

Renunciation

Embracing Freedom in Daily Practice – 2

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.



3

Seven Limb Prayer

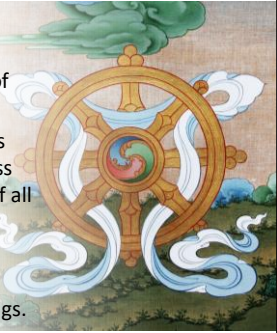
Reverently I prostrate with my body, speech, and mind;

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.



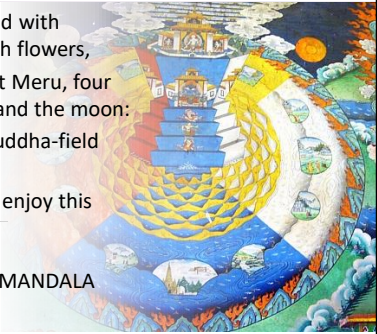
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Mandala Offering

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



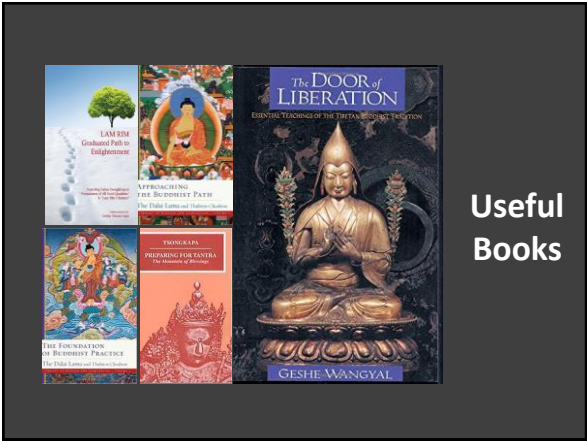
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Today's Topics

- Renunciation
- Pure renunciation
- How it's completed



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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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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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Samsara

The cycle of rebirth of the contaminated and appropriated aggregates occurs under the control of karma and affliction.

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The Definition of Delusion

A mental factor that arises from inappropriate attention and that functions to make the mind unpeaceful and uncontrolled

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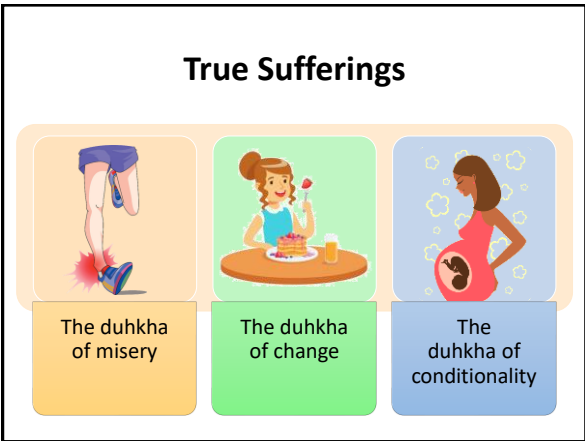
Three Root Delusions

Attachment <ul style="list-style-type: none">• Desire• Craving• Grasping• Lust	Anger <ul style="list-style-type: none">• Aversion• Intolerance• Hostility• Hatred	Ignorance <ul style="list-style-type: none">• Confusion• Ego-grasping

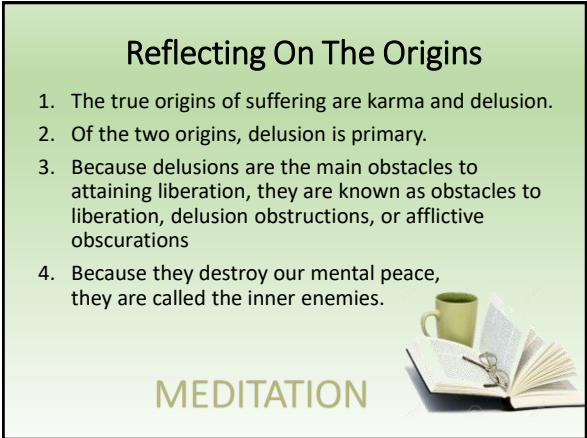
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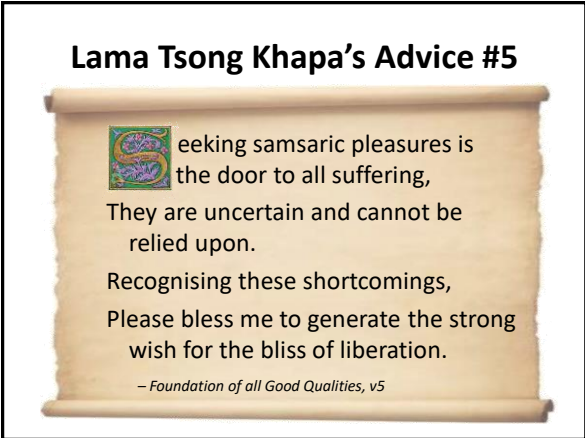
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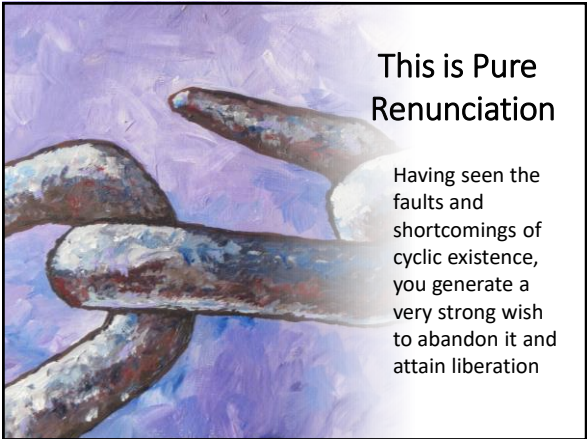
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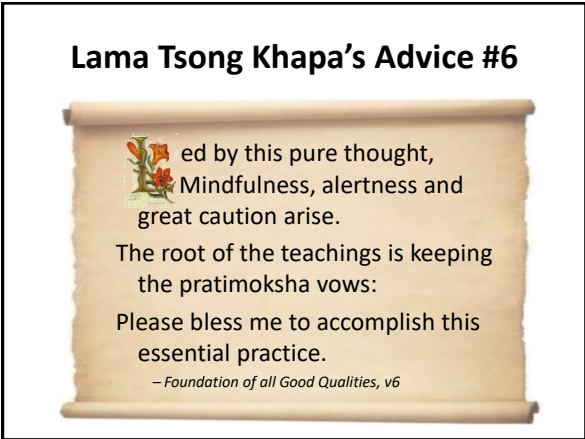
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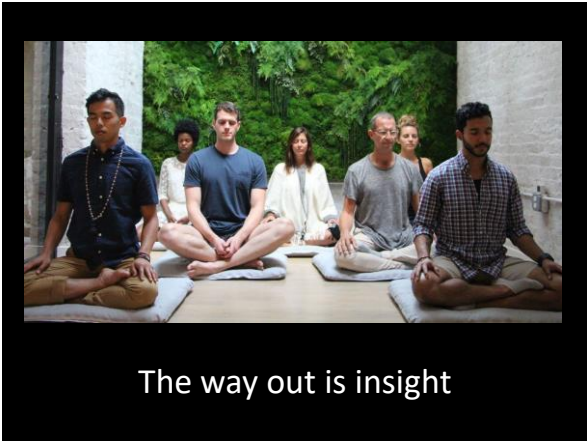
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The way out is insight




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Nagarjuna said ...

 freedom will depend on you alone
And there is no one else, no friend can help.
Bearing study, discipline, and concentration,
Bring diligence to the Four Noble Truths.

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a) The Middle Level of Practitioner






DIRECT AIM
Liberation (Arhat)
Nirvana

WHAT THEY PRACTICE
The three higher trainings of ethics, concentration and wisdom

WHAT THEY ELIMINATE
Afflictive obscurations
afflictions
their seeds
polluted karma causing rebirth in samsara

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b) The Middle Level of Practitioner





MEDITATIONS THAT LEAD TO THE MOTIVATION OF THIS LEVEL
The first two truths:
- true dukkha
- true origins

MOTIVATION
To attain liberation
True cessation
Nirvana

PRACTICES DONE TO ACTUALIZE THE RESULT OF THIS MOTIVATION
The three higher trainings of ethics, concentration and wisdom

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True Cessations and True Paths



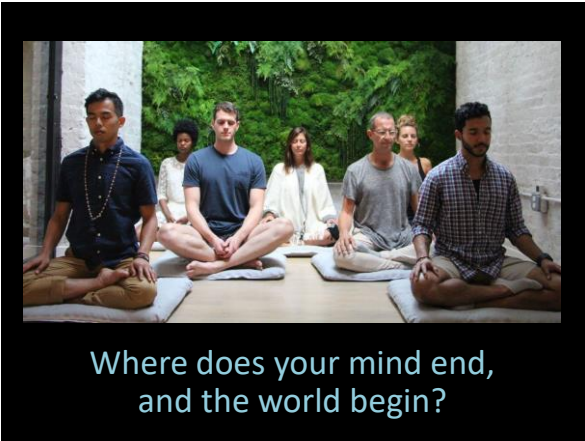
True Cessation

- 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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Where does your mind end, and the world begin?

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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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Nothing in the appearance objectively makes it a referent for our terms.

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Enhancing the Desired Result




There is no natural existence of:

1. Yourself purifying through confession
2. An action of purification
3. A true deed being purified

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Lama Atisha Said...



Those who seek peace for themselves alone,
Turning away from worldly pleasures
And avoiding destructive actions
Are said to be of middling capacity

– Lamp for the Path v4

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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 and what you are seeking
- You know what to do in the middle

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Read

- Teachings on the middle scope
- Any practices about liberation

Next week

- Renunciation supports the mind of enlightenment

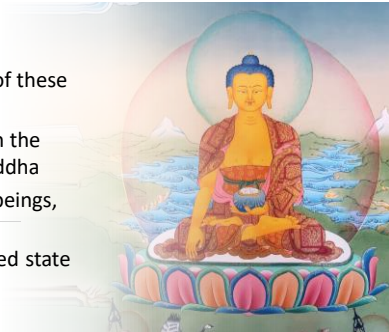
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Dedication

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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