

Renunciation

Embracing Freedom in Daily Practice – 3

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

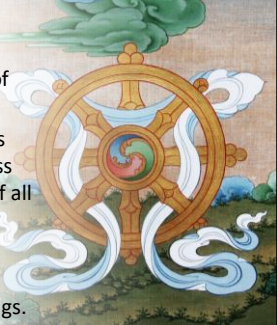
Reverently I prostrate with my body, speech, and mind;

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



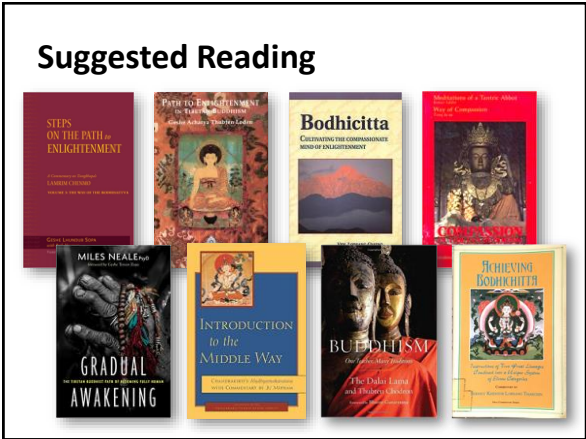
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Today's Topics

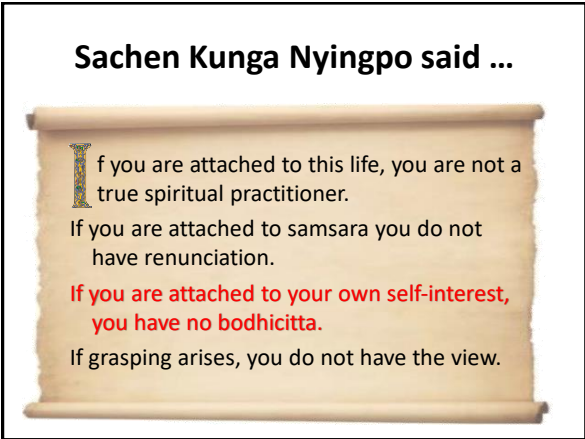
- What renunciation is.
- The renunciation of a great person.
- How to begin.



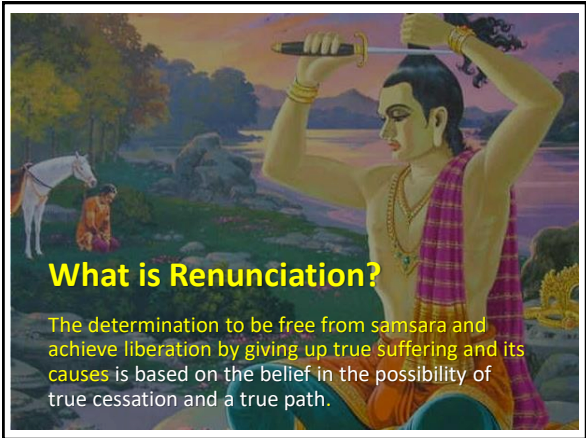
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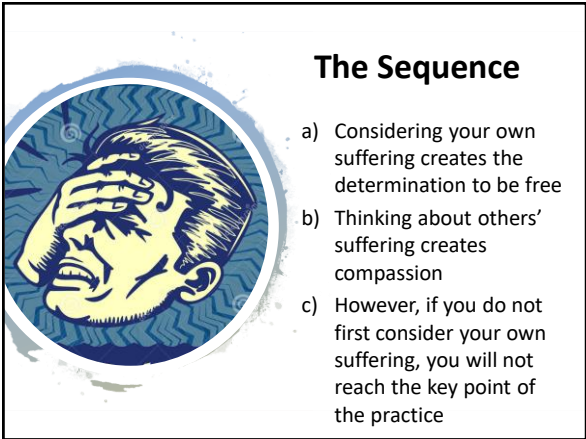


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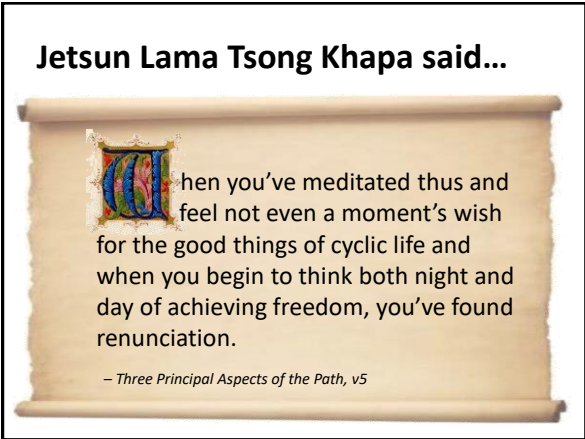
Freedom From Afflicted Behavior

BEHAVIORAL FLAWS	THE REMEDIES
Attachment	Ugliness – the unpleasant
Ill will and hatred	Loving kindness
Attachment to self – ignorance	Dependent arising
Pride of being attached to the aggregates	Differentiation of the constituents
Ideation	Inhalation and exhalation

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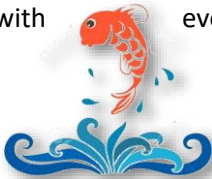


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Extending Our Wish for Freedom

OUR OWN FREEDOM

Depends upon a deep and pure self-compassion imbued with wisdom



ALL OTHERS' FREEDOM

Depends upon us extending our compassion to every living being

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Arya Shantideva said . . .



When both myself and others
Are similar in that we wish to be happy,
What is so special about me?
Why do I strive for my happiness alone?

And when both myself and others
Are similar in that we do not wish to suffer,
What is so special about me?
Why do I protect myself and not others?

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What is Self-cherishing?

Craving which clings and holds dearly to the self



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Synonyms for Self-cherishing

- Self-centered – *butcher*
- Self-preoccupation – *blind*
- Egocentric – *troublemaker*
- Selfishness – *robber*

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Panchen Lama Choekyi Gyaltsen said



his chronic disease of self-preoccupation
Is the cause of unwanted suffering;
Perceiving this, may I be inspired
To blame, begrudge and destroy
This demon of egocentricity.

— Lama Choepa, v91

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Disadvantages of Self-Preoccupation

To inspire within us renunciation and compassion



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The Five Decisions

1

I shall stop being partisan

2

I shall rid myself of self-cherishing

3

I shall make cherishing others my main practice

4

I can exchange my attitudes regarding self and others

5

I shall exchange my attitudes regarding self and others

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Exchanging Self For Others

Inspiring courage

Cherish others as you presently do yourself and
Neglect yourself as you presently do others



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	What we drop or move away from – renunciation	What to practice – the process of changing	What is adopted – the new behaviors
1	Bias and social reactivity	Immeasurable equanimity	Being non-biased – equanimity
2	The obsessive concerns for just this one life and those close to us.	All beings are family	Solidarity with one another
3	The forgetting of kindness	Remembering kindness	Gratitude
4	Ingratitude	Repaying kindness	Reciprocity
5	That we are dissimilar	Sameness of self and others	Empathy
6	Selfishness	The faults of self-cherishing	Renunciation and compassion
7	Indifference and aversion	The advantages of cherishing	Affectionate love
8	Fear and egocentricity	Exchanging self for others	Courage
9	The poverty attitude – stinginess. Intolerance and fear	Giving and taking	Courageous compassion and selfless love
10	Being discouraged, helpless	Whole-hearted resolve	Meaning, responsibility, purpose
11	Self-preoccupation	Radical altruism	Activities for others

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A Summary Of the Practices

1. Turn away from obsessive concerns about this life.

2. Move toward concern for future lives.

3. Reflect deeply upon the nature of suffering in cyclic existence.


4. Turn away from attachment to and preoccupation with future lives as well.

5. Generate a genuine yearning to gain freedom.

6. Extend that same understanding to other living beings.

7. Become compassionate towards them.

8. Practice as a being of supreme capacity.



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The Benefits of Bodhicitta

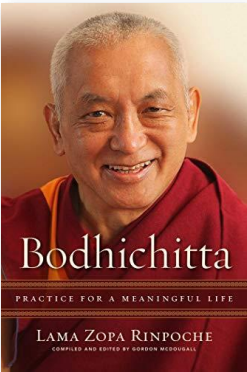
1. It reduces selfishness

2. There is less worry

3. We naturally become content and happier

4. Our joy attracts others


5. Life becomes truly meaningful



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When is Bodhicitta Authentic?

When it arises naturally without effort and remains constant



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4



What's My Take-Away?

- Knowledge of a greater renunciation.
- We are renouncing egocentricity.
- You know this is for the sake of others

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Read

- Any explanations for generating bodhicitta
- Teachings on the great scope

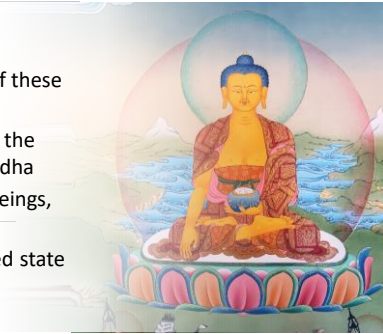
Next week

- Keeping it together

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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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