


Eight Verses To Turn Your Life Around
Class 2 - 2023

A 4-week 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 Boundless Thoughts

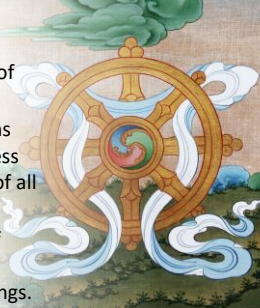
May all sentient beings have happiness and its causes.
May all sentient beings be free from suffering and its causes.
May all sentient beings never be separated from the happiness that is without suffering.
May all sentient beings abide in equanimity, free from the bias of attachment for friends and 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



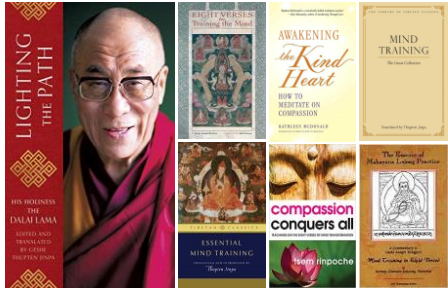
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Today's Topics

- Review
- Verses 3 and 4 of the Eight verses
 - Mindfulness and vigilance
 - Empathy and compassion



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Eight Verses of Mind Training

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Summarizing Verses 1 & 2

PRACTICE	1. CHERISHING OTHERS	2. ENHANCING THE CHERISHING LOVE
WISHING BODHICITTA	Related to equalizing self with others – empathy	Related to equalizing self with others – empathy
DO	Appreciate the kindness and preciousness of others – gratitude	Cultivate respect for others – humility
STOP	Being preoccupied with yourself – the faulty attitude	Egocentricity – deluded forms of pride, arrogance
ENGAGING BODHICITTA	Related to the third Perfection of Patience	Related to the second Perfection of Ethics

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Arya Shantideva said...

When my eyes behold limited beings,
I shall think, “Depending on them,
I shall attain Buddhahood,”
And look with a sincere and loving manner.

-- Bodhisattva’s Way of Life Ch5 v80

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Summarizing Verses 3 & 4

PRACTICE	3. WATCHING THE MIND TO DRIVE OUT AFFLICTIONS	4. CULTIVATING WISHING LOVE AND DEEPENING COMPASSION
WISHING BODHICITTA	Related to exchanging self with others	Related to the cherishing of others and the exchanging of self with others
DO	Cultivate mindfulness and vigilance	Empathize – recollect the suffering of others, and wish to put an end to it
STOP	Egocentricity – agreeing with and going along with the afflictions	Self-preoccupation – anger, resentment, discontent, and other afflictive mental states
ENGAGING BODHICITTA	Related to the Perfection of Concentration	Related to the Perfection of Joyous effort

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11 Points to Inspire

1. Immeasurable equanimity

2. Recognise all beings as kin

3. Remember their kindness

4. Repay their kindness

5. Sameness of self and others

6. Disadvantages of egocentricity

7. Advantages of cherishing others

8. Exchanging self for others

9. Taking sufferings – Giving everything lovely

10. Whole-hearted resolve

11. Radical altruism

1. Remove bias and balance social reactivity

2. Commonality and solidarity

3. Gratitude

4. Reciprocity of affection

5. Empathy

6. Renunciation and compassion

7. Affectionate love

8. Courage

9. Courageous compassion – Selfless love

10. Responsibility and purpose

11. Action


11

Geshe Langri Tangpa said . . .


During all my activities I will probe my mind,
And as soon as an affliction arises –
Since it endangers myself and others –
I will train myself to confront it directly and avert it.

– Eight Verses on Mind Training, verse 3


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Lying down



Sitting



Standing



Walking

Four Activities

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Two Necessary Elements



MINDFULNESS




VIGILANCE

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The Nature of Mindfulness

Regarding a familiar object, your mind is not forgetful and operates without distraction.



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What is Vigilance?

Knowing whether the mind is getting distracted or dull

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What is the Purpose of Vigilance?

- Assess your mental situation
- Is excitement occurring?
- Is laxity is occurring?

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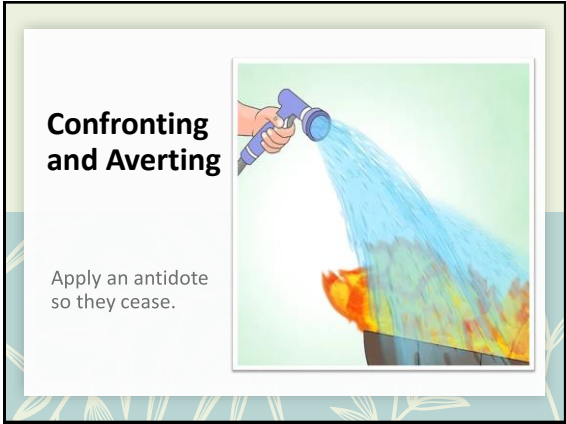
How Must Mindfulness And Vigilance Work Together?

You maintain your focus on your chosen object with mindfulness while repeatedly checking for the two obstacles with vigilance.

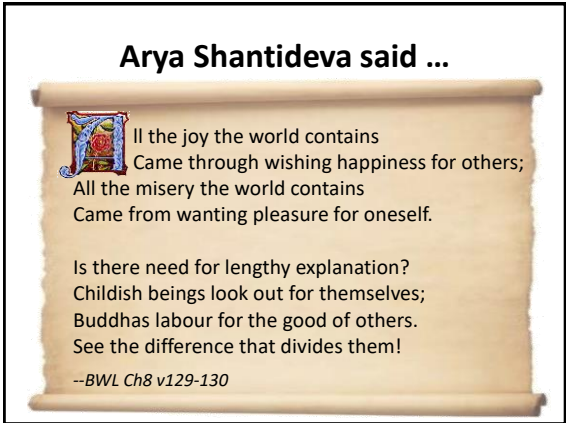
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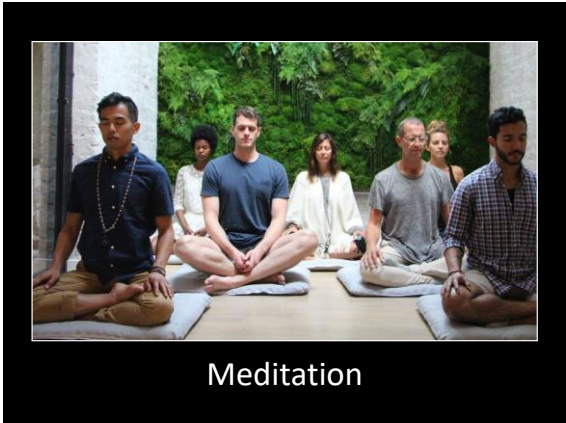
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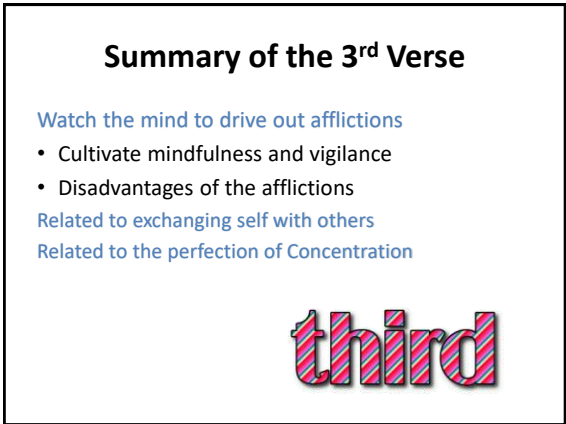
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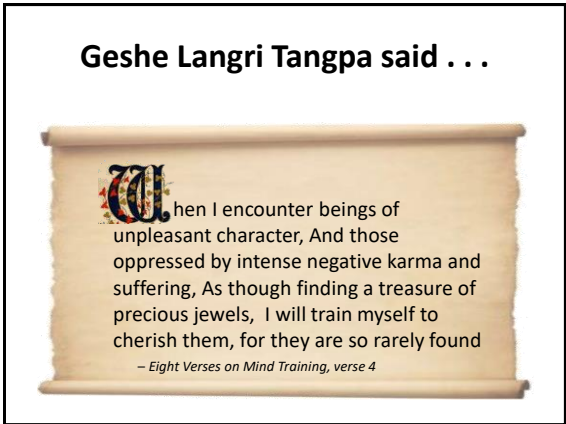
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Compassion


- Compassion has the aspect of allaying suffering
- Its proximate cause is seeing helplessness in those overwhelmed by suffering

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Three Forms of Love



Affectionate Love



Cherishing Love



Wishing Love

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Meditation

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Summary of the 4th Verse

Cultivating wishing love and deepening compassion by holding difficult people dearly

- Cultivating empathy and compassion for others
- The disadvantages of anger

Related to the advantages of cherishing others


Related to the perfection of Joyous Effort

FOURTH

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What's My Take-Away?

- Verses 3 & 4 of the Eight verses
- A summary of the main points

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Read:

- Any commentary on the Eight Verses


Coming up:

- Verse 5, Deepening love and compassion
- Verse 6, Cultivating patience

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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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