


Eight Verses To Turn Your Life Around Class 3 - 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

Four Boundless Thoughts

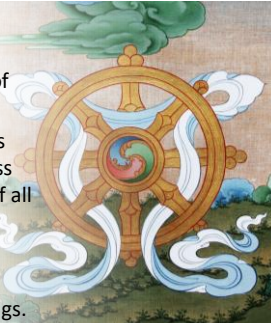
May all sentient beings have happiness and its causes.
May all sentient beings be free from suffering and its causes.
May all sentient beings never be separated from the happiness that is without suffering.
May all sentient beings abide in equanimity, free from the bias of attachment for friends and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

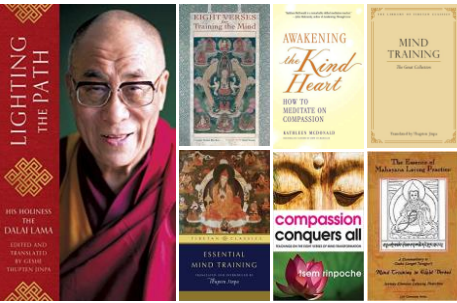
Mandala Offering

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




5



Eight Verses of Mind Training

6




What We've Covered

- Lineage
- Preliminary practices
- Verses 1 to 4 of the Eight Verses

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Today's Topics

- Review
- Verses 5 and 6 of the Eight Verses
 - Offering the victory
 - Voluntary endurance



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A Foundation for Wishing Bodhicitta

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

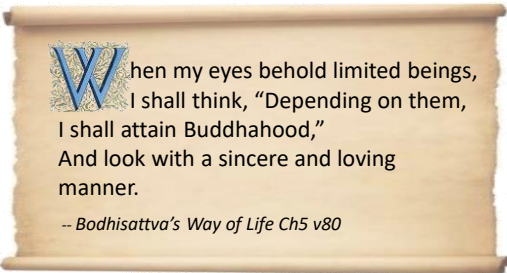
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Summarizing Verses 1 & 2

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

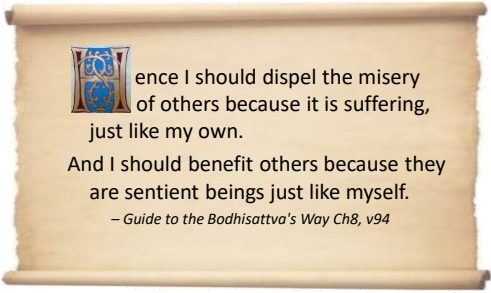
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Summarizing Verses 3 & 4

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 – renunciation	Empathize – recollect the suffering of others, and wish to stop it – compassion
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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The Superior Shantideva says ...



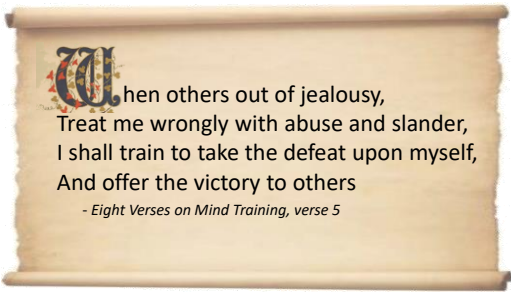
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Summarizing Verses 5 & 6

PRACTICE	5. OFFERING THE VICTORY AND ACCEPTING DEFEAT	6. VOLUNTARY ENDURANCE
WISHING BODHICITTA	Related to exchanging self with others	Related to exchanging self with others
DO	Cultivate an unbiased, and courageous love toward others	Appreciate difficulties as valuable teachings – Cultivate forbearance towards harm-doers, suffering itself, and your understanding and practice of the Dharma.
STOP	Resentment and self-preoccupation. Having the last word.	Impatience, despondency
ENGAGING BODHICITTA	Related to Perfection of Generosity	Related to the Perfection of Patience

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Geshe Langri Tangpa said ...



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Two Situations

- Ultimate benefit or temporary
- Short term or long term
- What of your own future

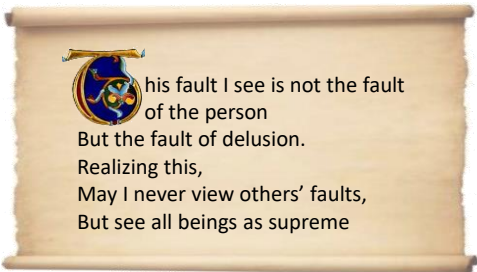
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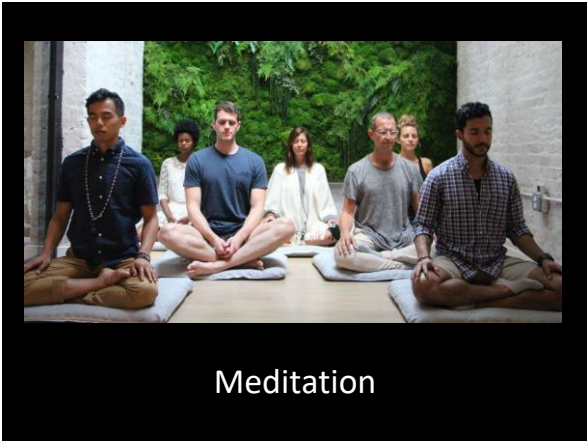
Meditation

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A Prayer



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Meditation

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Summary of the 5th Verse

Offering the victory & accepting defeat

- Training in the patience of willingly accepting hardship – courage
- Challenge selfishness

Related to the exchange of attitude

Related to the perfection of Generosity



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Geshe Langri Tangpa said...

When someone whom I have helped,
Or in whom I have placed great hopes,
Mistreats me in extremely hurtful ways,
I will train myself to regard him as my
precious teacher

- Eight Verses on Mind Training, verse 6

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Karma as a
Wheel of
Sharp
Weapons

My behaviors are
to blame for this!



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Arya Shantideva said ...

Moreover, suffering has many good
qualities.
Through experiencing it, we can dispel pride,
Develop compassion for those trapped in
samsara,
Abandon non-virtue, and delight in virtue

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Meditation

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Lama Atisha said ...

Whether someone is a foe or friend —
These objects that give rise to afflictions—
He who sees them as spiritual teachers
Will be joyful wherever he resides.

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Meditation

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Summary of the 6th Verse

- Voluntary endurance
- Cultivate forbearance
 - Stop being impatient
- Related to the exchange of attitude
- Related to the perfection of patience

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“It is worth remembering that the time of greatest gain in terms of wisdom and inner strength is often that of greatest difficulty.”

DALAI LAMA

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Summarizing Verses 5 & 6

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STOP	Resentment and self-preoccupation. Having the last word.	Impatience, despondency
ENGAGING BODHICITTA	Related to Perfection of Generosity	Related to the Perfection of Patience

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What’s My Take-Away?

- Verses 5 & 6 of the Eight verses
- Deepening love & patience
- A summary of the main points

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Read:

- Any commentary on the Eight Verses

Coming up:

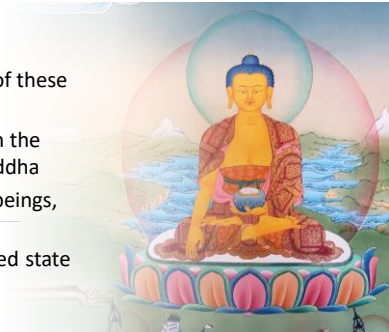
- Verse 7, Changing our attitude
- Verse 8, Wisdom and the analogy of the illusion

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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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