Your Life Around

Class 1 - 2023

A 4-week 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

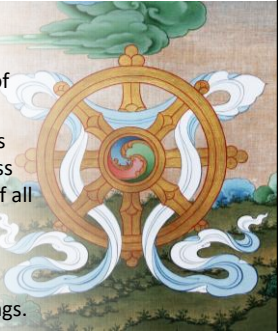
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



2

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.



3

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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The Course Outline

4 weeks, 4 classes

Topics include:

- 8 Verses of Thought Transformation
- The relationship between knowledge and practice



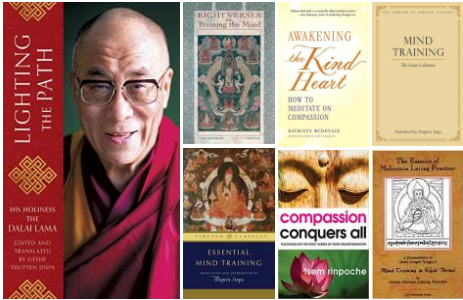
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Today’s Topics

- Self-grasping, self-cherishing, and cherishing others
- Verses 1 and 2 of the Eight verses



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Eight Verses of Mind Training


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The Lineages of Transformation

THE FIELD OF REFUGE



KADAMPA LINEAGES




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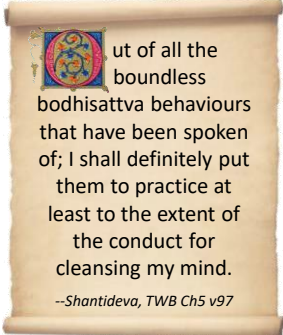
What is Thought Transformation?

Lo = Mind / Attitude

Jong = Training

- Habituation
- Cultivation
- Cleansing





ut of all the boundless bodhisattva behaviours that have been spoken of; I shall definitely put them to practice at least to the extent of the conduct for cleansing my mind.

--Shantideva, TWB Ch5 v97

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Transforming Five Degenerations

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

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The Preliminary Practices

1. Leisure and Opportunity
2. Death and Impermanence
3. Karmic Cause and Effect
4. The Faults of Cyclic Existence



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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 obscurtion” and is a hindrance for bodhisattvas to abandon

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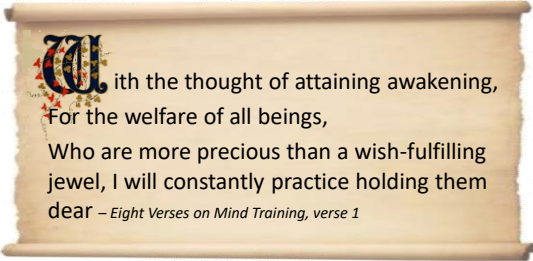


What is Cherishing Others?

An understanding and affectionate response to the needs of others

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Geshe Langri Tangpa said ...



With the thought of attaining awakening,
For the welfare of all beings,
Who are more precious than a wish-fulfilling
jewel, I will constantly practice holding them
dear – *Eight Verses on Mind Training, verse 1*

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Benefits of Cherishing Others

- Fear diminishes
- Anger vanishes
- Supreme health
- A refuge for others
- Enlightenment



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Summary of the 1st Verse

Cherishing Others

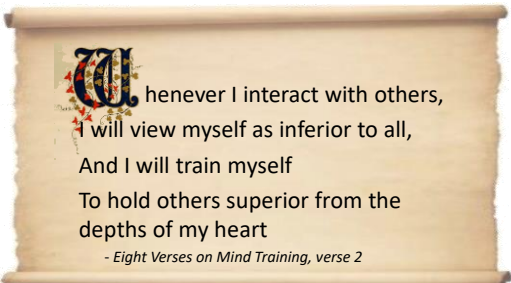
- See others as precious
- Subdue your ego-centricity

Related to equalizing self with others
Related to the perfection of Patience

FIRST


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Geshe Langri Tangpa said . . .



Whenever I interact with others,
I will view myself as inferior to all,
And I will train myself
To hold others superior from the
depths of my heart
– *Eight Verses on Mind Training, verse 2*

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Advantages of Being Humble

1. We don't use up our merit on worldly attainments
2. We accumulate a vast amount of merit
3. Our self-cherishing will become weaker
4. Our love for others will increase
5. We can learn from everybody

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Summary of the 2nd Verse

Enhance the Cherishing Love

- Cultivate respect for others
- Subdue deluded pride

Related to equalizing self with others

Related to the perfection of Ethics

SECOND

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What's My Take-Away?

- The Lineage of teachers and practices
- A practice for degenerate times
- Self-grasping and self-cherishing
- Verses 1 & 2 of the Eight verses
- A summary of the main points

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Read:

- Any commentary on the Eight Verses


Coming up:

- Verse 3, Driving out afflictions
- Verse 4, Extending and deepening compassion

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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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