

Renunciation

Embracing Freedom in Daily Practice – 1

A 4-week course with registered FPMT teacher, Edie 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.



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Seven Limb Prayer

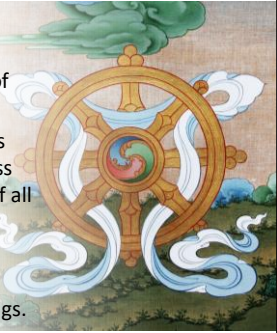
Reverently I prostrate with my body, speech, and mind;

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.



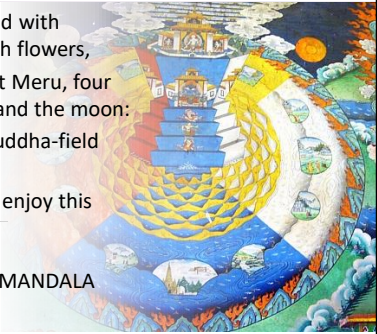
4

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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The Course Outline


- What is renunciation?
- The beginner
- Authentic renunciation
- The great renunciation



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Today's Topics

- What is renunciation?
- Renunciation for the beginner
- How to begin



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Great Books



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Sachen Kunga Nyingpo said ...

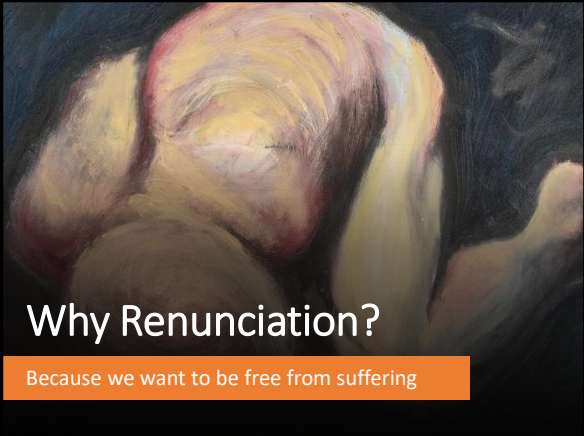
If you are attached to this life, you are not a true spiritual practitioner.

If you are attached to samsara you do not have renunciation.

If you are attached to your own self-interest, you have no bodhicitta.

If grasping arises, you do not have the view.

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Why Renunciation?

Because we want to be free from suffering

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Is This Renunciation?



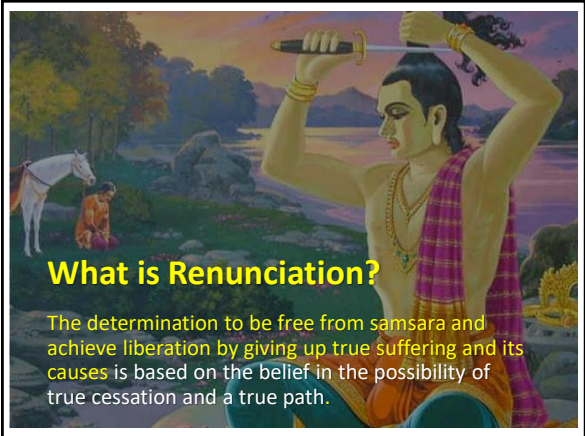
It is not the abandonment of our family, friends, home, job, and so forth to become like a beggar.

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Stop attachment through the practice of renunciation



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What is Renunciation?

The determination to be free from **samsara** and achieve liberation by giving up **true suffering** and its **causes** is based on the belief in the possibility of true cessation and a true path.


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True Cessations and True Paths



True Cessation

- A freedom in which an object of abandonment corresponding to the uninterrupted path that is the means for attaining it has been abandoned



True Path

- An exalted knower in an Arya's continuum

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True Suffering and its Causes



True Sufferings

- A contaminated effect that belongs to the thoroughly afflicted side of truth



True Origins

- A contaminated cause that belongs to the thoroughly afflicted side of truth


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Types of True Suffering

EIGHT TYPES	SIX TYPES	THREE TYPES	SPECIFIC TYPES
Birth	Uncertainty	Change	Humans
Old age	Insatiability	Pain	Demigods
Illness	Casting off bodies repeatedly	Conditionality	Deities
Death	Repeated rebirth		
Encountering what is unpleasant	Repeatedly descending from high to low		MISERABLE REALMS
Separation from what is pleasant	Having no companions		Hell denizens
Not getting what you want			Animals
The five appropriated aggregates			Hungry ghosts


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The Ten Nonvirtuous Actions




BODY

- Killing
- Stealing
- Unwise and unkind sexual behavior



SPEECH

- Lying
- Divisive
- Offensive
- Senseless




MIND

- Covetousness
- Malice
- Wrong views


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The Ripening Result – Fruition




Small

- Rebirth as an animal



Medium

- Rebirth as a hungry ghost



Great

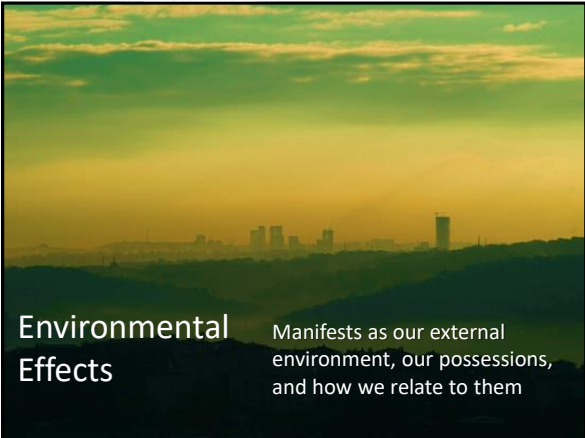
- Rebirth as a being in the hells

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The Causally Concordant Effects

Nonvirtuous actions	Experience	Behavior
Killing	A short life and poor health.	Like to kill
Stealing	Poverty; our things are stolen, shared or we don't have the power to use them.	Like to steal
Sexual misconduct	An unruly, disagreeable, or unfaithful spouse; helpers are untrustworthy	Like to flirt and play the field
Lying	Hear much slander; often deceived	Find it easy to lie; dishonest
Divisive	Loss of friendships; misbehavior	Argumentative; disagreeable
Offensive	Hear unpleasant words; quarrels	Rough words; swearing
Senseless	Not listened to; others laugh at us	Gossip; meaningless words
Covetousness	We have intense desires and cravings	You want what others have
Malice	We are hostile, we seek the non-beneficial; we feel fearful, suspicious, and guilty, and others seek to harm us.	Hateful, spiteful, angry
Wrong views	Confused; we are deceived, blinded.	Have many bad ideas

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Environmental Effects

Manifests as our external environment, our possessions, and how we relate to them

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Environments of Suffering


NONVIRTUOUS ACTIONS	ENVIRONMENTAL EFFECTS
Killing	A place with strife and war. Food and drink aren't healthy. Medicines are ineffective or produce illness.
Stealing	Severe droughts or flooding. Poor harvests, natural disasters.
Sexual misconduct	Living in discomfort, in polluted spaces with a foul odor. Misery.
Lying	Disharmony in the workplace. Deceitful people, corruption, fear.
Divisive speech	The land is uneven, craggy, and difficult to traverse. Dangerous.
Offensive	The land is rough, dry, and arid. Uncooperative people. Dangerous animals.
Senseless	A drab place with an unbalanced climate. Trees and flowers don't blossom.
Covetousness	Excellent things deteriorate and diminish. Small crops.
Malice	There are epidemics, quarrels, and disputes. Dangerous animals.
Wrong views	Resources disappear, polluted, no home or refuge. A chaotic society.

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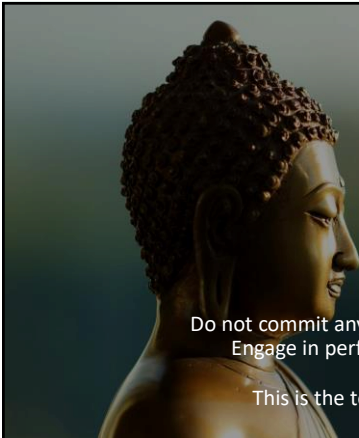
A Reflection

1. Reflect on your life, noting your habitual actions and any strong karmas you may have done
2. Consider what their ripening result, causally concordant results, and environmental result will be
3. Be aware that through your choices and actions, you are creating the causes for your future.
4. Have the sense of your life being a conditioned event, and you are the one creating the conditions.

MEDITATION



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The Buddha Shakyamuni said...

Do not commit any unwholesome action,
Engage in perfect wholesome action,
Subdue one's mind,
This is the teaching of the Buddha.
— Verse. 183, Dhammapada

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a) The Initial Level of Practitioner

		
DIRECT AIM Fortunate rebirth	WHAT THEY PRACTICE Pacifying coarse harmful thoughts, words, and deeds Ten virtues	WHAT THEY ELIMINATE Ten non-virtues

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b) The Initial Level of Practitioner



MEDITATIONS THAT LEAD TO THE MOTIVATION OF THIS LEVEL
Precious human life
Death & impermanence
Unfortunate rebirth




MOTIVATION
To have a Fortunate rebirth



PRACTICES DONE TO ACTUALIZE THE RESULT OF THIS MOTIVATION
Take refuge in the three jewels
Observe the law of karma & its effects

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The Buddha said...



ossessed of my own deeds, I am the inheritor of deeds, kin to deeds, one who has deeds as a refuge. Whatever deeds I shall do, whether good or evil, I shall become the heir of it.

—Anguttara Nikaya 3.72

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What To Practice

REFLECTION ON THE FAULTS OF	CORRECT RESTRAINT	CULMINATION OF RESTRAINT	VIRTUOUS BEHAVIORS
Killing	Restraint of	No longer do it	You protect and save lives – you exert compassion and loving kindness.
Stealing	Restraint of	No longer do it	You are generous and charitable.
Sexual misconduct	Restraint of	No longer do it	You behave ethically and support relationships.
Lying	Restraint of	No longer do it	You speak honestly and truthfully.
Divisive speech	Restraint of	No longer do it	You unite those divided. You encourage those who are in harmony.
Offensive speech	Restraint of	No longer do it	You speak gently, pleasantly, and kindly.
Senseless speech	Restraint of	No longer do it	Opportune, helpful, moderate, meaningful.
Covetousness	Restraint of	No longer do it	You are generous, joyful, appreciative.
Malice	Restraint of	No longer do it	You practice patience and loving-kindness.
Wrong views	Restraint of	No longer do it	You practice the correct mundane (karma) and supramundane (emptiness) views.

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The Process Of Purification

Effects

Experiences like the cause

Throwing karma

Behavior like the cause

Fruition & Environment

Opponents

Remorse

Remedy

Resolve

Reliance

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A Beginner's Renunciation

When your interest in this life changes place with your interest in the future life.



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A Reflection


1. Think of some of the good circumstances you have in your life.

2. Think of the types of actions you must have done in previous lives to create the causes for these excellent circumstances

3. Rejoice at the virtue you created.

4. Decide to do the same again.

MEDITATION



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These Practices Are Difficult?

In spiritual practice, difficulty comes at the beginning



In worldly affairs, the difficulty comes at the end




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What's My Take-Away?

- Knowledge of renunciation
- You know what you are renouncing
- You know what to do as a beginner

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Read

- Any practices for a beginner
- Teachings on the lower scope

Next week

- Renunciation in the middle

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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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