

Mind is the Creator of Experience – 4


A 4-week course with registered FPMT teacher, Eddie Peet



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Refuge & Bodhichitta

SANG GYÄ CHÖ DANG TSHOG KYI
CHHOG NAM LA
I go for refuge until I am enlightened
JANG CHUB BAR DU DAG NI KYAB SU CHHI
To the Buddha, the Dharma, and the
Supreme Assembly
DAG GI CHÖ NYEN GYI PÄ SÖ NAM GYI
By the merits I create through listening
to the Dharma,
DRO LA PHÄN CHHIR SANG GYÄ
DRUB PAR SHOG
May I become a buddha to benefit all
sentient beings.



2

Mandala Offering

SA ZHI PÖ KYI JUG SHING ME TOG / TRAM
This ground, anointed with perfume,
strewn with flowers,
RI RAB LING ZHI NYI DA GYÄN PA DI
Adorned with Mount Meru, four
continents, the sun and the moon:
SANG GYÄ ZHING DU MIG TE ÜL WA / YI
I imagine this as a buddha-field and
offer it.
DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG
May all living beings enjoy this pure land!

IDAM GURU RATNA MANDALA KAM
NIRYATA YAMI




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Today's Outcomes

Conceptions

- Identifying some wrong concepts
- Abandoning those concepts
- Adopting correct concepts



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Useful Books




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A Seven-fold Division

1. Distorted cognition
2. Doubt
3. Correct assumption
4. Valid inferential cognition
5. Subsequent cognition
6. Indeterminate perception
7. Valid direct perception



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1. Impute names
2. Find meditation objects
3. Hold objects

The Function of Conception

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Divisions of Conceptual Mind


		
Through the force of listening	Through the force of contemplation	Natural conceptual thoughts
Renunciation	Bodhicitta	Innate self-grasping

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The Spiritual Guide | **Disrespect for our Spiritual Guide**
Relying faithfully upon our Guide

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This Life You Have

You don't care to take the real meaning of your precious human life
You wish to take the real meaning of your precious human life

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This Life Ends

You forget death
You remember death



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Overestimating Pleasure

Being attached to the pleasures and happiness of this life alone
Not being attached to the pleasures and happiness of this life

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Unfortunate After-life

Not fearing rebirth in the lower realms

Fearing rebirth in the lower realms



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Seeking Safety

Not wishing to go for refuge to the Three Jewels

Wishing to go for refuge to the Three Jewels

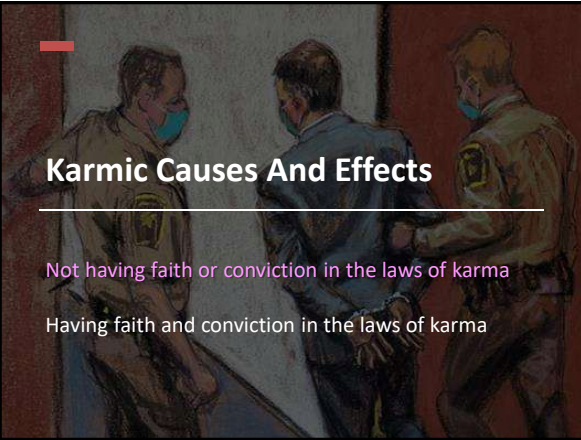


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Karmic Causes And Effects

Not having faith or conviction in the laws of karma

Having faith and conviction in the laws of karma




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Behaviors

Seeking to accumulate non-virtuous actions and not virtuous actions

Seeking to accumulate virtuous actions and not non-virtuous actions




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Samsara

Regarding samsara as having the nature of happiness

Regarding samsara as having the nature of suffering



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Freedom

Being uninterested in attaining liberation

Being determined to attain liberation



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More Wrong Conceptions

1. Forsaking mother beings

2. Self-cherishing

3. Self-grasping

4. Disliking mantra



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More Correct Conceptions

1. Cherishing mother beings

2. Forsaking self-cherishing


3. Realizing selflessness

4. Liking mantra



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Sachen Kunga Nyngpo said ...



If you cling to this life, you are not a spiritual person

If you cling to cyclic existence, you don't have renunciation

If you cling to your own purpose, you don't have bodhicitta

If grasping arises, you don't have the view

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Today's take away

1. Abandoning wrong concepts are crucial to develop spiritually

2. Adopting correct concepts is crucial to develop spiritually

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SUMMARY



Conception

Sixteen wrong concepts preventing a path

Sixteen correct concepts supporting a path

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Read/watch:

Read the first two volumes of the Library of Wisdom and Compassion series

Read Buddhism, One teacher, Many Traditions

A lamrim prayer

Coming up:

Cultivating awareness in daily life

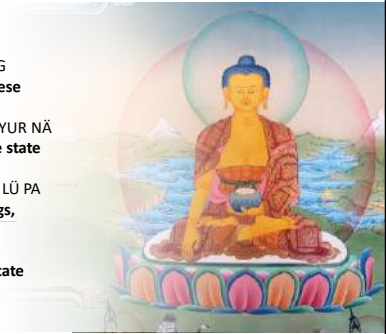
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Dedication

GE WA DI YI NYUR DU DAG
Due to the merits of these
virtuous actions
LA MA SANG GYÁ DRUB GYUR NÁ
May I quickly attain the state
of a Guru-Buddha
DRO WA CHIG KYANG MA LÜ PA
And lead all living beings,
without exception,
DE YI SA LA GÖ PAR SHOG
Into that enlightened state



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Bodhicitta Verse

JANG CHHUB SEM CHHOG RIN PO CHHE
May the supreme jewel bodhicitta
MA KYE PA NAM KYE GYUR CHIG
Not yet born, arise and grow
KYE WA NYAM PA ME PA YANG
May that born have no decline
GONG NÁ GONG DU PEL WAR SHOG
But increase forever more



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