

Eight Verses To Turn Your Life Around


Class 4 - 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

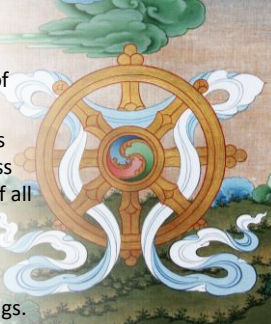
May all sentient beings have happiness and its causes.
May all sentient beings be free from suffering and its causes.
May all sentient beings never be separated from the happiness that is without suffering.
May all sentient beings abide in equanimity, free from the bias of attachment for friends and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

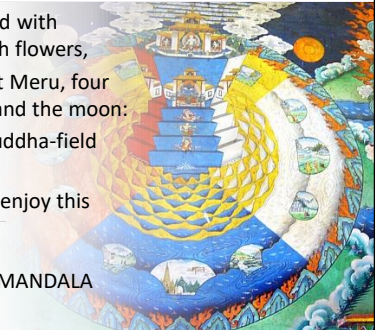


4

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
Training the Mind


LIGHTING
THE PATH

AWAKENING
the Kind Heart

MIND
TRAINING

The Essence of
Mahayana Loving Practice

ESSENTIAL
MIND TRAINING



HOW TO
MEDITATE ON
COMPASSION

THE GREAT COLLECTION

Eight Verses of
Mind Training

6

Today's Topics

- Review
- **Verses 7 and 8 of the Eight Verses**
 - Courage
 - Pure practice

7

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

8

Equalizing Self With Others

By becoming accustomed to the equality of self and other, the spirit of enlightenment becomes firm.

Self and others are interdependent. Like this side and the other side of a river, they are false.

The other bank is not in itself “other”; in relation to someone else, it is “this bank.”

Similarly, the “self” does not exist in its own right; in relation to someone else it is “other.”

9

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

10

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

11

Exchanging Self With Others

Cherishing myself is the doorway to all downfalls, while cherishing my mothers is the foundation of everything good; Inspire me to make the core of my practice the yoga of exchanging myself for others.

– v94 Guru Puja

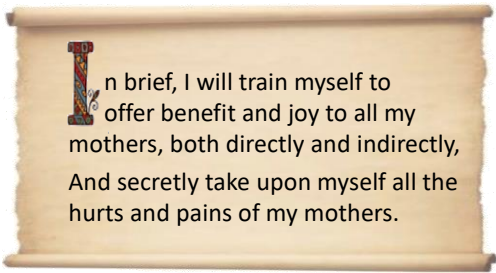
12

Summarizing Verses 7 & 8

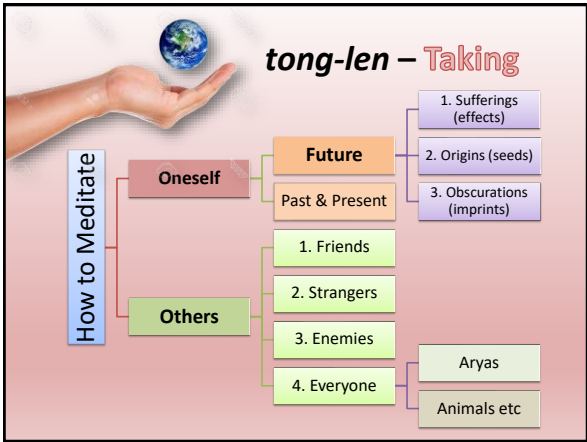
PRACTICE	7. CHANGING ATTITUDE – TONGLEN	8. MAINTAINING A PURE PRACTICE
WISHING BODHICITTA	Related to giving and taking meditation	Related to ultimate bodhicitta
DO	Cultivate an unbiased, and courageous love. Challenge your fears and be compassionate toward others.	Recognize the illusory nature of self and phenomena
STOP	Anger, fear and mental states rooted in self - preoccupation	Grasping at the appearance of inherent existence in persons and phenomena
ENGAGING BODHICITTA	Related to Perfection of Concentration	Related to the Perfection of Wisdom

13

Geshe Langri Tangpa said ...



14



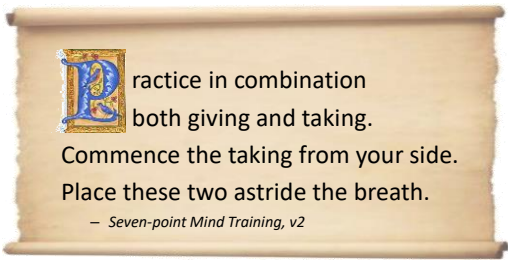
15



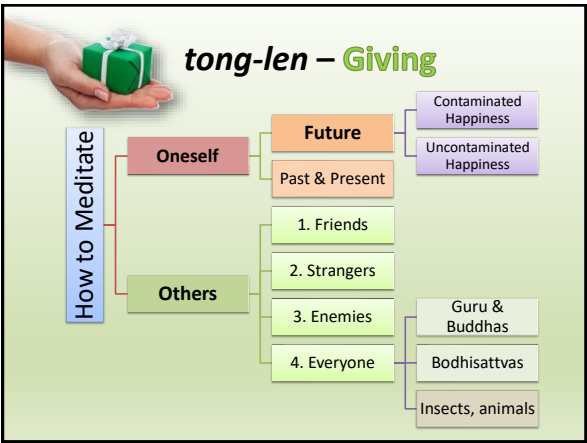
Meditation

16

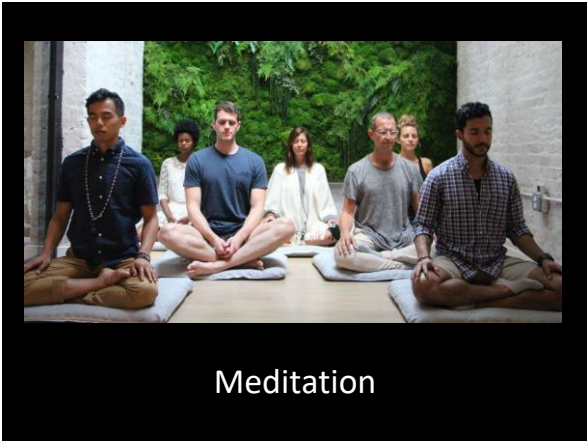
Geshe Chekawa said . . .



17



18



Meditation

19

Summary of the 7th Verse

Changing your attitude

- Cultivating courage
- Challenging fear

Related to tonglen

Related to the perfection of concentration

Seventh

20

Geshe Langri Tangpa said ...

By ensuring that all this remains undefiled from the stains of the eight mundane concerns, And by understanding all things as illusions, I will train myself to be free of the bondage of clinging

21

Undefiled From the Stains

Free from	Free from	Free from
Attachment to this life	The wrong conception of holding things as truly existent	Self pre-occupation
The eight worldly concerns – black	The eight extremes – white	Mixed

22

Eight Mundane Concerns	
Seeking Delight	Avoiding Displeasure
PLEASURE Comfort, nice things	PAIN Discomfort, unpleasant
GAIN Profit, acquiring things	LOSS Loss, deterioration
PRAISE Admiration, approval	BLAME Criticism, abuse
SUCCESS Fame, status, reputation	FAILURE Insignificance, notoriety

23

Geshe Langri Tangpa said ...

Furthermore, through all these method practices, Together with a mind undefiled by stains of conception of the eight extremes And that sees all phenomena as illusory, May I be released from the bondage of mistaken appearance and conception

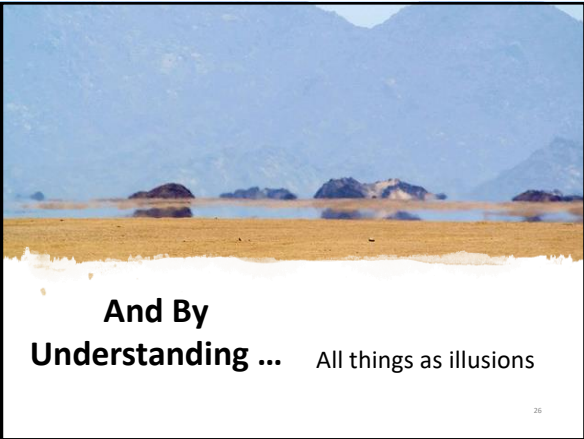
24

The Eight Extremes

- 1. The extreme of produced phenomena
- 2. The extreme of cessation
- 3. The extreme of impermanent phenomena
- 4. The extreme of permanent phenomena
- 5. The extreme of going
- 6. The extreme of coming
- 7. The extreme of singularity
- 8. The extreme of plurality



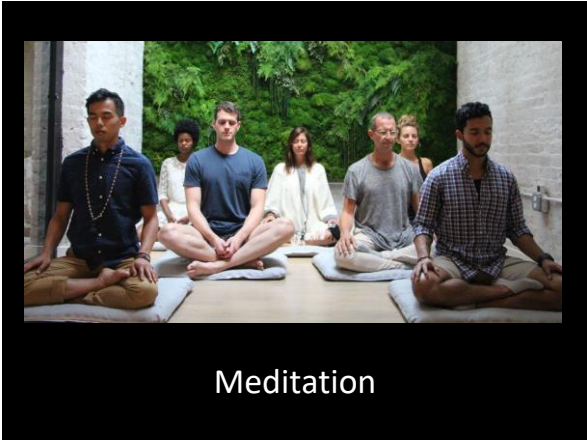
25



And By Understanding ... All things as illusions

26

26



Meditation

27



Summary of the 8th Verse

- Maintaining purity
 - Abandoning attachment
 - Cultivating insight
- Related to ultimate bodhichitta
- Related to the perfection of wisdom

eighth

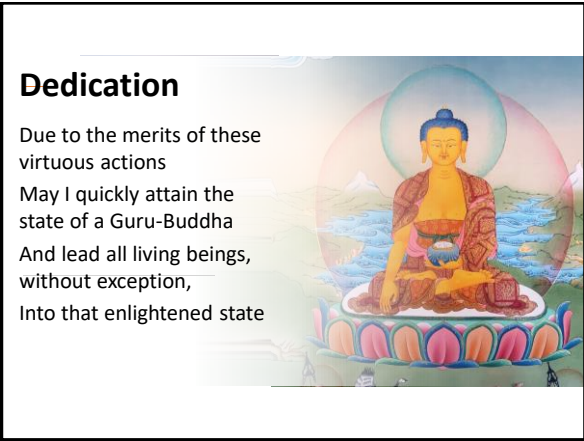
28



What's My Take-Away?

- Verses 7 & 8 of the Eight verses
- Courageous love and compassion *tonglen*
- Ultimate bodhichitta – pure practice

29



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

30

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

